



**If future** - Ask if its days, weeks, months or years and then chunk to that time using this.

Then ask them to go to that time and indicate with a change when you are there (maintain pressure on that muscle until IM unlocks) then say “give me a locked muscle at that time” and anchor in that they are at that time with a locking IM.

Now go through finger modes (and balance what comes up) until nothing else shows.

Then state – “there is another time to be balanced for this goal” – test Y/N

If yes – repeat as above

If no – come back to present time and indicate with a change when you are there (maintain pressure on that muscle until IM unlocks) then say “give me a locked muscle at that time” and anchor in that they are back in present time with a locking IM.

Recheck finger modes again in present time (and balance what comes up) until nothing else shows.

Then move onto the checking the changes section of the balance.

**If non specified** - Ask them to go to that time and indicate with a change when you are there (maintain pressure on that muscle until IM unlocks) then say “give me a locked muscle at that time” and anchor in that they are at that time with a locking IM.

When at the non specified time go through finger modes again (and balance what comes up) until nothing else shows.

Then state – “there is another time to be balanced for this goal” – test Y/N

If yes – repeat as above

If no – come back to present time and indicate with a change when you are there (maintain pressure on that muscle until IM unlocks) then say “give me a locked muscle at that time” and anchor in that they are back in present time with a locking IM. Recheck finger modes again in present time (and balance what comes up) until nothing else shows.

Then move onto the checking the changes section of the balance.

## Notes:

- The only time you have to come back to present time between other times is if you need to go from a non specified time to a specified time as you need a conscious point of reference to find the specified age.
- The whole ICPKP Protocol is written on the understanding of Priority because the body heals from most priority vibration to least priority. This means that by stating “there another time that needs to be cleared for this goal’ it enables the body to go to the most vibrationally aligned time to help them shift what is needed to help them achieve the goal.
- Coming back to present time at the end and re-scanning modes (and balancing what is out) ensures that the client is able to balance the potential ‘butterfly effect’ that may have occurred as a result of any balancing done at other times. The butterfly effect is the idea that small things can have non-linear impacts on a complex system. The concept is imagined with a butterfly flapping its wings and causing a typhoon. This comes from the quantum physics perspective that time and space exist in many dimensions simultaneously.
- At each age of specified age recession the question is always “what does this time mean in relation to the goal”?
  - We ask what they perceive was happening at that age/stage of their life.
  - If it is at birth we ask what they may know about their birthing experience. Can be one that they may need to ask their parents after the session.
  - If at conception or gestation the questioning goes to what their parents mental/emotional, biochemical, physiological and energetic experience of life may have been at this time.
  - If at a past generation then we ask (based on what they do know of their ancestry) what may have someone of that sex, in that part of the world at that time been experiencing.
  - If a previous incarnation they may already have some understanding or awareness of this lifetime. If not, inform the client that they may have flashes during the balancing process. Also discuss that previous incarnations often come up as we need to shift old patterning to be able to achieve our goal in this life. They may have an understanding of who they were eg Cleopatra but the aim of this is not to muscle test specific details of the incarnation (like a psychic reading or incarnational hypnosis session). The aim is to look at what that archetype represents to the client in relation to the goal and how we can gain awareness to shift this old energy. The finger modes and the emotion will give us lots of insight also.
- When at a non specified time the mode and the emotion in relation to the goal give you context. Remember that the body has chosen not to be conscious of the time for a reason....maybe the experience was too traumatic or the gestalt of experiences so numerous that the brain needs to scan to all of them at once to best facilitate the shift.