



Andrew Kemp KFRP Dip MESK

Kinesiology Scan Lists

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Scan lists
Version 1



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Energetic

Divine protection 954 258 347 777	Sacred space 477 414 477 663	Higher self connection 333 222 333 333
Access to truth 774 778 444 558	Access to only the truth 477 444 588 999	Access to all the truth 669 877 445 699
"In the name of the light" 444 555 444 744	Holographic response 556 630 000 022	Hidden information 111 555 459 877
Access to full 'Quantum K' 687 955 898 998	Sabotage programme blocking 547 747 787 777	Permission to work together 556 632 369 699
Up /down switching 556 632 369 699	Left/ right switching 578 454 787 999	Back /front switching 586 489 689 666
Client dehydrated 789 778 444 578	Practitioner balanced 587 999 663 225	Practitioner dehydrated 578 699 558 556
Energy in room clear 447 888 999 521	Client open to reveal all issues 214 147 478 669	Client omitted key details 25 4 789 841 636

Pre-checks

Treatment priorities

Symptoms	Goals	Work backwards through issues
Issues	Surrogate work	14/42 muscle balance



Reasons for disease and illness

Step 1 – Establish total number of triggers for the symptoms being explored

Step 2 – Explore each priority trigger for this treatment using the tables below

Step 3 – Refer to the other scan charts as necessary to ‘flesh out’ the detail

Original trigger – toxins

(no need to explore further using this page)

Metal toxins	Fungal toxins	Medicine residues
198 748 526 319	718 594 156 203	718 456 985 206
Virus	Pathogenic Bacteria	Chemical poisoning
108 745 296 512	102 896 985 469	104 875 951 236

Original trigger - events

(Unexpected, dramatic, isolating with no strategy to resolve)

Unresolved traumas	Unresolved conflicts	Ancestral inheritance
174 896 502 630	701 492 685 306	485 107 620 369
Unresolved shocks	Unresolved emotional upsets	Soul record inheritance
710 298 563 654	417 415 896 630	108 950 362 444

Triggers that re-activate symptoms

Seeing a traumatic person again	Looks like a traumatic person	Repeated event
102 963 362 741	718 951 402 569	284 510 598 765
Smell	Taste	A look
632 019 874 516	306 523 963 410	985 417 206 369
Workplace	Home	A place
104 752 362 951	012 563 986 541	865 741 206 963
A voice or sound	Medical diagnosis or procedure	Other memory trigger
203 654 107 875	918 735 624 158	302 698 541 951

Stage reached in healing process

1. Good health	2. Significant shock/trauma	3. Stress phase
No support needed	205 871 436 901	204 896 632 565
4. Conflict resolution	5. Healing phase 1 st stage	6. Healing crisis
104 787 518 965	105 742 596 306	825 401 695 203
7. Healing phase 2 nd stage	8. Completion of healing	Running many cycles at once
206 897 888 417	418 509 632 519	205 896 714 453
Repeating healing crisis	Medicines blocking healing	Other blocks to healing
102 865 741 969	623 598 781 401	874 510 269 856



Self-help & Environment

Lifestyle

Change work focus	Change sleep focus	Change play focus
Change rest focus	TV watching	More hobbies
Reading	Hard exercise	Gentle exercise
Socialising	Meditation	Dust / damp
More therapy	Natural daylight	Artificial light
Feng Shui	Candle light	Reading
Getting up time	Going to bed time	Urgent / Important priority
Urgent / Unimportant priority	Non-Urgent / Important	Non-urgent / Unimportant

Diet

Total daily calories	Carbohydrate intake change	Protein intake change
Fibre intake change	Fat intake change	Change timing of meals
Less stimulants	Raw food diet	More fluids
Blood group diet	Low GI diet	Hay diet
Atkins diet	Vegan	Low grain diet
Vegetarian diet	Change number of meals	More / less supplements
Nutrition to go to priority areas	Optimal absorption from food	Cellular receptors for nutrition
964 718 503 620	715 942 689 973	196 834 870 291
Optimal enzymes/acid/bile	Optimise blood chemistry	Test for food sensitivities
691 483 672 961	719 846 694 722	496 357 915 249

