

# **DELTA LIFE SKILLS<sup>sm</sup>**

**EMOTIONAL FREEDOM IS IN YOUR HANDS with EFP<sup>sm</sup>**

## ***Integral Energy Psychology***

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## **LIFE ENERGY TESTING AND BALANCING CORRECTING NEGATIVE EMOTIONS AND ENERGY IMBALANCES<sup>©</sup>**

This testing and treatment procedure identifies the effect of negative emotions on the bodymind - and how to correct/balance them. The ancient Chinese model of bodymind functioning, the basis for this procedure, assumes that wellness involves harmony and balance of the energy systems of the bodymind. This presumes a universal life force called Chi which flows throughout the electromagnetic circulatory system of the bodymind. This includes the 14 major energy channels called meridians, (12 bilateral plus the central/front and governing/back) with over 1100 acupressure points plus energy control centers/nerve plexuses called chakras. These functional systems energize and supply the life force to the 12 major systems of the body as well as the 12 major muscle groups. Research has also identified 12 sets of corresponding positive and negative sets of emotions related to these 12 systems which affect bodymind health and well-being. This approach now constitutes part of the field called Energy Medicine. The following procedure draws upon the work of Dr. George Goodheart (Applied Kinesiology), Dr. John Thie (Touch For Health) and Dr. John Diamond who have incorporated the ancient Chinese model of bodymind functioning into their work.

### **SUMMARY OF TESTING PROCEDURE**

1. Test the Thymus gland: This can be done either "in the clear" (no issue on line) or with some issue the person wants to deal with. Muscle check (MC) while pointing to the Thymus gland, just below the notch of the sternum (see diagram).
  - 1.1. A strong MC indicates little or no stress in the bodymind, indicating a high and fluid flow of life energy throughout the energy pathways. Also, no major negative emotions interfere with the flow of life energy on these pathways at the time of testing.
  - 1.2. A weak MC indicates a need for correction so the above condition of balance comes on line. Next, you need to test for right or left brain hemisphere dominance at the time of the MC assessment.
2. For the Brain Dominance check, have the person place their hand over each side of their head. The side where the MC goes weak indicates the dominant side at this time telling you which meridian check points need further checking in order to identify the needed emotional balance ("gift").
  - 2.1. If Left Brain Dominance (related to parasympathetic nervous system) (MC shows up weak with the hand over left hemisphere) test the "midline" meridian points (on the diagram: circulation-sex/pericardium, heart, stomach, triple warmer/thyroid, small intestine, bladder).
  - 2.2. If Right Brain Dominance (related to sympathetic nervous system) (MC shows up weak with the hand over right hemisphere) test the bilateral meridian points (lung, liver, gall

bladder, large intestine, kidney, spleen). You only need to check one side of these bilateral points but if nothing shows up with a weak MC test both sides.

Those which MC weak could use an emotional "gift."

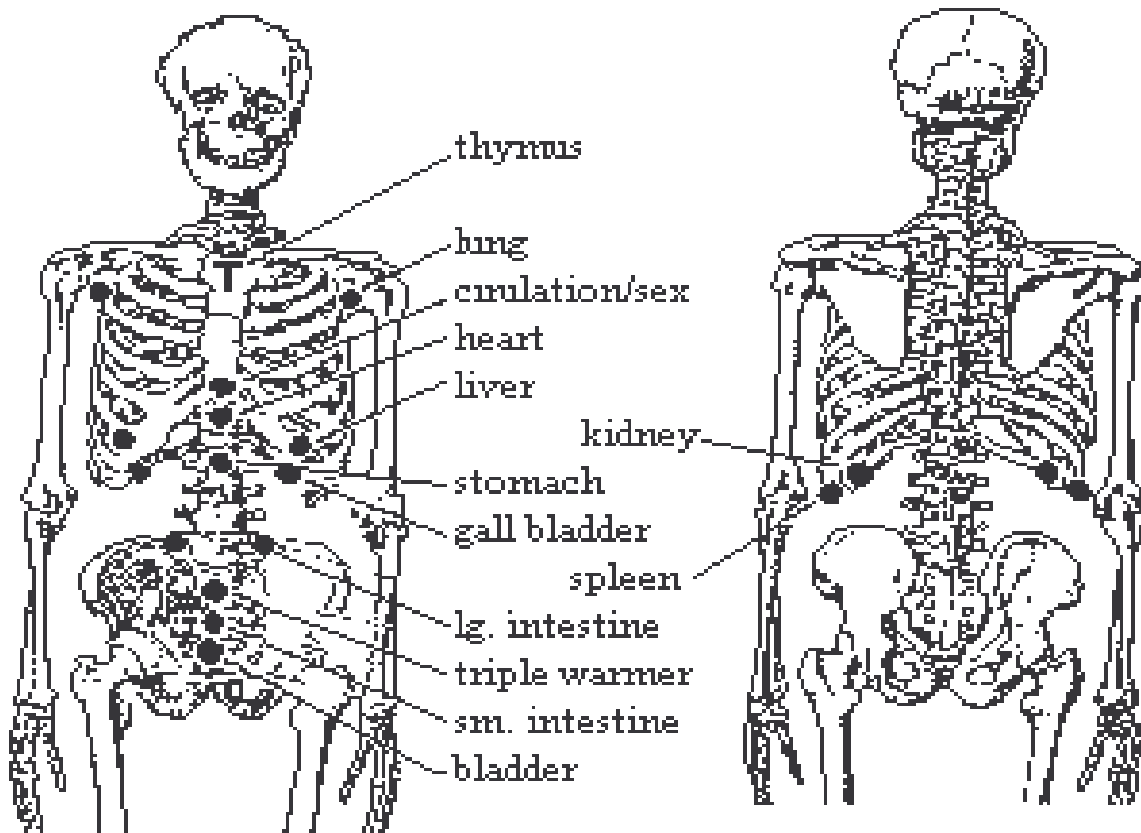
3. MC for specific energy pathway weakness by having the person place one or two fingers on the specific meridian check point (see diagram) and MC.

