# Module 11 - Words and Crystals (dealing with the mental body)

# 1. Kinesiology- Chakra Correction

This correction is useful in two ways:

- a) if a client has had lots of treatment but is not showing any indications of healing
- b) if a client says that they feel fine, but look anything but!

This correction normalises the spin and multi-level interaction of the chakra.

You will need either a piece of lodestone, or a specific crystal (determined at the time of the correction)

You may need a list of chakra words and definitely need you meridian end-point diagrams from the Certificate course.

#### Method

- a) Make sure you have a balanced body and a strong indicator muscle (SIM
- b) Check to see whether one or more chakra corrections is appropriate
- c) Find out which chakra needs work, or if more than one, the priority.
- d) Find our which meridian points you need to the work (refer to information sheet) In some forms of kinesiology these are labelled from Element 0-6 (good idea to use this)
- e) Find out which is best suited to the person a magnet, lodestone or specific crystal. If the magnet is needed, find out which pole of the magnet needs to be near or in contact with the chakra
- f) Find out what chakra word will activate the process
  (you may need to refer to you colour or chakra correspondences for these)
  i.e. Base chakra words physical life, energy
  emotional passion, anger
  mental assertiveness, initiative
  spiritual grounding, protective.......
- g) Activate the meridian points while the magnet/lodestone or crystal is in place and while you and the client are thinking the appropriate word
- h) Check that the correction is complete and see if there are any more that need doing at this time.

# 2. Life Energy Affirmations

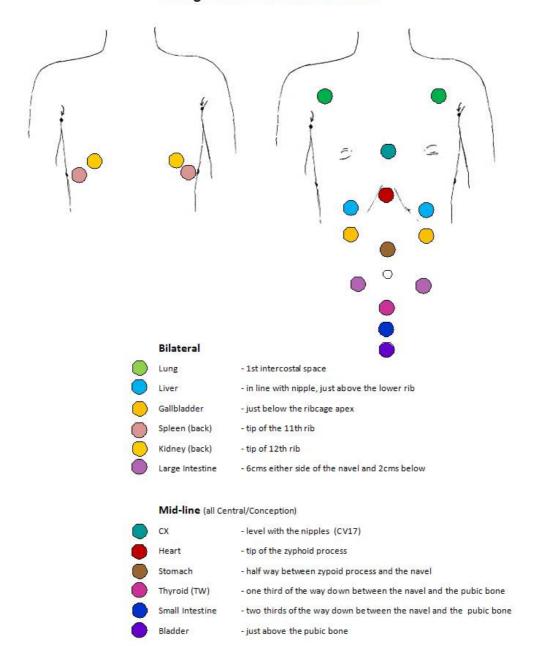
### Testing Technique:

- 1) Test thymus point with client's hand. If weak this system of healing is needed.
- 2) Have the client hold their open palm on the side of their head, avoiding any hair contact. One side will test weak.
  - If the left hemisphere is weak: midline points are required If the right hemisphere is weak, bilateral points are required, usually only needing to test one side.
- 3) Test each point with the client's hand until a weak point is found.
- 4) Have the client repeat the necessary affirmation out loud several times.
- 5) Retest. It should now be strong (if not, do more repeats).
- 6) Return to 1). If this is still weak, repeat the process to find the next level of stress. Continue until the thymus is no longer weak when tested.

#### **Notes:**

- a) There are usually several affirmations needed. The first ones tend to be superficial, current issues, the following affirmations are more fundamental.
- b) The more significant the emotions involved, the more internal resistance there will be.
   This MUST be stressed by you as perfectly normal.
   The whole point is to change incorrect and life-damaging beliefs to the positive so that the client's energies can be restored to a healthy balance.
- c) A common response is that it doesn't feel like telling the truth, or, but I don't feel like that!That is the whole point.
- d) Occasionally these affirmations only need to be used a support during a session. It is worth checking whether the placement of any crystal/essence will reinforce the change or ease the changes needed in the body.
- e) The affirmations may be needed to be repeated for 'x' times a day, for 'y' days or weeks. If this is so, they need to be repeated in the order that they came up in the procedure.

# **Testing Points for Life Affirmations**



# LIFE ENERGY AFFIRMATIONS

(John Diamond)

These are worded very precisely. Do not underestimate their power to heal. If you or your client says their own name i.e.

"Fred is humble Fred is tolerant" etc

# They are even more effective.

#### **LUNG MERIDIAN**

I am humble I am tolerant I am modest

#### LIVER MERIDIAN

I am happy
I have good fortune
I am cheerful

#### **GALLBLADDER MERIDIAN**

I reach out with love I reach out with forgiveness

#### SPLEEN MERIDIAN

I have faith and confidence in my future I am secure. My future is secure

# KIDNEY MERIDIAN

I am sexually secure My sexual energies are balanced

# LARGE INTESTINE MERIDIAN

I am basically clean and good I am worthy of being loved

#### CX MERIDIAN

I renounce my past
I am relaxed. My body is relaxed
I am generous

#### **HEART MERIDIAN**

I love I forgive There is forgiveness in my heart

#### STOMACH MERIDIAN

I am content I am tranquil

# TW MERIDIAN

I am light and buoyant I am buoyed up with hope

# SMALL INTESTINE MERIDIAN

I am full of joy
I am jumping with joy

# **BLADDER MERIDIAN**

I am at peace I am in harmony Dissonances and conflicts within me have been resolved I am balanced

# THYMUS GLAND

I have love
I have faith
I have trust
I have gratitude
I have courage

My life energy is high I am in the state of love

You could use these as a daily routine, running through all of them first thing in the morning and last thing at night.