House cleansing

House Furniture	House structure	Personal chattels and clothes
784 936 674 198	298 561 726 305	718 659 601 423
Geopathic stress / ley lines	Electromagnetic stress	Underground water stress
915 462 876 302	718 951 643	925 631 204 751
Mains wiring	Feng Shui	Electromagnetic earth grid
964 415 875 632	715 840 695 321	915 842 602 874
Memories in house	Illness residues	Neighbourhood energies
962 301 458 951	714 520 986 963	781 256 698 715
Residue of shock or trauma	Thought forms	Portals, vortices and doorways
635 986 418 752	741 598 614 732	962 145 869 360
Ghosts and trapped souls	People in house	Guardian of the site
745 129 653 620	875 412 963 206	986 205 741 563
Nature elementals	Animal spirits	Plant spirits
941 562 630 963	745 106 986 952	418 975 863 502
Curses or spells	Positive areas to sit	Energy around bed
714 891 436 296	756 265 418 963	715 896 642 963



Spiritual issues

Life themes and Pre-life contracts

Completed so cancel 555 444 111 222	Still to be experienced 222 222 111 111	No longer appropriate 111 222 333 333
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Life plan

Missing elements of highest path 123 566 666 332	On the right path but delayed 555 666 333 333	Right path and ahead of plan 520 000 000 000
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Past Lives

Reaching past life trauma age 555 577 788 774	Repeated issue to heal 111 444 587 777	Repeated issue with an individual 666 989 898 555
Karmic debt still to repay 666 589 478 222	Old contracts still in place 556 478 952 456	Old issues repeating 111 210 123 245
Emotions to heal 211 665 566 965	Physical scars/injuries remain 447 411 222 512	Energetic scars remain 441 214 556 565
Cords to other souls remain 852 365 652 214	Foreign energies carried forward 441 444 145 411	Old vows still in place 554 555 666 566
Phobias carried forward 441 444 554 558	Prejudices carried forward 577 544 744 788	Fears carried forward 555 128 656 477

Soul Group

Soul mate issue 559 899 877 887	Soul group connections draining 454 566 589 888	Soul group lack of growth 789 878 558 444
Soul group members able to help 556 544 748 877	Other versions of you can help 858 577 899 999	Other versions of you hindering 989 655 588 787

Guides

Guide change needed 556 545 444 474	Guide cleanse needed 558 559 656 111	New guide arriving 221 366 698 589
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Soul status

Soul part to return 236 547 589 859	Soul part to be healed 655 859 588 788	Past soul shock (single/multiple) 859 655 458 566
Soul shock in certain situations 655 655 898 699	Soul shock with certain people 698 777 878 555	Soul shifting 898 555 858 556
Soul fragmentation 636 696 986 562	Soul fading 665 636 565 444	Soul theft at conception by mum 525 414 484 989
Soul theft by past partner 969 545 656 525	Soul theft by another person 456 125 458 785	Soul theft by current partner 958 656 985 421
Soul not engaging with an organ 145 258 565 969	Soul not engaging with a chakra 969659636 124	Soul theft at conception by gran 458 474 518 526



Invasive energies

Complications

'Quarantine' energy	Back-up copies to find	Held in specific organ	Instigator to authorise
Blackmail	Feels attachment helpful	Fear of change	Energy fears judgement
Booby trap	'Talk' to the energy	Multiple release now	More to find later
Release across lineage	Release other people too	Find roots of energy	Find seeds of energy

Types of energy entering aura

Possession	Attachments	Stealth attachment	Alien
Vows	Spells	Curses	Old contracts
Collective unconscious	Thought forms	Psychic attack/draining	Cords

Ways into energy field

Physical doorways

Objects	House	Electronic devices	Jewellery
Loved ones	Previous partners	Photographs	Pets
Water supply	Geographic stress	Earth grid points	Earth or nature
Alien Implants	Medical implants	Operation scars	Old injuries
Organ transplant	Organ given	Blood transfusion	Piercing / Tattoo

Energetic doorways

Guides	Other attachments	Higher self	Soul group
Portal	Black hole	Aura gaps	Wormhole
Vortex	Chakras	Ringed energy – 0	Looped energy – 8
Sabotage	Loved ones	Cordings	Soul loss
DNA, i.e. quantum level	Fertile period in cycle	Sexual union	Conception
White blood cell creation	Red blood cell creation	Zona Pellucida	Testes
Ova	Birth	Reaching sexual maturity	Through lineage

Temporal doorways

Past life	Present life	Future life	Concurrent life
In Utero	In Bardo	Ancestral	Transition: death or birth

Rights of access to energy field

Curses made/received	Blackmail made/received	Spells made/received	Vows made/received
Lying	Jealousy	Free will compromised	Animal sacrifice
Sexual activity	Self-judgement	Judgement of others	Revenge
Bad contract made	Contracts broken	Blasphemy	Sexual abuse
Violence victim	Violence perpetrator	Self-punishment	Prejudice
Religious fear of evil	Pre life contract	Emotional abuse/trauma	Sense of karmic dues
Issue with energy itself	Materialism	Suicide	Disrespecting the land
Bigamy / Adultery	Abortion	Addiction	Need for power
Occult practice	Rejection of the Light	Killing animals for sport	Theft

