



Andrew Kemp KFRP Dip MESK

Kinesiology Scan Lists

Copyright free

Explanatory Notes



Table of Contents

| | |
|---------------------------------------------------|----|
| Welcome | 5 |
| General concepts | 6 |
| Page 1 - Pre-checks | 7 |
| Page 1 - Treatment priorities..... | 8 |
| Page 2 - Reasons for disease and illness..... | 8 |
| Page 2 - Triggers that reactivate symptoms | 9 |
| Page 2 - Stage reached in healing process | 9 |
| Page 3 – Self help & Environment | 11 |
| Page 3 - Diet | 12 |
| Page 3 - House cleansing..... | 12 |
| Page 4 – Spiritual issues..... | 13 |
| Page 4 - Life themes and pre-life contracts | 14 |
| Page 4 - Life plan | 15 |
| Page 4 - Past lives | 15 |
| Page 4 - Soul group..... | 16 |
| Page 4 - Guides..... | 17 |
| Page 4 - Soul status | 17 |
| Page 5 - Invasive energies..... | 20 |
| Page 5 - The theory... .. | 20 |
| Page 5 - Complications..... | 22 |
| Page 5 - Types of energy entering aura | 24 |
| Page 5 - Ways into energy field..... | 28 |
| Physical doorways | 28 |



| | |
|---------------------------------------------------|----|
| Energetic doorways | 29 |
| Temporal doorways | 31 |
| Page 5 - Rights of access to energy field..... | 32 |
| Page 6 – Emotional and psychological issues | 33 |
| Page 6 - Survival mechanisms..... | 33 |
| Page 6 - Emotions | 34 |
| Page 6 – Relationship healing | 35 |
| Page 7 - Physical (1) | 36 |
| Page 7 - General..... | 36 |
| Page 7 - Detoxification..... | 36 |
| Page 7 - Brain and nervous system..... | 37 |
| Page 7 - General structure | 38 |
| Page 8- Physical (2) | 39 |
| Page 8 - Electromagnetic imbalances | 39 |
| Page 8 - Desensitisation..... | 40 |
| Page 8 – Past physical traumas..... | 40 |
| Page 8 - Endocrine | 41 |
| Page 9 – Physical (3) | 41 |
| Page 9 – Cells, genetics and DNA..... | 41 |
| Page 9 - Breathing..... | 42 |
| Page 9 – Anti-ageing | 43 |
| Page 9 - The outside world | 44 |
| Page 9 - Inflammation..... | 45 |
| Page 10 – Miscellaneous..... | 46 |



| | |
|----------------------------------------------------|----|
| Page 10 - Energetic..... | 46 |
| Page 10 - Heart, mind, body & soul | 48 |
| Page 10 - Ancestral healing | 48 |
| Page 11- Inter-dimensional doorways to close | 50 |
| Page 11 - Types..... | 50 |
| Page 11 - Doorway opening | 51 |
| Page 11 – Dimension connected | 51 |
| Page 11 - Trigger Point | 51 |
| Page 11 - Reason opened inappropriately | 51 |
| Page 12- Metaphorical connections | 52 |
| Page 13 – Core beliefs..... | 52 |
| Page 14 Emotions, fears and events..... | 53 |
| Page 15 and 16 - Affirmations | 53 |
| Page 17 Age regression..... | 54 |
| Page 18 Archetypes | 54 |
| A few final words... .. | 55 |



Welcome

These notes run alongside the scan lists. My aim is to provide enough background detail for you to have at least one interpretation sitting behind each line entry. You can use my intent or your own, just be clear what each phrase means to you when it shows in the muscle test – fuzzy thinking leads to fuzzy results.

A spiritual bias....

These notes encompass every concept I work with in clinic and I hope that there will be new information for every reader, perhaps challenging in places but interesting too. If you do not wish to work with particular headings, by all means remove the page in question and add in any others of your own. This is meant to support your existing practice, not replace it.

At a personal level, I do love working with spiritual issues and I believe that this area of work is crucial and much overlooked in modern healthcare – complementary or otherwise. We can shy away from these more esoteric concepts, but I firmly believe that working with the soul is essential for virtually every client, whether they come with personality disorders or simply a bad case of IBS. Everything comes down to the soul level; if we restrict our work to the emotional or physical, we will often miss the deepest layers of imbalance that stop our client attaining truly deep healing. At the end of the day, we are spiritual beings on a physical journey; our bodies are essential engines for our journey but they do not drive the bus....

In this context, the page on Invasive Energies is the most important. We can be fearful about attachments, dark energies or lost souls, but in the final reckoning they have only lost some of their light and need help to a better place, not condemnation or our own fear. If you work in 'Sacred Space' or with 'Divine Protection' you are *absolutely protected and safe*. The only thing to fear is your own fear of this subject, as this could unconsciously block your library from opening on this page. If you are happy to work in this area, this page will show for virtually every client, so be prepared and comfortable with its content.

Best of all - it's free!

I have made this information available for free, but I am looking to raise money for a local charity that my mother helps run and my sister attends. It is called the Dragon Club and helps local adults with severe learning difficulties. The easiest way to do so is via **www.cafonline.org** to which you may contribute if you wish to return some of the energy of this gift to you. It is simply called **Dragon Club**, based in Beachley Walk, Bristol, so ignore other similar names. Their running costs are very low but they rely on donations for their survival, every penny of which goes straight to those who need it.

With blessings

Andrew Kemp KFRP Dip MESK



General concepts

There are many ways to use these scan lists. You can use them on their own, add them to your favourites, include them within a finger mode, whatever works for you.

These lists cannot cover every possibility, so do watch out for the client's inner intelligence using the best phrase available to convey a point. If this happens, you may need to interpret the words shown and work with the client to find the most appropriate meaning. There is no substitute for experience and 'nous', with a good sprinkling of intuition. In the absence of your own preferred protocol, I suggest the following:

1. Open and 'lock in' a circuit on the priority imbalance. This might be a symptom, an issue, a relationship or a goal. Either use 'prime direction' finger mode or dowsing to ensure that you have captured not just a priority imbalance but the *highest* priority imbalance for this treatment.
2. Either use the index to determine which pages apply, or go through each page in turn looking for muscle changes around the page itself, then the column, then the specific item. See how many items are relevant on each page before looking for specific details.
3. Lock in each relevant concept and delve deeper if you need to. You will see that there is a harmonic healing sequence attached to either the individual entry or the wider heading within which it appears. Set your intent to include this harmonic sequence whenever it might help, as this will reduce the amount of time and energy you will need to invest looking for fixes to the issues raised. If you want an explanation of how harmonics work, please refer to the www.quantumk.co.uk website.
4. When you have locked in all the relevant concepts, find a suitable remedy. My personal preference is to follow the protocol laid out on the Quantum K website and hold the Emotional Stress Release points for as long as is needed. You can dowse for the relevant length of time, but I find that 15 minutes is normally right for me and my hands instinctively come away from the forehead points when the energy blockages have shifted. You may even find that no 'fixing' is needed if you have locked in harmonics at each stage.

My own belief is that kinesiology works by connecting the Higher Self to the body intelligence and instructing it to reconsider its approach to specific stresses and events. Our bodies always try to act in our best interests, but this instinctive awareness is no more advanced than a young child, and sometimes a parental influence is needed to correct misunderstandings and false-interpretations.

In most cases, our goal is simply to find the programme causing the symptom and instruct the body, or unconscious mind, to replace it with a more appropriate one. We just need enough understanding to be able to provide sufficient 'focused intent' for the body to find the appropriate programme out of the thousands that must be running at any given time.



Page 1 - Pre-checks

I normally open up most of the circuits shown here with finger modes, but intent from the headings in this list will work equally well.

Items from this list rarely show with me, as they suggest a fundamental blockage in the communication pathways between the muscle test and the **higher self connection**. If there are any problems with **access to the truth**, **sabotage programmes**, or **permission to work together**, suspect that something has got in the way, normally an attachment energy.

Divine protection and **sacred space** is available to us all, so an issue here is a reflection of the client's belief system, not the truth. Of course, a belief that we are unprotected can generate a false truth for the client and bring about the very outcome that they fear. No higher power will override our free will to choose something negative for ourselves. If the first heading shows, check for a fear of judgement, a deep sense of guilt, atheism, or a fundamental rejection of God and religion.

The **holographic response** refers to the holographic nature of our energy field. Not only is everything connected, but each cell knows the status of every other. I normally open this circuit using a finger mode, but placing this concept in your intent is equally valid and allows you to interrogate one muscle to establish the imbalances in any other. This is particularly useful when doing food testing or looking for an issue that might be held anywhere in the body.

Access to full 'Quantum K' energy is also important if you want to draw on the full healing potential of this system. Just having this line in these scan lists should open you up to its specific vibration held in the quantum energy field.

The most important area for me is **client open to reveal all issues**. If this shows, it suggests a fundamental block in permission and you will not be able to access that imbalance. Like a rotten apple festering at the bottom of the barrel, it will impede the client's recovery, but you have to accept that they either have conscious or unconscious reasons for holding back on this issue. You may need to clear minor imbalances first, or build a deeper level of rapport and trust with the client before you will be able to access these imbalances.

If this heading shows, it is because you need to discuss this with the client *now* and, without judgement or pressure, explain the position. The way you handle this can either make or break your relationship with them, so careful wording is essential. A conscious block may be released immediately if the client says "well there was this incident when I was 10 that I'm a bit embarrassed to talk about..." This dialogue may be enough, even if only general detail is given.

If the client is still reticent, I explain that we do not necessarily have to explore it in detail or even talk about it, just see it as an issue safely enclosed in a locked trunk that we are going to release when it is ready, without opening it up. Sometimes just knowing that this secret issue is key to their recovery is the most important part of the session, they may come back at a later date feeling more open about it or more determined to let it go once and for all. This acceptance releases the power it holds over them and is a deep healing in itself.



If the client is not aware of any big hidden issue, it is likely to be an unconscious survival programme. They may already know about the core trauma and just need to persuade the unconscious during the treatment that it is safe to let it go. You might have to open a specific circuit on this fear.

Client omitted key details is less serious as an issue. It just means that the client forgot to mention something important, something that would help frame the intent and permission for the treatment. I find this quite regularly; it is as though the higher self is saying “if you don’t mention that argument you had with your sister last week, I can’t release the shock and trauma of it”.

For me, this whole area of intent and permission is absolutely essential to the treatment. If we could help clients heal by simply holding the ESR points or running a meridian without context, this would be an easy job. The skill is establishing the core programmes that need fixing. The fixing itself is the easy bit. I like the way the therapy ‘Theta DNA’ healing works in this respect; the therapist simply tunes into the core imbalances and then says “Ok, let’s ask Source to fix that for you”.

Page 1 - Treatment priorities

You may need to work with a range of headings here during a treatment, but this section is largely self-explanatory. The heading **work backwards through issues** reflects the need to work through a list of traumas, often in the reverse order to which they occurred. To do this, you will need a time line of ages and events from your client – a tool I find very useful if I am working with someone with a complicated history.

Be careful to work with the ‘prime direction’ i.e. the highest of all priority imbalances. There may be many issues that are priorities and ready to be healed, but you should only work with the one at the top of the tree. If you do not know the finger mode for prime direction, put this concept in your intent and dowse through the possibilities.

Page 2 - Reasons for disease and illness

The core thinking behind this section uses my own findings but also the principles of Meta Medicine. I have contacted Richard Flook for permission to refer to his work here and if you want to find out more about his research, he has written an excellent book called ‘Why Am I Sick?’ which is available through Amazon.co.uk.

Richard largely sees disease as triggered by events that are unexpected, dramatic, isolating and with no strategy to resolve. In many instances, the diagnosis and medical management of the disease itself can add to the initial trauma and cause further illness, as with cancer metastases. Using kinesiology, we can see whether key life events were the trigger for the symptoms or the disease, or whether environmental toxins were more relevant. Both options are covered on this scan list, but if a toxin is a cause, it will **not** need exploring further on this page.



Where events have triggered a disease pathway, I have broken the possible reactions into several headings, including **unresolved traumas, shocks, emotional upsets** and **conflicts** (internal or external). This should help you start tracking down the exact event or person involved. I have also included the possibility of **ancestral inheritance** through the genetic bloodline, or from their **soul record**, i.e. ways in which they could be born with it.

You may need to use the other scan charts to obtain enough detail for the body intelligence to say 'I know what you mean now' and allow the imbalance to clear.

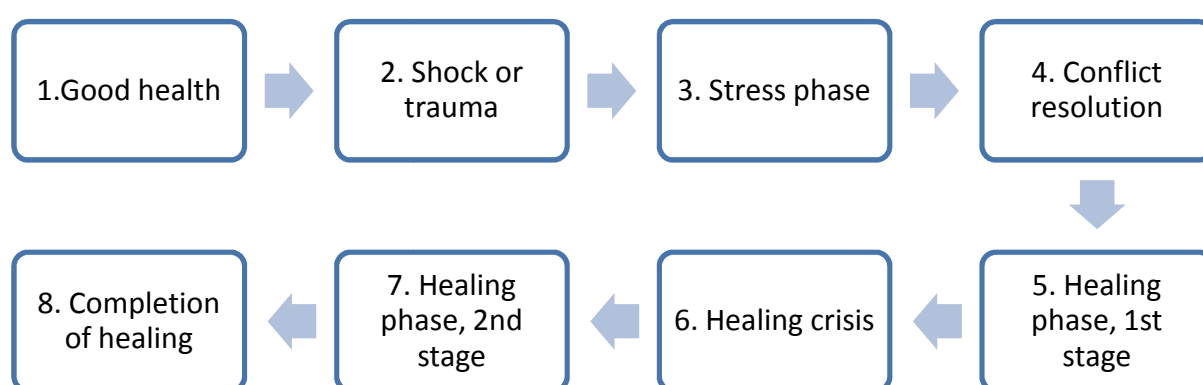
Page 2 - Triggers that reactivate symptoms

The next section looks at old triggers that might reactivate an earlier trauma or memory. This can explain why someone may be well but suddenly succumb to a new disease, or an old one that had been in remission. It could be the smell of a hospital cleaning fluid that triggers the cellular memory, or meeting a relative who used to be a bully, or hearing a piece of music that your mum used to play when you were in your sick bed. If you can find the trigger, you can release it.

