

The Energy Balancing Process

Connect with your breath, put your feet on the ground, stand or sit up straight, feel yourself connected to the earth and in your own body (you can also listen to the tree meditation in the introduction)

1. Muscle Test yes yes, No no- Yes yes

Yes = Strong and No = Weak?

Yes No → Do balancing process for switching



move to next step

2. Ruffle Your Feathers:

Shake your hand in front of your torso and muscle test:

Strong? Weak? →

Test from Right shoulder to left hip-

Strong/weak →

figure 8's starting at left hip to right shoulder across to left shoulder down to right hip and across to left shoulder until you notice a shift



Test from Left hip to right shoulder

Strong/weak →

figure 8's starting at right shoulder down to left hip across to right hip up to left shoulder and across to right until you notice a shift



Test from Left shoulder to right hip

Strong/weak →

Figure 8's starting at right hip up to left shoulder across to right shoulder and down to left hip and across to right hip until you notice a shift



Test from Right hip to left shoulder

Strong/weak →

Figure 8's starting at left shoulder down to right up across to left hip, up to right shoulder and across to left shoulder until you notice a shift



All directions test strong? →

Shake your hand down your back and muscle test:

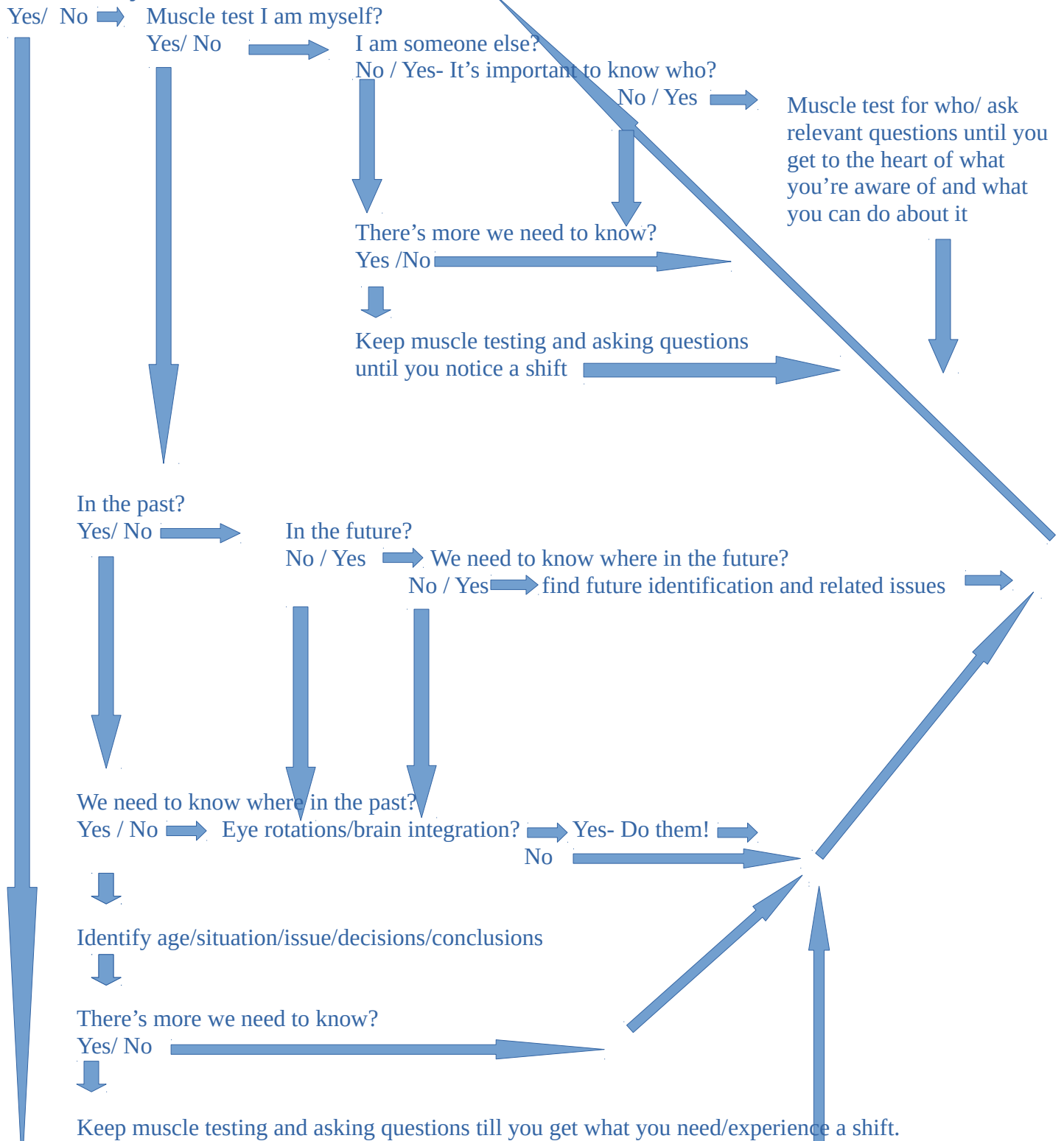
Strong/ Weak →

Repeat ruffle feather process down the back:



Move to next step

3. I am Myself in the Here and Now



move to next step

4. Pick Other Relevant Energy Tools to Work with:

Muscle test: “There are other energy clearing tools to work with at this time”:

Yes/ No → you should be feeling good and clear and ready to do whatever is next for you.



Muscle test which to work with:

Chakras/energetic weakness

Unhook

Pull energy back

Expand out

Cocoon

Energy bubble- Make a bubble of the energy and put it outside of you

Put you back into your own life, take up space

Entity Clearing

Inner child work

Subconscious

Something else not on this list

Do whatever energetic processes show up to work with until you feel or muscle test clear.

5. Muscle Test for Essential Oils

Use the process in the online classroom to identify which essential oils will be most supportive or beneficial for you and how you can best use or apply them

Summary of Steps:

- YES and No
- Ruffle Feathers
- I am My Self In the Here and Now
- Other Energy Processes to Work With
- Choose Essential Oils