Harmonic 367 578 989 999



Emotional and psychological issues

Survival mechanisms

Suppressed traumas 369 969 859 741	Suppressed emotions 101 258 666 968	Sabotage 710 659 869 632
Secondary gain 149 862 749 863	Phobias 105 986 749 898	Negative beliefs 306 748 777 418
Conscious/subcon. separation 218 547 536 962	Shock 258 989 745 145	Over-active instincts / amygdala 718 745 986 369
Trauma compartments in brain 746 851 963 425	Trauma compartments in DNA 749 851 426 798	Unconscious mind blocking release 149 856 741 029

Emotions

Age regression needed 128 975 863 206	Fear of extinction 748 519 863 259	Absorbing collective unconscious 745 189 635 874
Lost twin in utero 159 632 968 630	Inner child bored 976 501 296 300	Inner child emotionally upset 108 969 326 741
Cellular receptor sites for addiction 159 916 347 845	Receptor sites for low emotions 629 856 147 222	Inherited beliefs from family 316 903 658 478
Identification with bad behaviour 126 298 563 101	Imprints on unconscious 741 025 526 963	Living in the moment 748 519 526 365
Suppressed emotions / traumas 718 719 863 206	Self-destructive tendencies 962 020 148 753	Self-punishing tendencies 968 519 426 302
Belief system conflicts 415 102 963 874	Body comparisons 105 986 978 636	Bad body/self-image 147 854 218 963
Energy of broken vows 102 898 636 741	Limiting comments by authority 105 748 963 656	Being laughed at / made to cry 023 269 589 741
Emotions not ready to face 258 976 841 206	Over-analysing events / issues 747 847 989 526	Avoidance or denial of issue 105 629 863 478
Negative astrological influences 148 596 748 123	Perceived facts are beliefs 105 875 841 596	Rebellion against people 639 625 748 123
Rebellion against institutions 696 321 787 415	Parental bonding missing 987 417 875 147	Natural maturing process stopped 269 654 787 123

Relationship healing

Harmonic 784 752 192 186

Mother in utero / breastfeeding	Nephews / cousins	Other friends
Mother generally	Children	Work colleagues
Parents when taken to school	Step-parents	Bosses
Father when away from home	Step-children	School/college friends
Father generally	Ex -spouse	People in authority
Grandparents	Ex-partners	Friends of parents
Boyfriend / Girlfriend	Spouse	Strangers
Uncles / Aunties	Other relatives	Religious figures
Sisters / Brothers	Pets	God



Physical (1)

General

Create missing cells 732 106 391 278	Repair damaged cells 732 106 391 278	Remove rogue cells 732 106 391 278
Alkalinity via breath 642 473 853 955	Alkalinity via diet 198 76 329 861	Alkalinity via drink/hydration 584 789 362 109
Uncloak stealth viruses /toxins 578 999 888 544	Rehydrate cells 258 669 654 787	Immune function 100% 258 654 987 477

Detoxification

Balance drainage pathways 671 369 463 963	Detox parasites 558 877 744 144	Detox Candida 588 987 569 656
Detox heavy metals 258 510 230 369	Neutralise vibration of metals 587 565 236 989	Detox Viruses 787 458 741 205
Detox pathogenic bacteria 587 459 635 291	Detox chemicals 451 289 654 366	Detox medicine residues 747 841 254 968
Remove vaccine residues 547 414 205 699	Neutralise vaccines in brain stem 741 485 996 568	Neutralise vaccines in spinal fluid 741 589 654 528
Remove bacteria from vaccines 587 454 898 636	Clear bacteria caused by fillings 785 481 956 896	Release fluid retention 457 851 256 369
Clear putrefactive bowel matter 586 987 565 414 588	Clear post-putrefactive matter 587 415 963 989	Clear mucous and mucoid plaque 747 851 258 659

Brain and Nervous System

Balance L & R hemispheres 333 554 777 777	Restore perfect nervous system 234 524 467 953	Delete stress receptors in: 336 699 862 674
Brain	Central Nervous system	Sympathetic Nervous System
Peripheral Nervous System	Parasympathetic Nervous System	Autonomic Nervous System
Brain Stem	Cerebrospinal fluid (CSF)	Corpus Callosum
Amygdala	Meninges	Cranial Nerves