Page 2 - Stage reached in healing process

The **stage reached in the healing process** covers one of the most interesting principles of Meta Medicine. The theory is that disease follows 8 core stages, all of which are essential and very predictable in terms of their timescale and development. Each stage is numbered within this section so you can see where the client is positioned in relation to certain symptoms.

If we could plot these stages on a graph, the core one would be the stress phase, where symptoms and disease are most prevalent. Most kinesiology investigations will be with issues that have been stuck there, possibly for many years.



The process starts with **good health** (Stage 1) which is then compromised by a **significant shock or trauma** (stage 2). Our bodies then enter the **stress phase** (stage 3) when symptoms and disease will show. This stress phase will last until **conflict resolution** (stage 4), which could be finding a new job in the example above, or having a kinesiology session to release the negative association with the boss.



The **healing phases** can then begin, (stages 5 and 7). This is the point at which the body may well use bacteria, virus, and parasites to help remove damaged tissue or create it anew. If there is little left in the body due to anti-biotic over-use, the client may unconsciously look for any bacteria it can find – even if it is pathogenic. This is partly why so many hospital infections occur.

This whole subject is a warning to us as kinesiologists to trust the body's innate knowledge. I used to get frustrated by the repeated layers of parasites or bacteria that showed ready for treatment with those suffering from chronic ill-health. I now realise that the client had simply resorted to layers of pathogenic toxins as a necessary step in the various healing cycles. As recovery progressed, these layers could reveal themselves ready for release. It wasn't the client succumbing to another new infection, or the effects of a weakened immune system.

Within the healing phases, there will be a **healing crisis** (stage 6), which could last hours, days or weeks, but will always be proportionate to the length of the total process. The longer the stress phase, the longer it may take to heal. This healing crisis may represent a primitive animal instinct to test whether the person in question is fit enough to rejoin the herd and continue the genetic line and it is not normally a stage that can be avoided.

We need not apologise to clients when their recovery is thwarted mid-flow, we can reassure them, in advance if we wish, that it is an appropriate healing response.

By knowing that the client has reached **completion of healing** at stage 8, you know that the healing crisis has passed and normal health is on its way in respect of this issue.

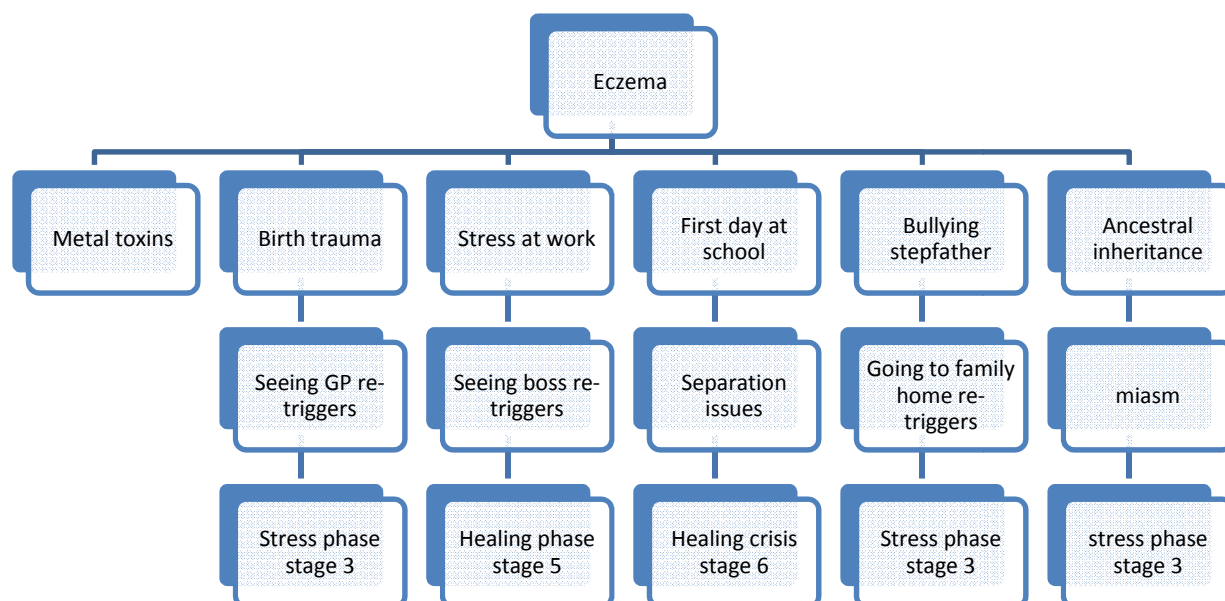
It is useful to know where a client is within this process as it reveals whether symptoms reflect an unresolved issue or are simply a healing crisis after the core issue has been resolved. In practice, we may have several different processes running together that underpin a symptom or disease.

You should not find many triggers showing up that have already reached conflict resolution. If they do show, it may be just to reassure you that the client is simply in or approaching healing crisis, so is entitled to feel a bit under the weather at the moment. The client's current health is likely to be an aggregate of the various positions of the triggers. If there are 4 triggers, all of which are in the first healing phase – phase 5 - then you should find that the client is feeling well, but may have a little blip to come when the healing crisis is reached.

Bear in mind also that if a trigger occurs regularly, such as talking to a stressful person, the client is likely to be looping around the process every time they meet. Imagine having an issue with a boss. You might meet that person every day and in doing so trigger a stress reaction (stage 2) that doesn't release for days and triggers a mild healing crisis (stage 6) every weekend.



The following example may help show how to use this scan list in practice:



In this example, there were 6 triggers found on this page alone (perhaps many more from the other pages to come). Three issues are unresolved as they are still in the stress phase and need investigation and healing. Even though the others are healing, there are still healing reactions brewing or in progress...

As a client could be caught in a **repeating healing crisis** or have many cycles of healing running together, it is good to know just how many issues you need to uncover and release. It is worth mentioning here that any chemicals or drugs - prescription **medicines** in particular – could interfere with the body's natural healing process and freeze the client inappropriately in one particular stage. If so, you will need to either persuade the client to reduce their intake of drugs (with doctor's approval), or harmonise the body with the prescribed medicines in whatever way tests most appropriate.

This is a very short summary of some groundbreaking concepts, so please do consider buying Richard's book 'Why am I sick?' if you want to explore this subject further.

Page 3 – Self help & Environment

The **lifestyle** section is self-explanatory, although you may need to delve into each relevant section. For example, knowing that a client should change their **sleep focus** doesn't explain whether they need to drink less water beforehand, cut down on stimulants, avoid watching TV late into the night, eat a smaller supper, go to bed earlier, turn off the electronic devices in their bedroom, get up earlier, wake up to a different radio station, change the mattress etc etc. Imagination needed....



There are two main themes within this section. The first is life balance; our work/rest/sleep and play. The second is the more subtle issue of prioritisation, the way we divide our time between the 'red light' activities in our lives (urgent/high priority) and the activities that are easy to permanently ignore – those deemed low priority and low urgency. A well balanced life should have space for all of these elements and this is a good way to see if clients use their time effectively or are fire-fighting and simply jumping from one emergency to the next.

Page 3 - Diet

Most of this section is self-explanatory. There are simple questions about whether the client's diet should be changed in balance away from carbohydrates towards proteins for example. There are also questions about whether a particular type of diet might help, such as an Atkins diet, or one befitting the person's blood type (see Eat Right for your Blood Type by Peter D'Adamo).

Underneath these principles, there are energetic issues to do with digestion. The client might need to allocate **nutrition to priority areas**, improve **absorption from food**, or even have more cellular **receptors for nutrition** so that cellular activity appropriately prioritises the absorption of nutrition from food consumed. It is easy to develop too many receptor sites for inappropriate processes, like stress hormone receipt, negative emotions, or alcohol management.

If there are food sensitivities to find, whether allergies or intolerances, they may require specific testing using food vials or scan lists.

Page 3 - House cleansing

This can be an important section. As we spend so much time in our house and our bedroom in particular, any energy imbalance held within the structure can have marked effects on our health.

Issues around **geopathic stress**, **ley lines**, **underground water stress** are well documented, based on the concept that the land itself can carry trauma or negative energy lines. Examples are the imbalances caused by major building works, being near a busy road or building on top of sacred land.

Electromagnetic stress is also crucial as our houses are typically full of artificial fields generated by devices like televisions, telephones, Hi-Fi, PCs, mains wiring circuits and fridge freezers. We also tend to sleep right on top of the lighting circuit that runs just a couple of feet from our heads. The resonators sold at a modest price on the www.quantumk.co.uk website will help protect you and your clients from these risks if they show to be suitable.

The concept of external energies occupying the house is also well documented, ranging from **ghosts**, **trapped souls**, **thought forms**, **plant spirits**, **nature elementals** and **animal spirits**. There may even be residues of **curse** energy directed at the house or its residents.



There may also be inter-dimensional issues in the house. This issue is covered in more detail later, but for now suffice it to say that **portals, vortices and doorways** can exist in our energy field and our immediate surroundings just as they do within the wider Universe.

For me, the most interesting and original aspect of this section is the potential for the client's issues and energy to be absorbed within the fabric of the house. I have seen many M.E. clients recover but still struggle to be happy and healthy within their home. This is because the vibration of the **house structure, personal chattels, clothes, furniture and people in the house** all retain the vibration of who that person used to be. The illness vibration is absorbed right into the breeze blocks of the house, into their underwear, jewellery and any old photos, capturing the energy of their former self.

This needs to be cleansed as a priority. Energy work can be sufficient, even if done within your treatment room rather than their property, but there is nothing better than the client walking through their house, burning incense and banging a drum or similar, while full of clear intent to release the old version of who they used to be.

As a recent example, I have worked with a client who had a bedroom full of electronic equipment, relationship difficulties with her husband and also the **residue of shock and trauma** from the 'hot spot' created by hearing bad financial news while lying in bed. Not surprisingly, she was not sleeping well.....

Page 4 – Spiritual issues

For detail from this section to show, both therapist and client must be reasonably comfortable with the content. This doesn't mean that these issues won't exist for those with a different belief system, just that they won't be discussed specifically. Even so, some healing may be possible in a generic sense, it will just miss that extra refinement provided by focussed intent.

A good example of this is past life work. Even for those who believe fervently in it, there is split opinion as to whether you need to establish the detail of the influences inherited, or whether you can simply work at releasing the imbalances as they present today. Hypnotherapists are also split between those who feel that regression is a useful tool and those who seek only to treat in the present.

For me, the past life section seems to show for those who enjoy the intellectual titillation of exploring their previous lives and traumas. It can also offer reassurance as to why they have such entrenched fears or emotions when nothing in their life to date would warrant them.

As always, you may need to explore various headings here by going to the emotional or core belief scan lists at the end.



Page 4 - Life themes and pre-life contracts

I believe we are all born with objectives and areas of life we wish to explore for our soul development. We can use these experiences to enhance our understanding of life in all its forms, whilst adding our experiences to the overall pot of reality. I do believe that those of us who make the Earth trip and experience the rollercoaster of 3rd dimensional existence are greatly revered for doing so.

So what is the difference between a theme and a contract? A life theme is the equivalent of a hobby while a contract is more like our principle employment. You might have negative karmic energy accumulated (I don't like the word debt as it infers obligation), that you wish to release by either experiencing a previous situation from a different perspective or by living a similar life in a more enlightened way. This would be a **contract**, something core to this incarnation. You might have several of them.

While you were working on these contracts, you might wish to explore other themes, perhaps more subtle energy exchanges that would add to your soul growth and understanding. As an example, you might have a contract to experience abuse and bullying with forgiveness, with a theme running alongside to explore how this might affect your relationships with partners afterwards.

The complex area for me is the circumstances under which we might wish to intervene with these original plans. This is very shamanic in concept, the idea of cancelling contracts, or reaching forward into the future to extract a better outcome and life plan. We don't need to know exactly why our plans might need changing, we can trust that we are working with a direct communication channel into Higher Self and will only be asked to alter something if it is entirely appropriate to do so. You can always check this by dowsing or precede any intent here with the phrase 'Under the rules of Grace' as this will ensure you only act in the client's highest interests.

The first of the three areas I have covered here for themes and contracts is **completed so cancel**. This would apply if the core energy had been released, but the client was still running the programme. As an example, the energy of loneliness might have been deeply explored, but the client was so entrenched in habit, sabotage and insecurities that the programme was still running long after it had served its purpose. This is quite common. It seems that our plans can be well made, but life cannot be fully predicted or controlled, so sometimes therapist intervention is needed to break the pattern.

Themes or contracts **still to be experienced** may need support. There may be important challenges to bring forward that have been avoided or perhaps unnecessarily delayed. This would need careful discussion with a client who would have to be very open minded to invite in a 'challenge'. Not surprisingly, this heading rarely shows for me.

The final possibility here is a contract or theme that is **no longer appropriate**. This is an energy that has not been completed fully, perhaps is in the pipeline for the near future, but is no longer appropriate to the client's highest life plan.



Life does seem to be fluid and our core plans may need to change. Sometimes, we may even need to give up some of our own minor plans to take over the responsibilities of other people who have not fully delivered on their own contracts.

Page 4 - Life plan

This next section is linked to the previous one. Having explored what we are here to do, we need to consider whether we are on track or behind our ideal time schedule. If a client is **missing elements of highest path**, you will need to carefully explore what is missing. Sometimes the client will instinctively know that their job or primary relationship is out of balance, but you will probably have to look into this further using other scan charts – perhaps the emotional or core belief ones. Of course, this may not always involve inviting in good experiences, trials and tribulations contain lessons central to our overall life plan. By asking for healing here, we are inviting in these necessary elements, good or bad.

On the right path but delayed is a sign that the client, or the world around us, is behind schedule. It may be possible to speed this up, but sometimes it is reassuring to know that it is understandable to feel that you are ‘treading water’ or that life is passing you by. Better times are coming.... I often dowse to find how many weeks or months the client has slipped behind their core plan and if there is anything they need to release to get back on track. The time periods are often short, maybe just a few months, which can also be reassuring to know.