3.1. People who MC weak, indicating low energy, could use an emotional "gift." Have the person repeat several times, with feeling, the "correcting" or therapeutic affirmation/belief statement. I recommend tapping/rubbing the Psychological reversal points (from Callahan's system) while doing this. Be creative and have the person create a positive image which corresponds to, or reinforces, the positive belief statement thus energizing the energy system using both words and images. Have them make these images and feelings as vivid as possible.

The most successful energy balance combines the words of the affirmation for the logic brain with the positive mental image for the gestalt brain combined with positive feelings of success and change for the emotional brain.

3.2. Continue testing other meridian points to make certain they all test strong. This energizes all remaining energy pathways and corrects any blockages of life energy flow.

4. Retest the thymus: It should test strong with the hemispheres balanced. If the thymus tests weak, repeat the process.



<b>MERIDIAN</b>	<b>ASSOCIATED ORGANS</b>	<b>NEGATIVE EMOTIONAL STATE</b>	<b>POSITIVE EMOTIONAL STATE</b>	<b>CORRECTIVE AFFIRMATIONS TO CHANGE NEGATIVE ENERGY</b> Say 3 times with feeling.
LUNG	Lungs	Intolerance, Prejudice, Contempt, Haughtiness	Humility, Tolerance, Modesty	I am humble. I am tolerant. I am modest
LIVER	Liver	Unhappiness	Happiness, Cheer	I am happy. I am cheerful. I have good fortune.
GALL BLADDER	Gall Bladder	Rage, Fury, Wrath	Forgiveness, Reaching out with love, Adoration	I reach out with love. I reach out with forgiveness.
SPLEEN	Spleen, Pancreas	Realistic worries about the future	Faith & confidence about the future, Security	I have faith, confidence & trust in my future. I am secure; my future is secure.
KIDNEY	Kidneys, Eyes, Ears	Sexual indecision	Sexual assuredness	My sexual energies are balanced. I am sexually secure
LARGE INTESTINE	Colon, Rectum, Appendix	Guilt	Self worth	I am worthy of being loved. I deserve love & happiness.
CIRCULATION/PERICARDIUM	Adrenals, Reproductive glands	Regret, Remorse, Jealousy, Sexual tension, Stubbornness	Letting go of the past, Relaxation, Generosity	I joyously release the past. I am relaxed. My body is relaxed. I am generous.
HEART	Heart	Anger	Love, Forgiveness	I give love & allow love into my life. I forgive. There is forgiveness in my heart.
STOMACH	Stomach, Sinuses	Disgust, Disappointment	Contentment, Tranquillity	I am content. I am carefree & relaxed.
TRIPLE WARMER/THYROID	Thyroid, Pericardium	Depression, Despair, Loneliness, Hopelessness, Grief, Despondency	Hope, Lightness, Buoyancy, Elation	I am easygoing & cheerful. I am energized with hope & high spirits.
SMALL INTESTINE	Duodenum, Small intestine	Sadness, Sorrow	Joy	I am full of joy. I am brimming with enjoyment & delight.
BLADDER	Bladder, Urethra	Restlessness, Impatience, Frustration	Peace, Harmony	I am at peace with myself. I am in harmony with life. There is balance in my life.

## SOURCES

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