General Structure

Restore ileo-caecal valve to 100% 351 584 249 723	Restore Houston valve to 100% 351 584 249 723	Reset shock absorbers 874 528 956 696
Release shock from tailbone 687 955 898 998	Repair vertebral subluxations 176 159 359 667	Repair vertebral fixations 176 159 359 667
Apply atlas profilax 410 587 596 874	Correct all structural misalignments 147 653 589 654	Cancel all stress receptors 525 689 545 123
Release stress receptors on jaw 589 632 548 969	Restore optimum bite 417 854 125 487	Heal excessive gut permeability 696 856 369 654
Correct proprioception 424 467 587 821	Relax tense muscles 258 698 578 458	Strengthen weak muscles 215 965 789 632



Physical (2)

Electromagnetic imbalances

Organic sheath amalgam fillings 345 791 257 832	Block HAARP signal 258 987 589 641	Block man-made frequencies 657 895 841 230
Perfect circadian rhythm of jaw 547 679 383 283	Block mobile phone frequencies 259 632 258 421	Block electricity interference 257 698 659 989
Artificial light, limited spectrum 362 514 684 157	Use Quantum K resonators See www.quantumk.co.uk	Restore perfect cranial resonance 237 835 783 359

Desensitisation

Release all food allergies 124 589 654 389	Release all food intolerances 471 584 296 365	Release all emotional triggers 365 412 784 965
Desensitise chemicals / inhalants 365 241 896 741	Absorb and utilise more vitamin D 549 149 652 364	Reduce histamine release 386 285 222 735

Past physical traumas

Release actual brain damage 876 596 238 556	Heal brain damage by suggestion 876 596 238 556	Delete cellular memory of trauma 295 658 745 156
Restore energy flow in piercings 635 265 147 874	Restore energy flow in studs 519 874 563 216	Restore energy flow in tattoos 145 968 526 351
Heal the following invasive procedures : 675 649 434 837		
Ultrasound	MRI scan	Chemotherapy
Foetal monitoring	Dentistry	EEG / ECG
Amniocentesis	Vasectomy	All surgical operations
Birth of self or child	Circumcision	X-rays
Radiotherapy	Injectons	Vaccination

Endocrine

Clear toxins from receptor sites 175 896 263 541	Restore all glands to balance 334 534 756 577	Delete stress receptors on glands 347 615 587 837
Priority gland imbalance:	Hypothalamus	Pituitary
Pineal	Thymus	Adrenal
Thyroid	Parathyroids	Ovaries
Testes	Pancreas	Kidneys
Uterus	Liver	Heart



Physical (3)

Cells, genetics and DNA

Remove excess free radicals 365 569 789 854	Epigenome gene suppression 259 569 784 896	Inherited epigenome suppression 658 418 596 326
Release DNA mutations 748 549 635 952	Optimise cellular receptor sites 198 875 659 423	Clear miasms from Chromosomes 964 158 637 248

Breathing

Release stress from diaphragm 259 685 965 214	Reset breathing thermostat 589 689 987 415	Encourage deeper breathing 365 986 954 148
Encourage thoracic breathing 265 963 587 541	Encourage abdominal breathing 145 865 745 986	Encourage nostril breathing 147 896 698 956
Release excess blood nitrogen 569 741 254 652	More left nostril & negative ions 369 856 987 418	Release lung shock 697 915 684 239

Anti-ageing

Maximise hyaluronic acid 697 841 659 823	'Youth' cells to earlier blueprint 217 648 323 547	'Youth' cells to earlier age 279 684 951 746
'Rebirth' the body 743 602 985 610	Slow body clock 476 542 361 852	Optimise skin elasticity 964 741 853 620
Optimise ligament elasticity 698 357 489 517	Optimise Joint elasticity 976 849 851 259	Optimise vascular elasticity 695 456 812 796
Optimise muscular elasticity 309 780 596 435	Optimise tendon elasticity 719 856 147 825	Optimise tissue elasticity 286 364 179 650

The outside world

Vivaxis – tie to birth place 854 698 512 634	Chemtrails 845 745 961 203	Microwaved food 412 561 239 564
Petrochemical pollution 419 867 523 102	Solar flares 415 297 845 367	Environmental vortex 941 896 539 871

Inflammation

Reduce inflammatory chemicals 289 746 815 920	Balance homocysteine levels 715 986 395 712	Lower homocysteine by supps. B12 / B complex / folic acid
Cancel autoimmune reactions 593 195 674 953	Drain inflammatory residues 198 657 923 746	Less sensitivity to inflammation 619 863 719 845