Right path and ahead of plan carries a similar energy to the previous heading. The client may have to wait for the rest of their soul group or their loved ones to catch up with their own progress. This can lead to a sense of frustration with the pace of life and its direction.

Page 4 - Past lives

This is a huge subject but this section is largely self-explanatory. Each heading refers to a type of energy that can be carried through to this life and each will need further exploration using the other scan charts. I find the most common issues carried forward from previous lives are vows made that had no end date placed upon them. A nun promising ‘eternal chastity and austerity in the service of God’ is going to have a lot of difficulties in this life....

If there have been specific traumas or events, these can bleed through into our cells now and can even bring energetic attachments with them. Attachments can find us across time and space if they have a right to do so or are attached to the family blood line. More on this later.

A short anecdote about **Reaching past life trauma age**. I have worked on two sisters who each independently carried the fear of dying at the age of 30. They only realised that it was shared when one finally mentioned it to the other. That is a huge co-incidence that would be hard to explain by subliminal programming or unconscious memories. When I looked into it, I found that both had incarnated as sisters before and – you guessed it – had both perished together at age 30. This was one past life issue that was definitely worth exploring as I could give them both the reassurance that there was no disease or trauma looming in their near future, it was just a cellular record bleeding through to this life.



The only other area to mention here is the concept of the 'hamster on the wheel'. It does seem possible for us to get caught up in a particular issue and struggle to work through it, lifetime after lifetime. Some would argue that we are trapped in a karmic cycle, I prefer to see this as a determined soul trying to break through a stuck old energy pattern *'next time I **will** get it right'....*

If you find a core issue, it is interesting to check how many trigger lives this arose over (normally one) and how many echo lives there have been since (sometimes dozens). Finally breaking through this stuck energy now can be a major step in one soul's growth, even if it is achieved simply by asking for appropriate energy healing. We seem to have the right now to petition for our karma to be released without it being fully experienced. We can only do this from this side of the fence i.e. while incarnated, perhaps as some kind of reward for understanding that this is possible at all. It may also show the power of the expression of our free will.

Page 4 - Soul group

The concept of a soul group is hugely complex and it is hard to claim pure access to the truth here as it is too broad and esoteric for us to understand fully.

My simplistic view is that our individual soul is a spiritual spark, sent out into the depths of creation to experience life and add these experiences to the overall pot of reality. The 'oneness' we belong to grows through the learnings of the individual.

As a soul spark, we may choose to exist in various physical forms at once, normally up to 12. This is similar to the bingo player who chooses to run many cards concurrently. Sitting above this is the soul family, a close spiritual unit of up to 12 souls who like to work together and experience incarnations with many of this family in close support. In turn, these souls will be part of a wider group called a monad.

Within this model, there are many areas that could need support. The first covered on this scan list is the possibility of a **soul mate issue**. This is a much misunderstood subject; I like to work with the concept that we have many soul mates, they are simply members of our close soul family that choose to incarnate with us and engage with our lives in some way, often only for a short period of time. If this heading shows, there might be discordant energy to heal which should become clear using other scan charts.

If **soul group members able to help** shows, this is good news. It means that somewhere there is an aspect of the client's soul group that will help if asked; you only need to have the client give verbal or silent intent for this to happen. If **other versions of you can help**, this is similarly good news. It implies that another incarnated version of the client's soul has prioritised this particular incarnation and wants to lend a hand. I am not sure exactly how they know where the other splinters of their soul have gone, but it does happen. I suspect all incarnations of a soul can be traced back through the Higher Self and a highly evolved soul element could send healing to a version struggling to get by in a 3rd dimensional world.



The downside of the soul group connection is that we cannot proceed on our merry way impervious to what is happening around us. I see our soul family and other aspects of our own soul as being tethered to us like mountaineers roped together as they embark on a steep climb up the vibrational mountain. We can lead the way, but we cannot climb beyond the boundaries of the rope that ties us all together. If we get too far ahead, we must wait for others to catch us up; equally we may be offered wider support if we slip too far behind.

There is no judgment in this process, but I am normally loathe to find out where we sit in our particular family tree pecking order as this can inappropriately stimulate or damage the ego, depending on where we stand.

If **soul group lack of growth shows**, you may find your client feels stuck in their life, that they are not progressing in some way. The best you can do here is explain that they are waiting for other soul members to catch up and ask for loving energy to be sent to the group.

On similar lines, I have seen a surprisingly large number of clients show that **soul group connections are draining** or **other versions of you hindering**. This means that other aspects of themselves or their soul group are using the connection inappropriately to take energy. This may be happening with your client's unconscious consent but is rarely appropriate, especially if it is showing here as being an issue. There is plenty of energy in the Universe so no need to draw it from a soul family member.

Page 4 - Guides

This section is based on the belief that we have spiritual guides who support us on our life's journey from their higher perspective. They are souls in their own right, so have issues of their own being explored through other incarnations, often at the same time as they are helping us. Unlike the angelic realm, they are imperfect but support us with their best intent.

We all have guides whether we use them or not. I have seen anything from one guide to upwards of six supporting a client; the more we engage with them on our spiritual journey the more they will help us and seek reinforcements where necessary. In extreme situations, clients may show **guide change needed** where they have completely out-grown their support network or are embarking on a particularly testing stage of their incarnation. Normally, the lesser heading shows of **guide cleanse needed**, implying that the client's spiritual support is being hindered by imbalances and issues of the guiding soul.

The final heading here is **new guide arriving**. This is always good news as it means that the client is progressing up the spiritual ladder and needs the support of a more enlightened mentor. I have never seen a client receive a new guide of lesser standing than the existing one.

Page 4 - Soul status

This is a huge subject and crucial to our health and happiness. We are a delicate balance of mind, body and soul and any discordancy within this triangle will weaken the whole. Soul status is particularly important in protecting us from unwelcome invasive energies, if we are not fully engaged with our physical body we leave the door open for another spiritual energy to step in.



Our soul energy will reflect where we are in our life. If times are stressful, our soul energy may reflect this and may **fade, fragment** or **shift** out of normal positioning within our aura. Fragmentation is an interesting concept that shows more and more in my treatments. It appears that each soul fragment can develop characteristics of its own - perhaps no surprise there - and particular events or times can bring a specific soul element into predominance. If clients say that a certain relative always makes them angry, suspect that there may be a specific part of their spiritual self that engages at that time. It is not always just a question of past events and core beliefs.

In extreme cases, our soul energy may even leave our energy field completely, often hovering in a vibrational limbo outside the reaches of 3rd dimensional existence. If **soul part to return** shows, it is probably because you have already helped heal the traumas that forced it to leave in the first place.

When a soul part is received back into the energy field, it may need healing. We cannot be sure exactly where it has been, what caused it to leave, or the emotions it went through while it was away. There is often integration work to be done and sometimes even healing of the guilt sustained from leaving in the first place.

In shamanic circles, the client is often asked to tune into their soul essence after retrieval and welcome it back with unconditional forgiveness. If that element has been gone a long time, it may even have missed the natural ageing process. When I had a deep soul retrieval performed on myself I played an awful round of golf the day afterwards and realised that my returning soul element had left before I had taken up the game. It's a really good excuse anyway.....

The next few headings cover a variety of issues based around soul shock. There is **past soul shock, soul shock in certain situations** and **soul shock with certain people**. The latter two infer that the client is still open to being stressed at this fundamental level, whereas the first is a historical trauma, possibly even coming from a past life or through the ancestral record.

As soon as I started distinguishing between body shock and soul shock in my treatments, clients seemed to jump at the opportunity to register this more spiritual aspect. Body shock comes from physical traumas such as car accidents and sporting injuries whereas spiritual shock comes from traumas that impact on their whole life plan and sense of purpose. As an example, physical abuse from a parent would generate shock at both levels, so each must be recognised and addressed in turn.

Soul theft is another important concept I came across during treatments. It leaves the same net result of soul loss, but the method of loss is more aggressive, the missing element being forcibly removed. In these situations, I can only assume that the will of the taker is stronger than the will of the owner.

The simplest example of this would be in a relationship, where one party feels strongly enough towards the other to seek that person's soul energy. If a relationship ends, the previous partner might similarly then look to take or hold onto the core essence of the person they had lost physically.



These issues can all show up under the headings **soul theft by previous partner**, **soul theft by another person** and **soul theft by current partner**. If they do show, it is rarely appropriate for either party and energy work will be needed to return each soul element to its rightful owner. This step is often necessary to give that sense of 'closure' so everyone involved can move on. Energetic cords may also need cutting to complete the transition from old to new.

A connected issue within this heading is a slight variation of the soul theft theme, again something I came across by chance. This is the concept of **soul theft at conception by mum**. I had tracked back soul theft to the point of conception and was surprised to find that it was the mother who was responsible. It seems that the allocation of a fresh new soul at the point of conception is a tempting target for a mother who may have soul loss of her own.

This is obviously a subject that needs handling with great delicacy and I rarely mention it when it shows to avoid the risk of causing offence. If I do mention it, I always stress that it is an unconscious process and never performed with malicious intent. More often than not, it is an ancestral tradition that can be traced back (by dowsing) several generations. If so, our intent should be to rewind the process across all generations affected. Just because an event is in the past does not make it immune from healing. The past is just a section of the 'eternal moment of now' held in a different dimension and the concept of influencing the past is well proven in quantum physics and research discussed in books like 'The Field' by Lynn McTaggart.

As if this concept wasn't extreme enough, there is an extra possibility of **soul theft at conception by grandmother**. I was struggling to justify this rationally to an open minded client when she explained to me that there is a strong spiritual connection between grandmother and grandchild based on the fact that all three generations were contained within the same body during pregnancy. At birth, the baby already contains the eggs of the grandchild in her ovaries so, for a short while, 3 generations are linked in the deepest way possible. This may sound strange, but if you allow its possibility into your energy field, it will show.

The final aspect here is a more specific aspect of soul imbalance, of **soul not engaging with an organ** or **soul not engaging with a chakra**. This is pretty much as it sounds. I believe that our soul essence can choose to leave a part of our body just as it can choose to leave our entire energy field. This is particularly relevant where a system and its matching chakra have come under stress or trauma, like abuse, neglect, an eating disorder, physical harm or poisoning. If the physical environment is damaged or energetically imbalanced, soul energy will not want to merge with it.

This leads to further complications as the protective power of a balanced mind, body and soul will be lost. The client can become vulnerable to parasites, fungus, other diseases and energetic attachments focused on that area. Someone carrying the guilt of an abortion or sexual abuse could develop endometriosis, fibroids or polycystic ovaries due to the residual trauma retained.

You will need to deal with the underlying issues before the soul energy will feel able to return, so if this aspect shows it is a good sign that you have already addressed some fundamental imbalances and removed any opportunistic attachments that have taken advantage of the open doorway presented to them.



Page 5 - Invasive energies

Page 5 - The theory...

This is a huge subject and, for me, the most important and least understood area in which we engage as therapists. These issues exist whether or not we recognise or believe in the concepts. Foreign energies piggy back major traumas, so when you help heal the issue, you will be releasing the energy attachment feeding on its discordancy.

Better then to engage with this subject with clear and proper intent than leave it to chance, where you concede control of the process. If you are going to release an attachment you owe it to all souls concerned to know where it is going, otherwise it could jump to someone nearby or anywhere that will hold its vibration.

As the choice of areas to explore is governed by the Higher Self, detail here will not show if it is likely to offend the client's belief systems. It may challenge them, but sometimes that is good. If it is likely to be a controversial area, this page might not show at all even though energy could be drawn from it. Remember that these scan lists are similar to the Quantum K system that lies behind them. They contain an energy that can be released just by placing them on the body with focused intent to draw from them whatever will help.

The concept of energetic attachments is timeless. It is so important that it is referred to many times in the bible through Christ's releasing of demons. It is also core to shamanic practice and the spiritual healings of most indigenous races.

We tend to ignore it in the West because we cannot see it and, let's face it, it can be a bit scary to think that the airways are full of lost souls and perhaps even malevolent spirits. There are several reasons though **not** to fear this type of work:

- You will always work in sacred space, with Divine protection, when you look to help your fellow man. This is a core intent to put in place before you start your session.
- The light is stronger than the dark.
- These energies are either lost, confused, scared, or even perhaps unaware that they are deceased. They need our help, not our condemnation. They need to be released with love and forgiveness, either back to the Light or to a more appropriate place in the Universe where they can continue their journey of discovery and healing. They only resist strongly when you intend sending them somewhere nasty!
- Many energies are not even consciousnesses, just the accumulated debris of low emotions like fear, anger, prejudice and greed that fill the quantum energy field around us. It is just pollution that needs to be 'detoxed'.

The Quantum K manual has more information on these principles and processes – see www.quantumk.co.uk – and, if you want to understand more about the spiritual background, the books of William Baldwin are well worth a read.



Before we look at the mechanics of how to release these energies, we need to explore the bigger picture a little further. One issue you will find working with attachments is that you cannot simply clear the energy field in a treatment and expect that to be the only time you need to do so. People sometimes say to me “I’ve already had my attachments released” and are surprised when I find more, worried that they may have picked up something new.

The truth is, we are all affected by these issues to some degree. Experts in this field suggest that 80% of us carry energetic attachments; I think it’s safer to assume that the figure is nearer 100% and the other 20% have simply evaded detection.

The best metaphor for me is to view our soul history as a complex encyclopaedia of different lives, bloodlines, events and traumas, good times and bad. If we open a particular page on ‘early childhood issues’ we might find a birth trauma that attracted one of many lost souls that float around hospitals, looking for corporate existence. Clear this and the energy field will be clear....until we turn the next page.

If we release enough imbalances, the client will improve in health and vibration. Even if we do not open every cupboard, or cleanse every page, we will hopefully have done enough. Whatever attachments remain will be hidden behind obscure pages that are not opened in that client’s day to day existence and will therefore have little effect on their overall health.

