



THE
NIDANA
COLLECTIVE

Em #8b Sound Balance

Sound is another powerful way of shifting vibration / frequency.

The sounds we make, or avoid making, reveal a great deal about us.

Sound balances can make very deep and powerful corrections.

Often the sound that needs to be made is one that the client suppresses, or does not often express.

This balance can generate a real release/shift in relation to the client's goal.

Consider, sound is more than expression, it is a release of bound consciousness.

Metaphysics

What are you not hearing or expressing / wanting to hear our express?

Is there too much / not enough noise in your life?

Is your world too quiet? Not quiet enough?

Where are you not allowing yourself to be heard?

Are you verbally, authentically and fully self expressed in all areas of your life?

Refer to the individual 5 element metaphysics for the element that you find in the evaluation.

Evaluation:

1. Demonstrate, Explain, Empower, Educate on your current definition of kinesiology.
2. Clear circuit IM - A muscle that you can turn on (lock) and off (unlock), bilaterally. Both in contraction and extension (Physically, emotionally, and biochemically (link back to triangle of health).
3. Test (and correct if needed) all pre checks - CV, Switching, Thymus, Ionisation, Dehydration.
4. Find a suitable goal for the balance (see BKP 101 for details).
5. Test "This is the best goal for now" IM lock = Yes
 - If IM unlocks check if there is something to add, delete, modify or discuss another aspect.
6. Discuss issues around the goal. Ask client "what tools, resources, traits, ways of being etc do you need to bring in to achieve this goal?"
7. Assess the client's % thymus energy and % stress around the goal.
8. Find the emotion and the dynamic involved with the goal. Ask the client to think about and discuss what this emotion & dynamic means for them in relation to the goal as you do the balance.
9. Do **pretests**: (While you keep the client thinking about / talking about the goal, check some of the pretest options such as):
 - Gaits
 - Auriculars
 - Switching
 - Ionisation
 - Central meridian
 - Visual inhibition
 - Cross crawl
 - Dehydration

Note: WE DO NOT BALANCE PRETESTS (These are **objective** benchmarks to demonstrate change, we will add to these as we progress through the course).

10. Do **preactivities**: Have the client demonstrate an activity (related to the goal) that is challenging or not easy to do, e.g. if pain is present, rate out of 10); show flexibility (forward and side flexion or a task related to the goal) etc.

NOTE: These are **subjective** benchmarks to demonstrate change, we will also add to these as we progress through the course.

11. Now do a yin meridian assessment. Record all the unlocking muscles (but do **not** correct)

Balance:

1. To find the priority balancing point/meridian (starting point):
 - a. Follow the **Ko** cycle in a clockwise direction
 - b. First **yin unlocking** muscle after a locking muscle.
2. If there are several possible balancing points/meridians, CL any reflex point (of the corresponding meridian) to establish/confirm which meridian (and therefore element and sound) is the priority. The CL will lock the unlocking muscles if it is the priority meridian to work with. (Do **not** stimulate the reflex point)
3. Note the element and the associated sound. This is the sound the client needs to make to achieve balance in relation to the goal. It is often a sound that the client is not expressing enough or even suppress.
4. You may have to help/support them in making the sound.
 - Fire - Laughing
 - Earth - Singing
 - Metal - Deep sighing / crying
 - Water - Groaning
 - Wood - Shouting
5. Now add the emotion whilst making the sound simultaneously.

Checking changes:

1. Check goal now locks
2. Check emotion now locks
3. Check all previously unlocking muscles now lock.
4. Reassess % of Thymus & % Stress
5. Reassess pretests & pre-activities
6. Draw the client's attention to the changes which have occurred, and ask "Now that you are congruent with this goal, how might you be different and what's your first step to living this?"
7. Discuss possible home reinforcement