Miscellaneous

Energetic		
Reposition Assemblage point 259 856 471 206	Heal Assemblage fragments 841 259 860 716	Energise Assemblage point 741 873 609 532
Aura too wide 798 516 432 089	Aura too narrow 715 840 259 630	Aura holes 745 209 861 206
Chakras - disconnected flow 718 436 902 651	Kundalini energy not flowing 147 893 605 423	Client not grounded 748 950 126 853
Earth star chakra issue 718 409 865 777	Root chakra issue 715 486 320 956	Sacral chakra issue 714 896 526 305
Solar plexus chakra issue 875 981 429 620	Heart chakra issue 718 432 059 863	Throat chakra issue 741 875 629 530
Brow chakra issue 701 865 259 630	Crown chakra issue 785 418 695 025	Soul star chakra issue 986 541 297 763
Celestial chakra issue 719 863 748 978	Higher chakras issue 718 753 699 847	Other minor chakra issue 478 518 963 647

Heart, mind, body & soul		
Heart imbalance 869 741 859 639	Soul imbalance 718 752 698 417	Mind imbalance 986 218 741 025
Body imbalance 984 185 269 785	All 4 of these elements 412 587 412 963	Element too strong 741 896 502 741
Element too weak 206 963 487 510	Element missing in body part 418 753 962 175	Element missing in chakra 741 189 654 203
Element in wrong dimension 975 486 841 598	Element needs healing 715 486 952 026	Element needs recognition 742 518 953 620

Ancestral healing		
Curse energy coming through 758 965 412 532	Spell energy 748 951 256 963	Attachment energy 741 845 129 635
Emotional pre-dispositions 741 859 862 541	Repeating events 418 753 962 502	Repeating issues 718 425 963 502
Repeating illnesses 710 258 956 320	Repeating relationships 715 426 856 302	Through mothers side 748 510 259 641
Through fathers side 741 845 956 203	Started how many generations? 715 423 698 520	Natural end date or eternal? 715 420 963 526
Male members only 740 598 105 426	Female members only 157 542 236 589	Branches out to other relatives 418 752 658 941
Passes through marriage / sex 539 621 741 486	Refer to Invasive Energy chart 518 753 965 423	Establish emotions involved 986 653 147 108



Inter-dimensional doorways to close

Types

Wormholes to this dimension 890 152 906 453	Wormholes to other dimension 149 785 653 478	Vortices within chakras 890 076 213 456
Portal open - two way traffic 890 152 243 119	Portal open - one way traffic 589 641 259 765	Black holes 891 235 777 912

Doorway opening

In aura 172 406 333 924	Via chakras 462 931 426 723	Via physical body 562 192 343 147
Via Zona Pellucida / Testes 198 826 753 419	Via environment 198 753 206	Via assemblage point 198 725 614

Dimension connected

1 Source / God Unlikely	2-6 Archangels No healing needing	7-10 Angelic realm No healing needed
11-14 Guides & Power Animals No healing needed	15-20 Higher incarnated beings 297 519 846 536	21-24 Earth & its energy field 198 756 341 206

Trigger point

Past lives 109 862 715 459	Earlier this life 976 541 206 398	Ancestors 718 752 419 863
Continuous 519 763 502 986	Future of this life 418 750 269 630	Transition points e.g. death/birth 914 752 109 863
Future lives 720 149 863 520	Concurrent lives 742 157 986 320	In spirit 948 753 601 259

Reason opened inappropriately

Emotions to heal 298 643 519 798	Traumas 628 749 516 306	Shocks 718 952 632 159
Relationships 306 986 481 720	Environment 609 865 316 720	Illness 718 752 694 532
Soul loss 418 759 632 263	Sexual activity 741 857 419 852	Other 625 974 102 456