As a final point on theory, I firmly believe that anyone showing to have parasites in the physical body will also have parasites in the etheric body; in other words they will be affected by a spirit attachment. A giardia lamblia infestation is simply the slowed vibration of a particular type of attachment while a nematode represents a slightly different frequency. I have not tried to match the energetic with the physical equivalent, but we do need to be aware of the principle. When releasing parasites, and possibly fungal infections, you need to clear the client of several areas of imbalance, including:

1. Any need to use the parasites to protect the body from other toxins, polluted water, the burning effects of heavy metals etc
2. Any sabotage programmes, negative core beliefs or emotions that feed the parasite vibrationally.
3. Any energetic attachments that are acting as a vibrational reservoir that support their physical counterparts. The energy in our aura will slow down into physical form, so our aura is, in effect, a sneak preview of our physical health in the weeks ahead. It needs to be clean and balanced.

This means that if you look to treat parasites in the physical body solely through herbs or other physical means, you will only have limited success. Clients have a habit of jumping from one type of parasite to another if you leave the core energy unaddressed and you will end up chasing a paper trail.



Page 5 - Complications

First of all, there is every chance that a strong attachment energy (normally a possession) could affect the accuracy of the muscle test. If it can, it will try to avoid detection and block your access to the Higher Self and its truths. This is reasonably rare, but in case it does happen I have created a quarantine heading at the start of this page.

The concept of **quarantine** is a simple one. You are asking the spiritual support you carry with you, (whether your higher self, guides, Archangel Michael etc), to disconnect the blocking energy from the core of the client's energy field. I envisage it being placed in a temporary holding cell above the client's feet where it can be held safely until we have permission to release it fully. We are unlikely to be able to release it at this stage as it may have rights of access to the client that need to be cleared first.

While the foreign energy is in quarantine it cannot interfere with the muscle test, so you can either talk to it directly or talk about it through the client's higher self.

Incidentally, I never suppose to know the best location to send the energy, some may go directly into the Light but others need to explore their journey in a different place in the Universe. I leave my helpers to make this decision in the highest good of all concerned, I just focus on freeing it from my client's energy field.

There are many other types of complication that may need addressing.

Back-up copies to find are exactly what the name suggests, normally relevant for curses and spells. If this heading shows, simply lock in the request for all copies to be cleared, wherever they may be held. Some are held in specific organs, some in specific parts of the energy field; muscle testing will tell you if you need to find their exact location or whether generic intent is enough.

Held in specific organ normally, but not always, refers to attachments and possessions. If a client has issues with a particular part of their body, this heading may validate the relevance of this piece of work. This is particularly common with endometriosis, cysts and anything gynaecological in view of the propensity of doorways in this area. Clear the energy block and the physical body will follow....

Instigator to authorise may show with any energy imposed on one person by another. A negative curse like 'I hope you never find love again' is very damaging to both parties, but sometimes the person who made the statement needs to be given the opportunity to authorise its release. This is likely to be from a past life or a long time ago in this one, so the intent must come from our request to that person's higher self. The muscle test will confirm that permission has been given and, believe me, it will *always* be given as both parties will be delighted to be given the chance to release the limitations and karmic consequences of this type of energy.



Blackmail - the risk here is that, despite your best efforts, the client is still unwilling to exercise their free will to let it go. We are moving into the more esoteric side of the subject, because to have a problem here, you must first accept that invasive energies can have a consciousness of their own with a capacity for rational thought.

Blackmail is the threat to hurt or move onto a loved one if the energy is forcibly removed from the primary host. I have seen this many times, which is partly why I am happy to accept that there is consciousness behind these energies, even if their threats are only heard by our higher self or unconscious mind.

As always, our understanding that this threat is there is enough. We simply raise our intent to invoke complete protection for all souls as we ask for the energy to be released. The client will unconsciously allow the energy to go *only* if they know that the blackmail threat has been covered and full protection is in place.

Feels attachment helpful – will show if the client's free-will has been compromised and they feel that the invasive energy does more good than harm. This is often the case with lonely people who enjoy the company, or those who use the energy to support their intuition. The latter example is most insidious because the support given will be ostensibly helpful but will throw in something particularly damaging when the truth is really needed. In extreme cases, the client may confuse the attachment for a guide; not good.

Fear of change is another possibility that could block the client's free-will. We become comfortable with the influence of the energy and fear of change may invoke that highly appropriate phrase - "better the devil you know!".....

Energy fears judgement should not show too often. Normally our support group will take care of these details when we ask them, but occasionally the energy involved is particularly fearful about the punishment awaiting it for crimes committed. Those energies who had strong religious beliefs in heaven, hell and the concept of sin are most likely to be affected and to remain earthbound after their death rather than face what they perceive to be God's judgement.

Usually, a simple request to our support group to explain the truth of judgement will suffice, perhaps with the added persuasive powers of the appearance of any soul wronged by the attachment so that they can receive forgiveness directly from their victim.

A **booby trap** is the secondary event triggered by releasing the primary energy. I have worked with past life curses and spells that had this extra level of protection, suggesting that they were imposed by people who knew what they were doing. The idea is that if anyone cancels the first energy, then a second will take-over, perhaps even with a different manifestation. Simply dowse to check that your intent is clear enough to pick up and release these traps.

Talk to energy will show if there is a need to dowse for specific information directly from the energy you are going to release. Sometimes this shows if the energy simply wants to say 'thanks' or wants to bring to your attention another attachment nearby. Lots of imagination and intuition needed here.



Multiple release now means that you are able to trigger a release of several energies at once. Your intent should always be to clear your client's energy field as deeply as you can, whether this heading shows or not. Hypnotherapists working in this field will often ask the client in trance whether the primary energy can see any others and, if so, persuade them to get on the bus too....

If this does show, you may find that there are several categories of energy that need releasing - perhaps a cord, a curse and an attachment all in one go.

More to find later is just a gentle warning that there will be other invasive energies to find and release, normally later this session but possibly on a future meeting. You may well find that more appear when you look at ancestral healing in a later scan list.

Release across lineage asks you to raise your intent to include the client's ancestral line. Although you are working on one person, it is often necessary to clear the black cloud of an attachment across the entire genetic line. In this context, time is no barrier and you will be able to support great grandfathers just as readily as the children, aunts and uncles of your client. Sometimes, the *only* way to release an energy is to access every person over which it has power and ask for them all to be cleared, like prizing an octopus off a rock, tentacle by tentacle. This does not mean you must have a copy of the family tree to hand, simply raise your intent to include this general concept and release all relatives affected.

If you are working in this way, the **ancestral** line may well show under the **temporal doorway** heading later on, suggesting that the energy came in via a distant relative.

Release other people too is similar in concept, except that the energy in question may have access to people outside the family bloodline, perhaps spouses, children and work colleagues.

Find roots of energy is the concept that an energy can be released but leave behind enough of its vibration to re-grow afresh, much like a weed in the garden if you do not dig deep enough. Even if this heading does not show directly, just including it here increases our intent and improves our chances of a full and effective release.

Find seeds of energy is a similar concept. This is much like clearing parasites in the physical body, where you need to clear all the eggs as well as the living forms. Energies seem able to leave dormant seeds of themselves in the client which can re-form into a new version of the original problem. In one of my more intuitive sessions, I saw the energy released and five minutes later re-appear, literally re-growing into the vacant space we had created.

Page 5 - Types of energy entering aura

I have covered 12 possible types of foreign energy but in reality there are hundreds of sub sets that should all fit within these broad headings. A client could have many different types to release, either now or in later sessions.



Vows, spells and curses are all energies that can be carried forward from past lives; they can even pass through the ancestral lineage. They are foreign energies in that they have a vibration that sits inappropriately within the client's energy field and have a suppressing effect until they are released.

Examples of **vows** are poverty, chastity or suffering made in a previous life when such an act of self-sacrifice was considered essential to avoid everlasting damnation. I always remember the story of Simon Stylites, a committed Christian who spent 37 years on top of a pillar 1 metre square so that he could practice a devout life of prayer and contemplation. I have a suspicion that he has come back as Hugh Hefner.....

The problem with such vows is that they sit in the soul record and therefore exist within your client's DNA. A promise of eternal suffering generates exactly what it says and will apply as a faint echo through future incarnations until it is cancelled by its originator. As always, find it and you can release it.

Vows can also apply from a current life. Watch out for self-punishment resulting from broken wedding vows, broken promises of love and fidelity, to have someone's baby, or to go into the family business, or even the commitment of childhood sweethearts in the playground. Use your imagination if you need to find the exact detail, perhaps with age regression to help narrow down the issue and time period.

Spells sound very mystical and may well be the result of black magic or spiritual practices that are caught in the soul record. The misuse of energy was common in our history and the herbalists of today are probably the druids and white witches of earlier times.

Spells are likely to be suppressive and can often be lifted simply by knowing that they are there and using energy work to invite in the healing potential of a higher power. I have to say, I rarely find anything under this heading.

Curse energy is similar and more common. Again, it is easy to assume that a curse is the result of some mystical procedure performed over a witches' cauldron, but in truth it is simply the energy resulting from a negative thought, letter or comment aimed at another person. An example would be 'I hope you can't have children as a punishment for cheating on me' or 'I hope you never find love again' or even profanities as powerful as 'go to hell.' It really upsets me to hear these words uttered as they have such negative power.

Worse still, a curse opens a doorway into the recipient's energy field that can be used by other negative energies. If you find a curse to release, expect to find other attachments or possessions 'piggybacking' on the doorway it created.

Even worse still, curse energy affects the creator as well as the victim, so both parties will become vulnerable to its core energy and anything else that chooses to ride alongside it. You may need to investigate whether the energy arises as a recipient or instigator.

There are three bits of good news here though:



1. Your client can always choose to deflect curse or spell energy. It only has power that the victim chooses to give to it and, as always, fear is its strongest weapon.
2. Even if your client has allowed curse energy in, it can be released once found.
3. If you release it, you will always be doing the instigator a favour as their soul record will also be carrying its negative energies.

You may find that energies like this have to be lifted with the instigators permission under the earlier heading **instigator to authorise**. If so, you can simply ask for this via the muscle test connected to the client's Higher Self. I have yet to find an instigator declining to have such a negative act removed from their soul record.

Old contracts also qualify under this heading. They show if the client has made an agreement to explore a certain energy or situation that is no longer in their highest interests. It is a limiting energy that holds back their true life purpose and needs to be cleared. This subject may also show under pre-life contracts on page 4.

The **collective unconscious** is an interesting concept. Carl Jung introduced it with reference to the archetypes that create a framework of personality types that help define us as individuals; I use it to refer to the spectrum of emotions and thoughts held in the quantum energy field.

There are no problems with positive emotions, but all the prejudice, hate, anger and fear around the world sits like a black cloud around us and will sink into our energy field if we allow it to.

I use this description when I am trying to describe invasive energies to clients who have not heard of this term. It is more comforting to think of these foreign energies as thoughts and feelings floating in the air around us rather than lost souls seeking a new home.

Thought forms are similar in that they are the energy created by thoughts and feelings. If intense enough, they take form and can cause as much damage as a full attachment. I would not expect thought forms to have consciousness or to generate some of the more complex complications that can be found in this area.

Psychic attack is a variation on some of these other themes. It is the energy aimed at another person from a negative thought, opinion or judgement. It is surprising how often such energies appear between close family members, work colleagues or friends. It is often unconscious and the person doing it would normally be mortified to know the effect they were having. Jealousy is a common example where someone is particularly attractive or successful. Respect and admiration is one thing, but envy and jealousy cross over into the realms of negativity.

Perhaps because of this I rarely find that psychic attack shows for me. To bring it into the open might harm a friendship so it is better to release it rather than engage too closely with it. To a large degree, every client you see using these scan lists will be offered the healing from every heading even if you only actively explore a few. Remember also that a well balanced client is not vulnerable to any negativities knocking on their door from the outside world.



Psychic draining is a different energy. It is still negative in the effect it has on the target, but it is an energetic drain coming out of the energy field rather than a negative energy coming in. People who have high energy levels can be a target but, as always, if your client is balanced, neither psychic attack nor psychic draining can take hold.

Cords are the connections we allow to form with our loved ones that maintain an energetic exchange. It is debatable whether they are appropriate within an active relationship, but are certainly not appropriate once that relationship has ended. There can be complications to explore, such as number and location, but normally they just need cutting through our intent and healing.

In extreme cases they can be imposed rather than volunteered, in which case they would need investigating, including the rights of access or weaknesses that allowed them in. A common example would be unrequited love.

It is time to look at the more controversial but hugely significant part of the scan list. Most of the remaining 3 category types fit into the concept of lost souls. There are many good books on this subject if you want to read further; I suggest William Baldwin and Louise Ireland-Frey as two excellent authors on this subject. I will only summarise the main points here.

First of all, we have **possessions**. These are lost souls that have penetrated deeply into your client's energy field. Although they are reasonably rare, they have a lot of power and can even override the integrity of the muscle test. To some extent, you need to rely on your intuition and gut feel to sense that the muscle circuit is no longer pure, but clues are often there, such as difficulties identifying the type of energy or contradictory responses, such as a muscle change suggesting relevance on this section but then showing no individual words. By the time you reach this section, you will already have had the opportunity to **quarantine** any energy strong enough to interfere with the testing.

I have not distinguished between light and dark energies. This would be a huge subject and it would add little to the treatment to know that you are dealing with an energy that may have lost much of its light and could even be malevolent in nature. It can only bring fear into play which could block your ability to help free your client. All we need to know is that there is a foreign energy present that needs to be released to its most appropriate home in the Universe. We can leave the rest up to the legions of light energies that support us, or God, or Source – whatever you believe in.

Attachments are similar to possessions except that they are more subtle and can sit in the energy field without having such a deep effect on your client. They may only interfere in certain circumstances, whereas possessions are likely to be prevalent at all times.

A slight variation is the **stealth attachment**. This is a term I coined based on the concept of stealth viruses, which are a type of mutated virus that evades the immune system and the inflammatory response that runs alongside it. They can sit in the physical body resisting exposure, subtly undermining the client's health. Just as parasites represent the physical properties of an etheric attachment, so stealth viruses represent the physical properties of a stealth attachment.



This type of attachment seems to be more flexible than a normal one, so can merge readily with your client's energy field to evade detection. If we cannot find it we cannot release it and your client's higher self might even be unaware that one is present. I resorted to dowsing to find how to expose and release these sneaky rascals and found that there are two steps involved:

- First of all, we need to crystallise their vibration so that they maintain a set form and can be distinguished from the client's energy field.

Not surprisingly, crystalline energy is ideal for this purpose and you can call upon the energy of amethyst quartz to help you do this. Ideally, have some in the room but I believe you can call on its power and support wherever you are.

- Having crystallised the frequency of the attachment energy, you can then ask for it to be released as usual. The harmonic sequence on this page of the scan lists may be enough, or you may need to hold the Emotional Stress Release forehead points or do any other energy work within your library.

Although you may forget these details, you need not worry as your generic intent to release the energy using this process will engage the full procedure.

The last heading we have in this section is the concept of **alien energy**. The less said about this the better as it is obviously a controversial area, but it does no harm to mention this possibility here in case there is some element of truth in it. If something does show, it is going to be unwelcome as no benevolent life form would interfere with our energy field or free will in this way.

Finally, please remember to check how many different types of energy you need to release within this section as they may not come alone.

Page 5 - Ways into energy field....

I have broken down this section into three sub-headings: physical, energetic and temporal; all of which could apply for any given invasive energy.

Physical doorways

I am not going to cover each individual phrase as they are largely self-explanatory. The basic principle is that energies can exist within a variety of media, anything that vibrates at a supportive frequency. This includes jewellery and gemstones, electrical equipment, the house, music systems, mobile telephones and liquids. Your intent when setting the protection for your treatment should be to protect the entire area, not just the individuals involved.

Any invasive procedure can also open up a doorway to the client. This can include operations, tattoos, piercings, hip replacements, blood transfusions and organ transplants, all of which allow in the energy of the outside world.



A particularly devious doorway is to use the vulnerabilities of our loved ones and pets. If we have a close bond with another living being, our defences will be low and an attachment can sneak in. If you sit in a healing circle, you are only as protected as your weakest member, which is why you need to ask for protection before you open up your energy field fully and extend the protection to all members in between meetings.

We have a wide range of therapies being practiced at my health centre, but very few honour any sort of process to manage the energies they release. Whether through hypnotherapy or massage, when you help heal emotional imbalances and traumas, you may release an attachment that will be looking for a new home. We had a particular problem recently of the water within our central heating system being used as an unwitting recipient of lost souls - water is an excellent conductor of energy. We had to cleanse and heal the entire system.

I have had some pretty strange, but thankfully rare, experiences working with spirit release. Perhaps the most extreme was to hear the possession within a psychotic client taunting me through her voice saying it could hide anywhere it liked, that it had access to anything in the room, including a mobile phone that I hadn't until that point realised was sitting close nearby. I soon learned to protect the environment as well as the people involved, I didn't make that mistake again.....

Energetic doorways

This is the area I have battled with most over the years. It can be very frustrating to work with clients who seem to make little progress between treatments and you suspect that a foreign energy is involved but cannot be released for some reason.

No text book has all the answers and I have found my own experiences to be the best source of learning. By dowsing deeply into the energetic systems of my toughest clients, I have uncovered some strange anomalies that I want to share with you here shortly. Some of these are quite complicated and obscure, so please remember that you don't have to fully recall or understand the issue to heal it. You certainly do not need to discuss it with your client in any detail as this can often be too much.

I am not going to explain the obvious terms in any detail; we simply need to accept that any energetic weakness can leave us exposed. Our **guides, higher self, soul group** members, **cords** and **other attachments** can all be relevant and in need of healing. If we have a **sabotage** programme running, we can even unconsciously invite in attachments.

The most common heading that shows for me is **soul loss**; if we do not occupy our body spiritually, we leave the door open for another energy to slip in and fill the void. We need a strong soul presence in our bodies to protect us from attack just as our lawn needs a strong base of grass to protect it from weeds.

The next set of issues in this heading are the weaknesses in our energy field. Some are obvious, such as **aura gaps** and **chakra** imbalances. Others are more subtle, such as **ringed energy - O, looped energy - 8**. These reflect the possibility that energy can flow in and out of our auras in loops or circles, leaving us exposed to interference that can track into us along these pathways.



The concept of **vortex**, **portal** and **black hole** is based on the theories of Dr Samanta-Laughton in her ground-breaking book *Punk Science*. She explores the simple proposition that our energy field is a micro version of the wider Universe and that the spacial anomalies that exist in outer space also exist within our own energy fields.

This includes black holes, which she proposes are inter-dimensional doorways connecting us to other realms through our chakras. I believe they can also pop-up inappropriately within other parts of our energy fields, allowing foreign energies from other dimensions to come in through these doorways if we leave them open. We must therefore leave the appropriate ones open but close the rest through our intent.

There is also a risk of attachments coming into our field at the **DNA, i.e. quantum level**. We are quick to protect our energy field from the outside in, but we often overlook the possibility of attack from the inside out, from the level of quarks and neutrinos. Matter and energy is created from the quantum level and, just as with black holes, I believe energies can manifest from within, like a Trojan horse. If we see ourselves only as three dimensional beings existing on an x/y/z axis, we miss this possibility. There is more on this and how to generate full protection on my blog on www.quantumk.co.uk

The next possibility here is connected to the life creating process. My dowsing suggests that **red or white blood cell creation** also presents a risk of attachment. This is the creative and regenerative force that continues inside us all throughout our lives and is another area that seems to be open to abuse.

There is also a possible doorway opened **through the lineage**. This is extremely common and will show if an energy has been acquired by a distant ancestor and then passed down the bloodline. There is seemingly no limitation to how far forward these energies can travel, so if you can stop the process now, you will be supporting more than just your client. This concept may also show under the temporal doorway heading that follows, as a reminder that the energy became an issue perhaps decades or centuries ago.

The final area here is another interesting one, based around sex and fertility. I had seen this doorway showing several times with clients before deciding to look into it properly through a mixture of research and dowsing. What I discovered is that the sexual union between man and woman creates an energetic doorway through which the soul of a conceived baby can travel. Perhaps that is no great surprise, but of more interest is the fact that other energies can use this spiritual doorway when it is not being used to create life.

There are several aspects to this sex/fertilisation process that could make the participants vulnerable. First of all, there is the point of **reaching sexual maturity**. This seems relevant because it is a spiritual step in our evolution and a time when we may become energetically mature and open in a new way.

The **sexual union** itself may show as there is a spiritual nature to sexual intercourse, the merging of souls at the deepest possible level. When we merge in this way, we can each pick up the energetic attachments of the other party.



I also believe we can pick up the ancestral inheritances of their bloodline too, so issues with the lineage can pass across into a new bloodline just through the act of sex.

Another interesting aspect is the fertility doorway through the **ova**. I believe that each individual egg opens up during the most fertile part of the monthly cycle, almost as though its light energy is temporarily unlocked ready for the insertion of the male spermatic key. This applies to **all** the ova, not just the eggs released in that cycle. This doorway is available for misuse if a negative energy gains access to it. Female clients may therefore be vulnerable during the **fertile period in their cycle**.

Connected to this, we have the **Zona Pellucida**. This is the membrane that surrounds the ovum, which must be penetrated by the sperm head during fertilisation. Once the first sperm has crossed this threshold, the Zona Pellucida changes hormonally to ensure no further sperm may pass. This is an extraordinary stage in the fertility process which I believe has spiritual connotations. This membrane is the final gateway for the sperm to cross, the last doorway before new life can be created. Again, my dowsing suggests that this doorway is liable to interference when the egg is not fertilised. As with most soul issues, if we do not claim the territory, something else can....

Even during a successful fertilisation, the soul energy may pick up baggage. There are several risks attached to **conception**:

- The soul may pick up an attachment as it energetically attaches to the mother to be
- It may have past life attachment energy that rejoins at this point
- It may now engage with the genetical inheritances of the bloodline and all this entails in terms of foreign energies and emotional pre-dispositions.

Before we become too worried about these possible risks around conception, it is worth stressing that these are very rare, often mild and easily remedied.

On similar lines, the **testes** are the source of mans creative energy so this may also present a potential for attachments. I have yet to see this show in practice, but there is no harm in including it in case it as a valid concept.

The final heading here is **birth**. This is the point around which the soul will normally complete its transition from the spirit world to the physical, so again is a time of vulnerability if there are emotional, physical or energetic imbalances. In view of the stresses of the birth process and the dangers of the hospital environment, this heading may be a popular one.

Temporal doorways

Having established how and through what doorways a foreign energy has entered your client's field, you may also need to establish *when* it got in. These terms are largely self-explanatory, we have:



- **Present life** – vulnerabilities from conception onwards through all our major life traumas,
- **Past life** – similar issues held within our wider soul record. If we pick up attachments in previous lives, they may literally hang around waiting to rejoin with us when we re-incarnate.
- **Concurrent lives** – invasive energies can attach to other aspects of our soul incarnated elsewhere and, through our soul connection, seek us out here.
- **In Bardo** – in the time spent in the spirit world in between incarnations
- **Future life** – is another risk if we accept that the concept of linear time is illusory and all our lives are happening in the 'eternal moment of now', albeit across many different dimensions. Energies can cross these dimensional boundaries.
- **In Utero** – the risks of those early moments and months
- **Ancestral** – many attachments have rights of access across the bloodline. A trauma many generations back can send the echoes of the discordancy to future generations, along with any attachment energy piggybacking on the original event.
- **Transition: death or birth** - I have covered the risks of birth and conception above. It is worth capturing here the similar risk when our soul leaves the body on its journey home.

Page 5 - Rights of access to energy field

There are as many headings here as my imagination would allow. The central theme is that any act, at any time, could carry negative energy attached to it – negative karma you might say. These acts can be performed or received, the consequences seem to affect both parties.

There is also the issue of belief system. Your clients can be affected by the consequences of negative actions but also of anything they *believe* to be negative. Guilt is one of the most damaging emotions we carry because invasive energies can literally stroll into the energy field of someone who believes they deserve punishment or karmic retribution.

I am not sure whether the acts themselves in this section automatically generate the vulnerability or if it is the client's soul judgement about them that counts. Either way, a variety of negative acts are covered here so you can dowse as deeply as you wish and discuss as much of this with your client as you feel appropriate.

Whatever the actual workings of universal laws, I am sure that you cannot release an invasive energy that the client has invited in at some level or believes they deserve. The legend of Dracula has some basis in truth albeit through a metaphorical story. The negative energy only has power over us if we invite it across our threshold.

I have covered the core process required to release invasive energies. Once you have sufficient detail, you can either hold your client's forehead points to offer healing with the harmonic sequence locked into the circuit, or use any other procedure that shows to be appropriate.



Page 6 – Emotional and psychological issues

Page 6 - Survival mechanisms

This is an important section of the scan lists as survival programmes underpin much of modern living. This primitive response mechanism is designed to put us into the optimum state for 'flight or fight,' to either stay and take on our enemy or run away as fast as we can. Whichever approach we choose, all our strength and focus needs to be in our muscles, our eyesight and our basic senses. We will feel a quickening of our heartbeat and a rush of adrenaline as we load our tissues with sugar and oxygen.

Not surprisingly, our subtle systems suffer as a consequence and we may lose our appetite and sex drive as we leave these functions for another time when the immediate danger has passed.

This state of being is fine for a few minutes or hours, but in the modern world we can live in this primitive response for days on end. Chronic imbalances can result leading to issues with digestion, fertility and a weakened immune system.

Every heading within this section is a form of survival mechanism, life saving in the short-term but risking ill-health if they become a way of life.

Suppressed traumas and **suppressed emotions** are self-explanatory; any bad memory locked away could suggest that the world presents an ongoing threat. Part of the healing is to remind the unconscious mind that the danger has passed and is unlikely to recur. The unconscious will honour our intent if we identify the trauma specifically using other scan list pages and then rebalance the body. **Over-active instincts / amygdala, shock and negative beliefs** are variations on this theme. The amygdala glands in the brain are the source of our primitive instincts.

A **sabotage** programme may seem to be out of place here, but it is a mechanism that can be used with protective intent. Sometimes sabotage reflects low self-esteem, but it can be used for protection, for instance *'the world is a dangerous place so I am better off being safely tucked up at home in bed'*.

Secondary gain could be used in a very similar way. *'If I am ill, I will not have to go to that work presentation'*.

Phobias are straightforward, normally a misplaced fear that has no base in reality and is rarely of something that represents a genuine threat.

Conscious / subconscious separation will show if the client has a particularly strong blind spot, a fear or programme that they are not aware of but is dictating their bodily response to that situation or person. **Unconscious mind blocking release** may also show in these circumstances as this is based on a similar principle, that the conscious mind may want to move on but the unconscious still senses a threat to its survival.



The remaining two sections appear regularly and are often crucial if you are to help your client achieve deep and lasting healing. **Trauma compartments in brain** is a well known phenomenon. In times of severe trauma, the mind decides that the memory of the event is so damaging that it should be locked away in an inaccessible place.

I have seen severely abused clients who have no recollection of the years during which they were being abused. This may seem like a pragmatic solution, but quantum physics suggests that all matter, even neural pathways, emits a vibration. Locking away traumatic events is no more effective than hiding a rotten apple at the base of the barrel. They will still affect the overall resonance of the client, perhaps in daily life, perhaps just in specific incidences, such as during intimacy.

As we have already seen, these trauma compartments create vulnerabilities and open the client to the risk of invasive energies, normally at the time of the trauma but sometimes in the years ahead.

Trauma compartments in DNA is a similar concept, except that the trauma has been stored throughout the client's body. This may show either in place of, or in addition to, the memory compartments. In these instances, the effects of the trauma are held throughout the body's hologram, permeating every cell right down to the DNA level where our soul record is kept. The very nature of a compartment is that it is separate from its surroundings, so a blockage at this level can interrupt the entire energy flow through the body.