Metaphorical connections

Possible causes of imbalance		
Acne	Adrenal gland	Arthritis
Dislike of self, integrity questioned	Going wrong way or feeling defeated	Feeling unloved and resentful
Asthma	Amenorrhea	Back
Smothered or territory invaded	Dislike of self	Hardship, guilt or unloved
Bones	Bronchial	Cartilage
Life's foundations, inferiority	Arguments, territory fear, family	Minor self-devaluation
Blood vessels	Bladder	Breast
Self-devaluation,	Invaded space or can't let go	Nurturing, stress with children
Bowels	Connective tissue	Eye
Can't let go or digest something	Self-devaluation	Not wanting to see, fear of attack
Ear	Feet	Gallbladder
Not wanting to hear	Unsafe	Anger, territory invaded
Heart	Intestines	Joints
Overwhelmed, frustrated, territory	Not absorbing, anger	Ease of change of direction
Kidneys	Larynx	Lungs
Abandonment, failure or fear	Can't speak or not know what to say	Fear of death, grief, depression
Lymph	Liver	Large intestine
Loss of love and joy	Complaining, sadness, starvation fear	Indigestible issues
Mouth	Muscles	Nails
Closed minded	Not moving on in life, cannot flee	Protection
Neck	Nose	Ovaries
Inflexibility	Self-recognition	Creativity or profound loss
Pituitary	Prostate	Pancreas
Control of thoughts, out of reach	Masculinity, insecurity about self	No sweetness, resistance, disgust
Skin	Shoulders	Skeleton
Safe to be me	Life is a burden	Structure of life
Sinuses	Spleen	Stomach
Irritation with someone	Obsessions, self-devaluation	Fear of change, indigestible issue
Spine	Tendons	Testicles
Fear of life	Life is over belief	Masculinity
Teeth	Throat	Thymus
Indecisive, not allowed to speak	Creativity and expression	Under attack by life
Thyroid	Tissue	Tonsils
Humiliation, blocked expression	Self-devaluation, too thin or fat	Stifled emotions. Fears
Uterus	Varicose veins	Urethra
Female creativity	Burdened and discouraged	Angry and upset

Left side of body :	Mother, son, child, inner world or female issues
Right side of body:	Dad, partner, outer world, male issues

Harmonic 178 956 815 986



Core beliefs

About myself

I can do it	I am who I am	I respect myself
I get it right	I am powerful	I can stand up for myself
I am good enough	I am lovable	I am in control
I am intelligent	I fit in	I have choices
I am successful	People listen to me	I am safe and secure
I am worthy	I can show my true feelings	I am a meant to be here
I am visible	I do not need to please others	I am proud of myself
I am significant	I am a good person	I am in charge of my life
My mistakes are forgivable	My parents are proud of me	I deserve a family
I can have what I want	I am interesting	I deserve happiness
I am clean	I give out enough love	I deserve pleasure
I can say no	I express my creativity	I deserve love
I meet people's expectations	People respect me	I deserve abundance
My opinions count	I am attractive	I deserve to have sex
It's OK to have fun	I live in the moment	I deserve to be well
I have found my calling	I do what I want to do	I deserve to be alive
I am in the right place	I love myself just the way I am	I deserve to have a full life

The world

Life is meant to fun	People are kind and loving	Mankind will survive
Happiness can last	I can make a comfortable living	Mankind deserves to be respected
The world is a safe place	Hard work is not essential	I am on my highest life plan
People are out to support me	I can be calm in today's world	There is a highest plan for my life
Life is fair	Good people are in the majority	I will survive
Life is kind	I receive the respect I deserve	I will be OK

My relationships

There is someone special for me	Partners want me, not my money	My partner listens to me
I am meant to be in a relationship	My partner can survive alone	Love is wonderful
The opposite sex can be trusted	People meet my expectations	I am attractive and loveable
I relate well to the opposite sex	Relationships can last	I give my partner freedom
I always come out fine	Relationships can be easy	Partners always support me
I accept our relationship as it is	I can have space from my partner	Relationships are worth the effort
My partner can see my viewpoint	I still have time to find someone	I can express my true self
Partners want more than sex	We can have different hobbies	I can be happy and single
Partners do want me for sex	My life is as good as any fantasy	My partner is good enough

Absorb the truth of the following statement and **Harmonic 397 543 201 138**

"I am unique, beautiful, talented and lovable. I accept that everything I do, feel and say on my life's path is part of my growth to higher states of understanding and consciousness. I see the world as a wonderful playground for me to express my magnificence."



Emotions, fears and events

1. Negative emotions and fears

Abandonment	Abuse	Addiction	Anger	Apathy
Appeasement	Anxiety	Boredom	Bitterness	Despair
Discouraged	Doom	Disgust	Depression	Doubt
Domineering	Envy	Ego	Escapism	Frustration
Failure	Forsaken	Fear	Guilt	Greed
Grief	Hate of others	Hate	Hate of God	Humiliated
Hate of self	Hate of life	Helplessness	Hopelessness	Internalisation
Hostility	Insecurity	Intolerance	Irritability	Judgmental
Jealousy	Loneliness	Lethargy	Low self-esteem	Moodiness
Mourning	Mistrust	Negativity	Pride	Panic
Regret	Revenge	Rejection	Resentment	Restlessness
Sadness	Sabotage	Sexual insecurity	Self-punishment	Separation
Stressed	Self-centred	Terror	Unloved	Unappreciated
Upset	Unforgiveness	Unhappiness	Unworthiness	Unfulfillment