I am occasionally used by homeopaths in Bristol as a support for clients that seem particularly stuck and unresponsive. In a majority of cases, the client shows to this heading, inferring that the energy pathways are blocked and homeopathic remedies are struggling to get through.

When we have opened up these pathways through appropriate healing and focused intent, the same remedies can generate the required response.

Page 6 - Emotions

Many of these concepts are either self-explanatory or open to whatever interpretation tests as being appropriate.

Cellular receptor sites for addiction shows when the client has receptor sites on the cells looking for the stimulation of matching neuropeptides. These are hormone like chemicals that the brain releases when suitably stimulated; perhaps by physical addictions such as to alcohol or cigarettes, but also potentially by more subtle addictions, like to gambling or sex.

There can also be **receptor sites for low emotions**, which work in a similar way but also infer some kind of pre-programming, possibly to grief or anger or stress. If this shows, your client may seek out these situations for the stimulation they bring, or may be particularly vulnerable to situations in which these emotions could be triggered.

Whatever the specifics, if a cell is loaded with receptor sites looking for this kind of inappropriate stimulation, there will be less space for nutritional exchange or toxin release.



If you want further information in this area, try Candace Pert's 'Molecules of Emotions' or the film 'What the Bleep.....'.

Body comparisons shows if your client has low self-esteem and tends to compare their own physical attributes to others, probably with fantasy like expectations. This can lead to eating disorders in the extreme, although for this level of response to occur there are normally traumas lurking within the family environment or history.

Limiting comments by authority figure is an important heading that could show in any number of circumstances. We are all prone to listen to authority figures and take their views and comments as gospel, even though they are just as likely to offer misleading advice as the rest of us. Examples are our parents, teachers, doctors and bosses. Watch out for the extra risks of medical diagnoses as the very statement that a disease is there, or likely to be there, can have very powerful creative force.

Perceived facts are beliefs will show if the unconscious has locked in a particular belief system as a fact and is therefore not prepared to validate it or review its appropriateness. Once you have opened the client to a more flexible approach, the belief system can then be reassessed to see if it helps or hinders their highest life plan.

Parental bonding missing is most likely to show for the early months of life, including in utero, but can also show at any time throughout childhood. This heading may need age regression to elicit the time period in question and the reasons behind the lack of bonding.

Rebellion against institutions is another common heading that can reveal prejudices against any number of bodies, including parents, teachers, bosses and the church. As always, there will be a reason for this that may need exploration. Watch out for past life memories generating strength of feelings that the client cannot explain from their own experiences.

Natural maturing process stopped can occur at any point in childhood where a major trauma occurred. The child can literally be left at a certain emotional age which then re-appears whenever similar stresses arise in the future. A good example is the adult who giggles when nervous or under pressure, or who sulks when verbally scolded.

Page 6 – Relationship healing

Finding the various relationships that need healing is an important first step, but you will normally have to use the emotional or core belief scan lists to establish exactly what aspects need healing. If you mention the person in question, the client will usually have plenty of stories to add to the circuit.



Page 7 - Physical (1)

Page 7 - General

The first three headings here ambitiously aim to repair the physical body, whether cells are **damaged**, **missing** or **rogue**. There are often limitations on how deeply energy healing can penetrate physical matter that carries deep trauma and damage and I have explored this subject further in my December 2009 blog entry on www.quantumk.co.uk.

Alkalinity is crucial to good physical balance, as it protects the basic cellular health as well as creating an environment unsupportive to foreign bodies like fungus and parasites. There are many ways your clients can improve their alkalinity, either through **breathing** techniques, such as the yoga practice of pranayama, a **diet** based on more vegetables and fruits or through ensuring good **hydration**.

You can obtain ph papers fairly cheaply from the internet, which are a good resource if you want to demonstrate the extent of your client's acidity. The ideal ph range on most papers is between 6.8 and 7.8, so you can hand-over a small strip to allow your client to monitor their own progress as the weeks go by. If you are working with organic toxins like parasites and fungus, this will support the other doorways you will need to explore with the emotional and spiritual bodies.

Uncloaking **stealth viruses** and toxins extends the principle I have already introduced under the invasive energies heading. Stealth viruses are a recognised, albeit controversial, subject in naturopathy and will often show as an issue. In summary, they are viruses that lack the normal chemical markers upon which the client's immune system would normally latch. If they cannot be recognised or copied, the immune system cannot be primed to attack them. They sit under the surface like an unwelcome visitor, ready to amplify any other imbalances we may have brewing.

Rehydrate cells may show more often than you would expect. This is not just a question of consuming more water, this is also about our internal systems, our kidney energy and our ability to pass fluids across the cell wall. It is possible to use energy work to hydrate the body by rebalancing the systems that control the way we manage our fluid levels. As a simple example, a nervous or anxious client will have kidney imbalances that could manifest in physical problems with the way water is either re-circulated or excreted as urine.

Page 7 - Detoxification

If you have test vials, this is an area that benefits from their use. If you find toxins, it is often a good idea to dowse for their level out of 10, or perhaps rate them as low, medium or high. You can do the same for any organ imbalance or any other issue you find. This helps you talk your client through their progress if you see them on more than one occasion.



I have designed my own standard table of the major organs and bodily systems so I can have a snapshot of my clients' physical health whenever they visit and see where we are within a naturopathic process.

A naturopathic detoxification is normally a three stage process:

1. **Balance the drainage pathways** by healing the liver, spleen, kidney, lymph, gall bladder and digestive process. At this stage, testing for food allergies and hydration levels is essential to take the load off these core systems.
2. Once the drainage pathways are flowing better, perhaps after 4-5 weeks, it is time to look for deeper toxins to release. These might be **parasites, chemicals, fungus, pathogenic bacteria, viruses, medicine residues** and **heavy metals**. They can be flushed through the normal excretory channels which should now be flowing as smoothly as a mountain stream. **Vaccines** are another possible risk, either the dormant virus itself or all the additives that may have permeated the spinal fluid, brain stem or other vital organs. You may also need to **remove bacteria from vaccines** as bacteria is often a safety mechanism used to protect the body from damage, the same with **fillings**.
3. Once the toxins are removed, the body should be free to heal fully. This can involve releasing **bowel matter**, whether still **putrefactive** or past that stage, or healing an excessively permeable intestinal wall, also known as 'leaky gut'. **Mucoid plaque** is the hardened version of the mucous the body may have used to sooth the intestines when made red raw by the combined effects of toxins, allergies and an acidic system.

Incidentally, I am convinced that toxins can be neutralised before they are released. After energy work, I often find that even the highest level of toxin can be vibrationally 'neutralised', like a schoolboy chastened by the choir master for singing out of tune. It may still exist in physical form, but its negative frequency has gone and it sits in the tissues without causing harm. This seems particularly true of heavy metals, so watch out for **neutralise vibration of metals**.

Page 7 - Brain and nervous system

Balance left and right hemispheres will show if the client is based too heavily in either their logical brain (on the left) or their emotional brain (on the right).

Stress receptors are markers within the nervous system that turn function *off*. This can be necessary in times of damage, but the body is prone to leaving a defensive position in place longer than is strictly necessary. Restricting flow and function should be discouraged in normal situations.

These stress receptors can be triggered anywhere within the nervous system, so if this heading shows you may need also to establish from the table exactly where they are situated.



You can study the technical terms on this table further if you wish, I am including only a very short summary here of the major parts of the nervous system:

The **Central Nervous System** comprises the brain and spinal cord. It is protected by the skull and the spinal column.

The **Peripheral Nervous System** links the CNS to other body parts. It includes the 12 pairs of cranial nerves that link the brain to body parts mainly in the head but also along the trunk. There are also 31 pairs of spinal nerves branching off the cord itself.

The **Autonomic Nervous System** controls the body's automatic functions, including heart rate, digestion, excretion and breathing. There are two sections within the ANS. The Sympathetic nervous system prepares the body for action by, for example, encouraging the liver to release glucose into the muscles. The parasympathetic nervous system would then instruct the liver to return to its normal digestive functions.

The **amygdala** are a pair of glands in the brain that control the primitive emotional response to situations. By releasing trapped issues and responses contained within these glands you can help the client find a core level of peace and calm.

Page 7 - General structure

The **ileo-caecal valve** is an important link between the small and large intestines. It controls the flow of the food bolus so that it moves into the colon only when it is time to do so and does not allow any putrefactive bowel matter to leak back. It can be stressed by toxins, food allergies and emotions so can need regular healing. You can do so energetically or rub acupuncture points that are detailed in Chapter 10 of the manual on the Quantum K website. The **Houston valve** is the equivalent to the ICV on the other end of the colon.

Our bodies have **shock absorbers** much like a car; a core flexibility within our joints that help us avoid damage when under physical duress.

The vertebrae can either be **fixated** (working together as a single unit) or **subluxated** (misaligned or dysfunctional). Chiropractors believe that subluxations in the vertebrae cause weaknesses that allow bacteria to breed and that each disease type has a corresponding vertebral subluxation behind it.

The **tailbone**, also known as our coccyx, can be traumatised by a sudden fall when we land heavily on our backside. This can disrupt the natural energetic flow within our spinal column as well as the pumping of bone marrow through the spinal column.

The **Atlas profilax** is a particular type of chiropractic adjustment that resets the atlas (the top vertebra that sits beneath the cranium holding up the skull, hence the name). The working assumption is that virtually all of us have a misaligned atlas and there is a range of mainstream and conspiracy based theories explaining why this should be.



Not surprisingly, if the atlas is out of balance it can restrict the flow of the nervous system, leading to a weakened immune system and a variety of structural imbalances anywhere in the body. The atlas profilax is a specific adjustment that works on the muscles that hold the bone in place. It is a very specialised procedure, but as kinesiologists we are used to working with muscles so there is nothing to stop us performing a similar treatment from within our own energetic library. It may or may not be as effective as the official procedure, but if it shows as appropriate through the muscle test, then we should lock in our intent to have this issue remedied.

The rest of the terms here are self-explanatory, but it is worth stressing that **proprioception** is our spacial awareness that helps us determine where we are in relation to the physical world around us. This does involve balance through the ears but also includes a more esoteric sense of position within the quantum energy field that I believe exists within every cell. If the imbalance is very severe, referral to an Alexander technique teacher may be appropriate.

Page 8- Physical (2)

Page 8 - Electromagnetic imbalances

Organic sheath amalgam fillings will show if your client has mercury based fillings in their mouth. Remember that there are two issues with amalgams. The first one is the vapour that comes off the fillings and can lodge all over in the body, perhaps upwards into the brain or down into the intestines through the saliva. Once it has reached the bloodstream, it can go anywhere, so watch out for mercury showing in the excretory channels, the ovaries, uterus, spleen, prostate – pretty much anywhere. If there are issues in this connection they will show up on page 7.

The second issue is the resonance emitted by the fillings, which is what we are dealing with here. Our **circadian rhythm** is controlled via the tooth pegs and each tooth will assume prominence during its allotted time within the 24 hour cycle. If that tooth has a large metal filling on it, or perhaps a crown, it could be stimulated inappropriately every time your client reaches into the fridge, or answers their mobile telephone. The body will not know whether it is 2 in the afternoon or 3 in the morning. An organic sheath will energetically protect the body from stimuli into the tooth peg that is either at the wrong time of day or at an artificial frequency, so this heading or the one below referring to the circadian rhythm may test appropriate.

The **HAARP** signal is a type of artificial low frequency vibration developed by the American military to improve communication across the oceans and into the atmosphere above us. It is very upsetting to our natural balance as well as the world around us, but the project has always been clouded in secrecy and may now have stopped. If this heading shows, it could reflect current use of the technology or residual trauma in your client.



Blocking man made frequencies extends this principle to any other man-made signals, from televisions, PCs, **mobile telephones**, fridge freezers or the mains **electrical** circuits. There are some specific headings in this section if you need to be more precise. If the electromagnetic stress is extreme, you may need to recommend the **Quantum K resonators** as they provide a strong protective base as well as healing potential for whatever other health imbalances exist. The website has more information and some amazing aura photographs of them in action.

Cranial resonance should exist within a narrow range if in healthy balance, but can be upset by any of these external stimuli so is included within this section.

Artificial light is extremely damaging to all of us if it emits a narrow spectrum. John Ott pioneered work in this field over 40 years ago and showed that our mood as well as our health is affected by exposure to a limited light spectrum. Worse still, the almost imperceptible flickering of a florescent light tube is very damaging to our neural pathways. Our brains perceive the constant flickering even if our eyes do not.

Page 8 - Desensitisation

This section aims to ease your client's reaction to **foods**, **chemicals** and **inhalants**, whether by **allergy** or **intolerance**. Headings address both the food cause and the inflammatory reaction behind the response, normally through **histamine**.

Although this kind of healing can help, the best way to desensitise your client is to help improve their digestive process by releasing all their physical toxins and any emotional imbalances that sit underneath. If they can avoid troublesome foods while this process is taking effect, all the better. Research into sunlight deficiency through excessive use of sunscreens and spending too much time indoors has shown that the resulting lack of **Vitamin D** can aggravate allergies.

Page 8 – Past physical traumas

One of the most interesting aspects here is the need to heal **brain damage by suggestion**. This supports the work of Richard Flook covered on page 3, which suggests that the medical diagnosis of illness can create disease in itself. This particular heading refers to a specific risk often encountered around birth, when concerns about the oxygen supply or a heavy forceps delivery could engender a discussion about the risk of brain damage. Even the discussion of this subject with a good prognosis can be stored by the baby as a negative suggestion. Just as we should tell our children to 'sit quietly' rather than 'stop making noise' our doctors should refer to a 'healthy brain' rather than a 'low risk of brain damage'.

The damage caused by tattoos, studs and piercings are all similar. They quite often break our meridians, especially those near the belly button, the ears, lips or nostrils and the procedure itself is invasive. I believe the meridian can be healed and redirected around a blockage, but there is no substitute to avoiding it in the first place or taking out any studs or piercings.



The remaining issues are all around invasive procedures that can damage the aura as well as leave deeper levels of imbalance and possibly toxins. If one of these headings does show, you may need to explore the issue further and look for retained trauma and emotional upset in addition to the procedure itself.

Page 8 - Endocrine

Our endocrine system is a very delicate network that uses our glands in a subtle process based on negative feedback. A gland will emit its hormonal signal into the bloodstream, hoping that it is picked up further down the line and a response hormone released to show that its instructions have been received and actioned. If the **receptor sites** of the gland are blocked in some way, the hormonal message will not be registered and the gland higher up the chain will have to try again. As an example, an under-active thyroid can be detected through the excess of thyroid stimulating hormone secreted by the hypothalamus in its attempts to kick start the thyroid into life.

You can use test vials for the gland or the main hormones, but the key issues is *why* the system is out of balance. Look out for:

- Chakra imbalances near the gland in question
- Toxins blocking the receptor sites
- Negative emotions or beliefs typical of that gland.

Taking the under-active thyroid example again, its receptor sites could well be blocked by fungal or heavy metal toxins. It could also reflect the client's problems with communication, expression, or their relationship with their mother. The scan lists will reveal all.....

The question of **stress receptors** has already been covered under the brain and nervous system heading, but it can also apply here as a way of shutting down the function of a gland perceived to be damaged or distressed.

Page 9 – Physical (3)

Page 9 – Cells, genetics and DNA

Free radicals are a natural by-product of cellular metabolism, but are like an internal form of rust and can be very harmful to health. They can arise from emotional stress, fat consumption, drugs, pollutants, smoking, chemicals, pesticides, herbicides, allergic reactions and excessive exercise. If this heading shows, you may wish to examine the underlying reasons further as lifestyle or dietary changes may be needed.



DNA mutations is a very broad heading that covers everything from stored emotional traumas to the imbalances that can pass diseases through the generations. Clearly, we cannot waive a magic wand over something so fundamental, but this heading may show as a doorway to further research using other pages of these scan lists.

I see our DNA as being a mixture of hard-coded information that determines how we look and our physical structure, but also a soft-coded element (the so called 'junk DNA') that comprises the remaining 95% or so of the strand's storage capacity. The soft-coded elements hold our emotional and spiritual records so are pliable, much like the software in a computer programme. It is this element that is more open to healing energy.

As our chromosomes and genes are made up of DNA, it is possible for our experiences to affect the genetic expression of our DNA. Science is now coming to terms with the fact that our environment and the way we react to it is far more relevant to the way our genes express themselves than the structure of the gene itself. This is the science of epigenetics, as explored by Bruce Lipton in his ground-breaking book 'The Biology of Belief'. Illness can result from environmental suppression of healthy genes, hence the heading **epigenome gene suppression**.

On similar lines, your client's life experiences can be stored and then passed on to the next generation. This includes the good as well as the bad, so if the heading **inherited epigenome suppression** shows, suspect that there are negative energies that need healing. They will normally need exploring using other charts, possibly under the ancestral healing heading that comes later, but also by looking into emotions and core beliefs.

Optimise cellular receptor sites works with the subject we have already explored, of the cell wall being used to exchange toxins, waste, nutrition and hormones. The more receptors you have for any chosen function, the more feeding they will need to be satiated and, for emotional stimuli, this is the essence of addiction. If there are too many receptors looking for an adrenaline response to angry outbursts, more anger will be needed to generate the same level of 'buzz'. This leaves less surface area for other more important functions.

Clear miasms refers to the concept explored by homeopaths, who work with disease taints stored in our genes. What was perhaps a serious disease like tuberculosis or syphilis in a distant ancestor can emerge as eczema or asthma in the current generation. These taints can be released energetically using kinesiology as well as by homeopathic remedies – both are simply variations of an appropriate healing vibration.

Page 9 - Breathing

Most of these headings are clear from their short description. Breathing may need to be **deeper** to avoid the risks of shallow breathing, where the shoulders can become stressed and only a small percentage of the lung's capacity used for oxygen and carbon dioxide exchange. Poor patterns can lead to **excess nitrogen** being left in the blood.



Better breathing patterns come from expanding the **thoracic** area laterally (encouraged in Pilates) and the **abdominal** area (encouraged in Yoga) where the diaphragm is expanded by raising the belly button. Yoga also recognises the importance of breathing through the **nostrils**, as this energises the air intake with negative ions through the left nostril and positive ions through the right. Versions of nostril breathing exercises (pranayama) relax and balance both body and mind, while focusing solely on left nostril breathing increases the **negative ion** balance in the body which is alkalising and therefore life force enhancing.

Stress and **shock** can be stored in the lungs and the diaphragm, which can affect breathing patterns. It can also lead to our **breathing thermostat** literally blowing a fuse, which may need resetting. Releasing the core traumas is not always enough, sometimes the whole system must be rebooted as we would do after altering the software in our computer. Remember also that lung energy can represent an intense trauma generating a fear of death, as well as stored grief.

Page 9 – Anti-ageing

This heading is slightly tongue-in-cheek, but there is a serious side to this search for the ‘fountain of youth’. I have used muscle testing on clients to investigate whether their body intelligence is able to alter their natural body clock and the death gene that slowly ticks away inside us all. Apparently we can and I have used this intent with many clients. It does not lead to marked or immediate visual changes in skin quality, but the muscle test does suggest that the cells are starting to follow a younger blueprint.

If you test the cellular age of yourself or your clients, you should find that the whole system and perhaps specific organs will show an age distinct from the actual birth age. It seems to me that the more emotionally balanced and spiritually open the client, the younger their cellular age. Test it and see, it makes for an interesting conversation if nothing else.

There are some specifics to explore here. First of all, your target may be to bring the ageing process back in line with an **earlier blueprint**, like putting the clocks back in the Autumn. Sometimes simply following the current blueprint would be an improvement if the client is markedly out of balance. Don’t forget to establish the target age needed, as there will normally be a reason for the age that shows - younger but not unrealistically so.

As a slight variation, you may need to ‘youth’ your client back to their actual state of being at an **earlier age**, rather than their blueprint. Quite often, the age showing will reflect a time when the client was particularly happy or physically very healthy. It staggers me how many ages show that have deep meaning: ‘that was the year I got married’ or ‘I was pregnant then and never felt happier or more fulfilled’ or ‘at that age I had just left university and felt the whole world was at my feet.’

Whenever this heading shows it tends to lead to an interesting and light-hearted conversation. Clients often go away telling their friends that their body is ten years younger than their actual age, and that they have ‘youthed’ by 6 months between treatments. It is *fun* to work with this area and can often lighten the mood when working with complex issues and traumas.



In some cases, clients may want to youth back to an earlier age, and then **slow the body clock** thereafter. This sets the cells to an earlier age and then holds that advantage by slowing the future rate of decay.

Rebirthing the body could be included under many headings as it is a spiritual as well as a physical process. Your client may need to release the shock of birth trauma, or the stress of incarnation from spiritual form. This heading may also show as a way of rebooting the body from its current state back to its current blueprint, nothing to do with the original birth.

Hyaluronic acid is the natural substance that keeps skin cells looking youthful and elastic. It is available as a supplement that can be rubbed in by hand or absorbed deeply using ultrasound. As it is a naturally produced within the body, it can be supported energetically.

The remaining headings all look at **elasticity**, perhaps of the **joints, ligaments, vascular system, tissues, skin, tendons** or **muscles**. The aim here is to hold back some of the natural stiffening and decay that occurs with age.

Page 9 - The outside world

This section looks beyond the local neighbourhood covered in earlier lists to the wider environment. A **vivaxis** is the energetic marker secured at our place of birth. It seems to me to be a logical protective device that keeps us close to home, where we can support our family and our community. If we felt no loyalty or resonance with our birth place, society would fragment. This concept explains the sense of homesickness we may feel on holidays but particularly when living more permanently overseas, so watch out for this heading with people born in another country who are over here, perhaps on work secondment or to be with their partner.

Chemtrails are the chemical trails produced by aircraft as they fly overhead. There is some accepted science to this, but plenty of conspiracy theories too which suggest that they are part of an intentional strategy to pollute the atmosphere and undermine our health. Make your own mind up, but if this heading shows – rare for me – lock it into the muscle testing circuit and fix as needed, perhaps by a deep detoxification.

Microwaved food is a little out of context here, but the damage to the resonance of the food is well documented and there may even be some residual effect on the consumer. Blessing food or energising it will raise its vibration back towards its purer raw state.

Petrochemical pollution is self-explanatory and might show as a trigger for inhalant allergies, such as asthma, but also as a potential source of toxin that needs to be released.

Solar flares are a natural effect that vary hugely in intensity from week to week and year to year. They affect the earth's climate in many subtle ways and may even be connected to global temperature changes, either up or down. In a spiritual sense, they are believed to carry specific vibrations that help us all evolve on our life's journey.



If this heading shows, it might be worth checking if the client has received some high frequency pulse and needs support integrating it into their energy field.

An **environmental vortex** is an unusual concept that is generated when regular man-made movement accumulates to create a negative energy vortex. A good example would be at a traffic roundabout, where the constant circulation of vehicles in one direction creates a separate swirling energy of its own. This heading is unlikely to show unless your client lives next to a major junction or some other source of regular movement.

Page 9 - Inflammation

The inflammatory process is a natural one and essential in times of physical trauma. It encourages tissue repair and supports the release of damaged cells and other debris. In many instances, the inflammatory process will stay in place longer than is strictly necessary. With digestive issues, it may be a constant and chronic response to some sort of irritant in the digestive track, like food allergens or parasites.

If an inflammatory response shows with your client, the likelihood is that it is a chronic position and you will need to determine the cause and also whether it is autoimmune, i.e. whether the client's immune system is attacking its own tissue. Is there something eating away at them?

Whenever I work with inflammatory diseases like rheumatoid arthritis or Crohn's, I expect to find a parasite somewhere in the system triggering the response, especially one of bacterial origin as they are harder for the body's immune system to distinguish from itself.

As I have stated before, if there is a physical parasite, there will always be an energetic attachment running alongside it and probably a host of negative or destructive emotions. To deal with inflammation properly, you need to find these core triggers, hopefully using these scan lists.

The only other issue worth mentioning here is **homocysteine**. It is a huge risk factor to health, so it is worth exploring in some detail.

Modern medicine is starting to accept that cholesterol levels are less relevant to heart disease and overall health than first envisaged. The new risk factor is homocysteine. Human biochemistry relies on a range of amino acids - including s-adenosyl methionine (SAM) and glutathione. These are both produced from methionine, which we obtain from the protein in our diet. So far so good. Unfortunately, the pathway from methionine to these essential amino acids includes an interim conversion to the inflammatory chemical homocysteine

If we have insufficient B vitamins in our diet we may not produce enough enzymes to complete this conversion. Homocysteine levels rise while levels of SAM and glutathione fall. Just as a car needs a catalytic converter to stop dangerous gases entering the atmosphere, so our bodies need B vitamins to minimise the amount of homocysteine 'exhaust' released into our bloodstream.



Elevated homocysteine levels have been linked to over 50 diseases, including heart disease, strokes, certain cancers, diabetes, depression and Alzheimer's and high levels increase the vulnerability of DNA to damage. They have also been linked to brain damage, so managing levels can reduce the risk of dementia and Alzheimer's in later life.

Thankfully, homocysteine levels are very easy to control. You can often improve the methionine conversion rate by healing any digestive imbalances that are reducing the absorption of B vitamins in your client's diet, or perhaps by simply recommending a higher consumption of foods like fruit and vegetables, which are naturally good sources of B vitamins. If neither solution tests well, there is no harm in resorting to a folic acid or a B complex supplement and this is one of the few situations where I find supplements can be unavoidable. If this is necessary, the heading **lower homocysteine by supps** will show.

GPs can test for elevated homocysteine levels if you are brave enough to suggest your client has this done. It will achieve very little other than hopefully reassure you both about the validity of the muscle test.

In addition to managing B vitamins, there are other steps you could recommend:

- Eat less fatty meat, more fish and more vegetable protein
- Have at least 5 servings of fruit and vegetables every day
- Have a clove of garlic each day or take a garlic supplement
- Don't add salt to food
- Cut back on tea and coffee
- Limit alcohol - ideally less than 4 units per week.
- Reduce stress
- Stop smoking
- Ladies - ensure oestrogen and progesterone levels are in balance.
- Take a multivitamin/mineral each day.

Finally, it is worth remembering that somewhere between 20% and 50% of the population have elevated homocysteine levels and just as many develop serious but preventable diseases. As managing homocysteine levels is easy and inexpensive, early identification of this issue could be a crucial step in protecting your client's long term health and life expectancy.

Page 10 – Miscellaneous

Page 10 - Energetic

The Assemblage point is an energetic centre roughly midway down our sternum. It is not a chakra, but does have a similarly important function in that it is our conduit to the outside world. It is also the point through which the outside world can tune into us. It is a complex area and much has been written about the implications to our health and mental balance should this energy centre move away from its ideal position.



For me, there are three key areas to look at. First of all, **repositioning the assemblage point** may be needed to return it to its optimum position. Secondly, it may need to be **energised** in some way to heal whatever imbalance caused it to move in the first place. Thirdly, it may have **fragmented**, in which case each fragment must be recovered and the whole unit restored and replaced.

This is one of those headings that may not show very often because it is a hard subject to discuss, but if it is in your library of intent and needs correction, it will happen automatically whether you specifically tune into it or not.

If you like working with energy in a manual way, there can be benefits in finding the exact location of the assemblage point and its fragments through muscle testing. When you find a point that weakens the indicator muscle, simply drag that point back to its optimum location on the sternum, ensuring that the indicator muscle then locks.

Aura management is a common problem, but can be remedied through a range of techniques, perhaps using this system or by tracing Tibetan 8s over the weakened area. I tend to work exclusively through the forehead points, trusting the healing energy to go where it is most needed, but occasionally I finish a session working on specific weak points in the aura.

Aura too wide is an interesting additional angle to this subject. I find that clients who are also energy workers or therapists are prone to leaving their aura too wide and vulnerable. This is a reflection of their laudable desires to help the world around them and connect fundamentally with it, but the wider one's aura, the weaker it will be. I have seen clients with auras maintained with a radius of over 50 feet, perhaps fine in the woods, but not in the supermarket queue. In such instances, I dowse to find the optimum average aura radius, normally less than 10 feet, and ask their inner intent to accept this as their new model.