2. Events and issues that caused them

Adopted	Abandoned	Abortion	Abuse	Adultery
Accident	Bereavement	Burned	Celibacy	Chastity
Emotional abuse	Drowned	Disease	Executed	Fatigue
Hunger	Health abuse	Injustice	Insanity	Ignored
Infertility	Illness	Kidnap	Slavery	Hanged
Lying	Malice	Murder	Stabbed	Pain
Punishment	Prison	Poisoned	Poverty	Promiscuity
Revenge	Sexual coveting	Sexual abuse	Shock	Suicide
Strangulation	Sadism	Suffocation	Shot	Strangers
Trauma	Torture	Touch	Violence	War

3. Positive emotions to superimpose

Admired	Adored	Ambition	Amiable	Amorous
Amused	Animated	Approachable	Aroused	Blessed
Brave	Calm	Captivated	Carefree	Cheerful
Compassionate	Connected	Composed	Confident	Conscientious
Considerate	Coping	Delighted	Desirable	Dignified
Eager	Elated	Engrossed	Engaged	Enjoyment
Enthused	Fulfilled	Forgiveness (self?)	Grateful	Grounded
Happy	Honest	Hopeful	Idealistic	Impulsive
Inspired	Intuitive	Irrepressible	Kind	Light-hearted
Lively	Loving	Luxurious	Modest	Natural
Open	Optimistic	Passionate	Patient	Peaceful
Persistent	Placid	Pleasure	Protected	Radiant
Receptive	Refreshed	Relaxed	Resistant	Revived
Romantic	Safe	Satiated	Secure	Selfless
Sensitive	Sentimental	Sexy	Silly	Sincere
Spirited	Spontaneous	Supported	Surrender	Tender
Thoughtful	Tolerant	Virtuous	Warm	Willing



Affirmations (1)

Love

Harmonic 196 875 945 631

I deeply love and accept myself just the way I am.

I resonate with the love that exists in every cell of my body.

My love is limitless; a bottomless well that radiates out from me, uplifting all who meet me.

In return, I feel the love of those I meet and recognise the source of love within them.

I attract loving people and situations into my life, returning the love I exude many times over.

I allow the unconditional love of the Universe into my life and let it work within me.

I see the perfection and purity in all people and all situations I encounter.

I live in the flow of life and the flow of life lives within me.

I give thanks for the loving gifts I receive and my gratitude enhances my gifts.

By allowing love into my life, I am filled with a constant state of bliss.

Loving events and people seek me out, recognising that I totally deserve them.

Relationships

Harmonic 398 796 854 198

I understand my needs and desires.

I attract others into my life who help me express my completeness.

My life is harmonious.

I attract other people into my life who will help us manifest all our needs

Healing

Harmonic 634 987 859 159

Now is the time to heal. I accept that the ultimate choice and responsibility to heal is mine.

Every cell in my body vibrates with perfect health.

I heal quickly and easily

I choose events and people in my life that support my healing.

I love my body and treat it accordingly.

I choose to consume vibrant food and drink and respect my body.

Abundance

Harmonic 298 765 981 424

I deserve unlimited abundance in my life.

My career is rewarding and fulfilling and I am paid appropriately for my efforts.

I trust the Universe to provide me with all that I need.

I am a successful person and my intuitive and creative abilities flow through me at all times.

I have complete confidence and faith in myself.

I deserve unlimited abundance in my life.



Affirmations (2)

Forgiveness

Harmonic 297 845 612

I make no judgement about myself or other people.

I forgive everyone who has ever harmed me physically or emotionally, intentionally or inadvertently.

I forgive myself for being weak when I should have been strong, dominant when I should have been sympathetic and silent when I should have spoken up.

When I forgive, I do so completely and unconditionally.

I accept that there are no mistakes, only learning opportunities.

Sensible risk taking is a necessary part of my growth and development.

I live in the moment and release any worries that past or future events create within me.

Life purpose

Harmonic 345 986 741 986

I am on my perfect life plan

My life has meaning

I can have fun while fulfilling my highest purpose

I live in the moment

Circumstances don't matter, only my state of being matters

True success is a reflection of who I become, not what I achieve or accumulate

I can only succeed

I have the necessary skills to achieve my highest vision of my life

I have the necessary support to achieve my highest vision of my life

God/Source requires nothing from me

The journey is more important than the destination

Growth and preparation are as important as delivery

All lives are equally important

Universal laws

Harmonic 639 784 159 684

Connection - We are all one

Choice - We have free will

Attraction - Life mirrors back to me who I am and what I believe

Cause and effect - As I sow, so shall I reap

Duality - Every negative has a positive

Cycles - Events occur in streaks, good and bad

Change - Everything evolves

Responsibility - We must take ownership and responsibility for our actions

Momentum - Once you energise an idea, your action allows the Universe to support you

Synchronicity - Life shows you Divine order and flow through co-incidences

Expectation - Your belief about the likely outcome will influence the result

Intention - Act with genuine compassion and pure intent to achieve your goals

Planning - For success, think about your goals, state them, then take action.



Age regression

Number of ages to investigate							
1	2	3	4	5	6	7	8

Conception to birth			
Conception	Conception to birth		Birth
The sexual act issues	Soul theft	Attachments	Ancestral
Fear of pregnancy	Dad's emotions	Mother's emotions	Anaemia
Survival instincts	Trauma	Medical intervention	Wrong sex baby
Forceps	Epidural	Anaesthetic	Breech birth
C-section issues	Soul engagement	Bonding	Cranial plates
Early/late birth	Umbilical cord cutting	Siblings	Other scan lists

Early childhood							
First year	Age 1	Age 2	Age 3	Age 4	Age 5	Age 6	Age 7
Father away at work	Absent father		Babysitters		Siblings		
Vaccinations	Nannies		Mother issues		House move		
School teachers	School friends		School exams		First day at school		
Strangers	Accidents		Illness		Other scan lists		

Later childhood									
Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17
School teachers		Friends		School exams		First day at school			
First sexual adventures		Girlfriend		Boyfriend		Siblings			
Parents		Other relations		Illness		Bullying			
Smoking		Alcohol		Drugs		Self-image			
Accidents		Job		Other events		Other scan lists			

Adulthood					
Age 18 – 30	Age 31-40	Age 41-50	Age 51-60	Age 61-70	Age 71-80
Illness		Accidents		Bereavements	
Marriage		Relationships		Children	
Work		Boss		Other relations	
				Divorce	
				Fertility issues	
				Other scan lists	



Archetypes

Archetype	Positive characteristics (to amplify)	Negative characteristics (to reduce)
Addict	<ul style="list-style-type: none">- Willpower- Inner strength- Self-control- Discipline	<ul style="list-style-type: none">- Struggle- Low willpower- Needs excess- Internal imbalance
Alchemist	<ul style="list-style-type: none">- Ground breaker- Inventor- Broad thinker- Ingenuity	<ul style="list-style-type: none">- Misuse of power- Trickery- Seduction- Aloofness
Artist	<ul style="list-style-type: none">- Connection- Emotionally open- Passion- Inspiration	<ul style="list-style-type: none">- Eccentricity- Madness- Impracticality- Madness
Athlete	<ul style="list-style-type: none">- Physical strength- Strong ethics- Dedication- Focus	<ul style="list-style-type: none">- Bully- Misuse of power- Ego- Lack of honour
Child	<ul style="list-style-type: none">- Playful- Natural- Innocent- Creative	<ul style="list-style-type: none">- Needed- Wounded- Dependent- Broken dreams
Damsel-in-Distress	<ul style="list-style-type: none">- Beautiful- Romantic- Luxurious- Good companion	<ul style="list-style-type: none">- Vulnerable- Needy- Disempowered- Lonely
Gambler	<ul style="list-style-type: none">- Adventurous- Decisive- Good hunches- Self-belief	<ul style="list-style-type: none">- Addict- Impatience- Risk taker- Insatiable
Healer	<ul style="list-style-type: none">- Passion to serve- Intuitive- Sympathetic- Inner strength	<ul style="list-style-type: none">- Disempowers others- Ego- Isolation- Own inner wounds
Hero	<ul style="list-style-type: none">- Strength and bravery- Loyalty- Desire to protect- Just cause	<ul style="list-style-type: none">- Obstacles to overcome- Survival fears- Blinkered- Victory at any cost
Lover	<ul style="list-style-type: none">- Passion- Devotion- Appreciation- Oneness	<ul style="list-style-type: none">- Obsessive- Low self-esteem- Ungrounded- Vanity
Perfectionist	<ul style="list-style-type: none">- Purity- Tidiness- Domesticated- Dedication	<ul style="list-style-type: none">- Obsessive- Competitive- Never satisfied- Blinkered
Rebel	<ul style="list-style-type: none">- Habit breaker- Pathfinder- Protestor- Challenger	<ul style="list-style-type: none">- Trendy cause chaser- Problems with authority- Change for change sake- Discontented

Harmonic 877 777 896 236