Less common is the aura maintained **too narrow**; this can be a sign of illness but more often a lack of faith in the outside world and a desire to keep safe within it and as disconnected and isolated as possible. This extreme survival programme has consequences as you might expect, emotionally and physically, so you will need to find a more suitable aura radius.

The chakra issues should be self-explanatory. It is not just a question of each chakra operating well in isolation, but also as a linked unit. The most common heading that shows for me is **chakras – disconnected flow**, which may need exploring further to determine where the blockage is and why it exists. The link between chakras is as important as the energy of the chakras themselves.

I have referred to the main 7 chakras, but also added the Earth Star chakra that sits under our feet and the first two of the many chakras that sit above the crown, connecting us to higher realms. These are the **soul star**, **celestial** and then generically the **higher chakras** above those.

If **other minor chakras** show as an issue, you will need to establish where they sit. It is safe to assume that there are chakras pretty much everywhere around the human body, especially around joints.



Page 10 - Heart, mind, body & soul

This section divides our core essence into 4 key areas, **heart, mind, body** and **soul**. To make the best of this section, you will need to find which areas are out of balance in relation to each other – there may be several – and then see what is wrong with them.

An element may be **too strong** or **too weak**. A common example you will find in clients is their mind being overactive at the expense of their soul or heart energy. That is the nature of modern living, where the intellect is revered above the heart.

I have also found that it is possible to have localised issues in this respect. Our heart, mind, body and soul might be roughly in balance but missing from a particular **chakra** or **body part**. For example, someone living in fear might have imbalanced kidney energy which would deny their soul or heart energy full access to that organ. We are a hologram, so problems in one area will be felt by the whole.

I have also occasionally found that one of these 4 key elements can literally be in the **wrong dimension**. We will cover this in more detail later, but it is a bit like having a badly tuned radio, where only a faint echo can be heard. One particular aspect of your client's essence might be in the correct geographical location but vibrating at the wrong frequency, literally living in a different version of the world. This could happen if your client's spiritual growth had outpaced their body's capacity to heal at the physical level.

As a slight diversion, I have written a blog on the Quantum K website proposing that the 2012 separation feared by many could just be an increase in the number of versions of the world that the human race occupies. Like Venn diagrams moving apart, there would be less population overlap and fewer people sharing the planet within each particular frequency. There could still be 6 billion souls incarnated, but the higher vibrating souls would not be aware of the lower ones, so it might appear that great loss had occurred but in fact we had all simply spread apart to live in different versions of the core Earth experience.

Quantum physicists propose that there may be an infinite number of versions of Earth, each in its own dimension, each at a different vibration. We seem to have a greater opportunity than ever before to choose the route of light and love over the attractions of the competitive, material world. Somewhere within all those different worlds, I hope there is a version of heaven on earth where the 'lion will lay down with the lamb'.....

Page 10 - Ancestral healing

I believe that ancestral healing is a major responsibility for us all. Looking after our own health is only part of what we are here to do. If we are to move forward as a race, we must release our heritage from the imbalances they created that echo through us still. If everything that ever happened is caught in the 'eternal moment of now', then the traumas and issues of all previous generations are as alive now as they have ever been and continue to impact on our reality.



As you might expect, there could be hundreds or thousands of issues caught in the family tree. The good ones are part of our evolution, allowing us to learn from the mistakes of our forefathers without having to relive them over and over, generation after generation. The particularly traumatic ones could be beneficial to some extent, but are unedited and can teach us lessons about love and war that are probably not in our highest interests. We might receive a good instinct about the dangers of conflict, but a negative one about the dangers of relationships based on one that went badly wrong.

Those learnings, good and bad, then sit like a faint outline in our make-up; we can override them if we wish but will always be predisposed to behaving in the same way or feeling the same emotions. We have to make a conscious effort to lift the stylus out of the groove already made for us. If we don't, we might find it difficult to trust strangers, or to hold down healthy relationships.

I have worked with many clients who seem to have pre-life contracts to sort out the family line. For those who are happy with the concept of past lives, I have even found examples of souls unwittingly creating problems for the bloodline and then re-incarnating back into that bloodline later to undo what they had created. A sort of 'bloodline karma' if you like.

The best analogy I have for ancestral healing is to envisage a large rock being dropped into a pond. The souls involved feel the worst of the impact, but the ripples go forwards, weakening as they go but still a reminder of the original event.

You may already have delved into ancestral healing through the invasive energies section or through inherited epigenome activity affecting the genes. The possibility of picking up a foreign energy through the bloodline is covered again here briefly, but the key goal now is to find the discordant energies that weakened the line in the first place.

Several headings are likely to show and you may wish to put some structure behind your use of this section:

1. What is the energy that is coming through? It could be **spell, curse, or emotional pre-dispositions**.
2. Is there any **attachment energy** riding alongside it?
3. Is it causing repeating events in the bloodline, such as **illnesses, events or relationships**?
4. How many triggers are you looking for?
5. Did each one come through the **father's side** or **mother's side**?
6. How many generations back was it triggered?
7. Will it run indefinitely or will it find a **natural end date**?
8. Does it affect only **male** or **female** relatives?
9. Does it branch out to **other relatives** like cousins and aunts and can it cross through **marriages** or via **sexual acts**?
10. Do you need to establish the **emotions involved** or more about the **invasive energies**?



You should have enough tools here to identify pretty much any ancestral discordancy affecting you client now. In practice, I usually find only one or two issues in each treatment, perhaps a sense of fear coming down the father's side, triggered by community conflict 6 generations back, bringing with it an attachment energy that sits across every subsequent generation.

When you have found enough detail to pinpoint the discordancy, make sure your healing intent is wide enough to encompass *every* relative that might be affected, at any time or place. Healing can go to the dimensions that represent our past, so do not be afraid of such an ambitious intent. This potential has been proven in research explained within Lynn McTaggart's book 'The Field', so send healing backwards, forwards and sideways with confidence and love. Imagine a family tree covered in a shadow and simply lift it off in whatever energetic method tests appropriate.

Page 11- Inter-dimensional doorways to close

Page 11 - Types

Opening your intent to draw from all the sections in these scan lists should allow your clients access to their full healing potential. On that understanding, specific headings will only show if they need further exploration to fine tune the vibration, or if the discussion itself would offer some benefit.

On this basis, I doubt if this section will show very often. That does not mean that it is any less valuable than the others, just that your average client may not be into the concepts of multi-dimensional existence. If so, fine, call it as you see it.

The basic principles here explore the theory that each person's energy field is a miniature version of the wider Universe. This honours the concepts of the holographic nature of reality and fractal geometry, both of which are explored in detail in my manual on the Quantum K website. In brief, the micro and macro worlds are constructed from the same building blocks and are governed by the same laws.

This means that there can be **wormholes, vortices, black holes** and **portals** within our energy field. The term 'vortices' does not apply here to our normal chakras, but to other less appropriate energy spirals that can exist within our aura or possibly within the chakras themselves, a vortex within a vortex. If we do not allow for the implications of these multidimensional concepts, we cannot offer our clients deep and permanent healing. We could release an attachment but leave the doorway open for another one to pop straight back in.

You may also need to keep a watchful look out for your client's property. These multidimensional concepts apply to the space around us, so there are likely to be openings in houses and gardens as much as in our energy fields.



Page 11 - Doorway opening

A doorway could open up anywhere within the energy field or physical body and I have covered the main ones here. They all relate to concepts I have covered earlier.

Page 11 - Dimension connected

There are many views on the number of dimensions that exist. One scientist will argue that every event and moment in time represents a different dimension; others will talk about the number of dimensions needed to balance the mathematical laws behind the nature of everything. When I ask for the most appropriate number for me to work with, I get 24.

These can be split within various levels as shown, but the key ones you will work with are normally the *lowest* vibrational ones, which ironically carry the *highest* numbers as I have chosen to treat Source/God as level 1. Levels **15-20 Higher incarnated beings** refer to other types of life form more evolved than our own while **21-24 Earth & its energy field** refers to us and the energy field that sits around us. The main risk to your client is of a doorway connecting them to a low energy form that might take advantage of the connection, normally in the 18-24 range.

It is probably best not to make too much of these technicalities; if details show here they will give you a general idea of the issue that needs correcting.

Page 11 - Trigger Point

Sometimes it is necessary to establish when the doorway opened. As examples, it could be in a **past life**, in **transition points** between lives, via **ancestors** or **earlier in this life**. It could also be open **continuously** or open **temporarily**.

Page 11 - Reason opened inappropriately

You may need to establish why a doorway opened so that you can identify the energy involved with enough detail that you can ask for it to be closed. This is all about intent and being clear about what you want to be healed.

As an example, a client might be vulnerable to energetic attachments or negative emotions coming into their energy field due to a portal that opened when they were in a difficult relationship earlier in their life. You will need to identify and release what has come through and then close the door behind you, using whatever technique tests to be appropriate.



Page 12- Metaphorical connections

The remaining scan lists provide the filling to help you flesh out the concepts I have covered. The metaphors shown here are drawn from a number of sources combined with my own experiences, but there are no absolute truths in this field. Each of us is absolutely unique and it is dangerous to assume that we all exhibit disease and imbalance in the same way with the same metaphorical message. If one of the phrases I have used here is valid it will show through the muscle test. If nothing shows, it is either because the client is not using metaphors to communicate information or I have put insufficient words into the chart.

I often wonder how big a role metaphors should play for kinesiologists and dowsers. As we can interrogate the client's energy field to identify the exact reasons for imbalance, there seems little point in relying on generic information, especially when we are all so unique. That said, I do occasionally find metaphors useful, especially when they help give clients an understanding of why they have a particular condition or imbalance. If the condition reappears in the future, they know which part of their life to examine first.

Page 13 – Core beliefs

This is the most important supportive page in these scan lists. They should show within every single treatment, perhaps several times under different headings. You might find negative core beliefs behind a childhood trauma, blocking a new relationship, or coming through the ancestral line.

Although each phrase represents a specific issue, there may well be links and themes within them based on the core circuits you have opened during the session. I normally find 4 or 5 phrases to examine whenever this page shows as relevant.

You will also note that I have used the positive version of the phrases, so 'I am who I am' rather than 'I do not accept myself for who I am'. If it shows, it is because the client is struggling to accept the truth of these words. By using a positive phrase, you can ask your client to say it out loud to confirm that a strong muscle weakens with this vibration in circuit. You should never work with negative statements in case the body absorbs them as an affirmation.

The reason I love working with core beliefs is that they transcend specific traumas and memories. If someone has a problem with 'expressing their true self', there might be thousands of reasons behind the discordancy, everything from a facetious comment from a teacher through to a raised eyebrow from a parent. Every disapproving look, tone, comment or action would be stored in the memory bank, adding weight to the growing belief that what your client has to say isn't worth hearing. When I dowsed about this, I often find that there are up to 10,000 units of memory behind the problem with that core belief. You clearly cannot explore them all individually, so it is necessary to ask your client's unconscious to 'fetch and release' all of the units that made up the stress. That is my core intent with every phrase that shows.



Remember, if the muscle test shows that there are 10,000 units, the information must already have been gathered, so it is simply a question of letting it go. If the same core belief shows on another occasion, it is not because the same issue needs further work, but because a new set of underlying causes need to be released. There is only so much you can do in any one treatment or your client could be overloaded and move into an aggressive healing crisis.

One of the most important sections here are the various phrases beginning 'I deserve....' These are basically sabotage programmes that will lie behind most chronic symptoms and nearly always behind organic toxins such as parasites and fungus. These toxins thrive in an environment that supports them physically, perhaps within a client loaded with sugary foods, but are also supported vibrationally. Negative emotions like guilt, shame and fear resonate at a similar frequency to these toxins and, as with any two waves that come together, can be mutually uplifting and create a third frequency more powerful than the component parts. There is much more on this subject within the Resonancy chapter of the Quantum K manual, freely available on my website.

Page 14 Emotions, fears and events

This scan list supports the core beliefs page, working with single words rather than wider concepts. They will show on similar occasions, normally in addition to what you have picked up on the previous page.

As you can see, there are three separate charts. The plan is to find the main negative emotions, then the situation that caused them to arise and then the positive emotions to replace them. This three step plan is not essential; take what you need and allow the muscle test to guide you.

A common example would be a sense of **abandonment**, **loneliness** and **low self-esteem** caused by **adoption**. The energy needs to be released and replaced with a sense of being **safe**, **protected** and **loved**.

Page 15 and 16 - Affirmations

Most of these phrases are based on concepts you will have read about elsewhere, but have been put here into my own words. They are a useful support to the previous pages, helping you explore imbalances by working with core beliefs, single words and now positive affirmations.

Sometimes only sections of a particular phrase are relevant, so go with what you find and be prepared to ask your client to give their input about what the phrase means to them personally.



Page 17 Age regression

The goal here is to find the traumas and events that have made your client who they are today, warts and all; to find issues that have predisposed them to imbalances and fears in the now.

This should be a relatively easy scan list to use. You will need to establish first of all the total **number of ages to investigate for this session** and then dowse through the chart to find each specific age and its discordances.

There are extra headings within each batch of ages, so you can see if any of the major life events of that time period are relevant. If nothing shows here, you may have to use the other scan charts to tune into the specific emotions and stresses and then dowse to find the people involved and any major events that took place.

Some therapies, such as homeopathy, try to work their way back through traumas in chronological order. As we have the advantage of the muscle test, we can be flexible and allow the client's higher self to determine the order of release. This doesn't mean that you will be working with the most extreme imbalances first; sometimes gentle issues must be healed before the client is ready to take a deep breath and deal with the big stuff. You may also find that several sessions are needed so that you can develop sufficient rapport and trust to delve this deeply into their personal world.

I tend to follow the psychotherapist view of life, that our core personality and emotional balance is determined within our first seven years; events thereafter serve only to cement or weaken the core values we have set in place. I therefore work almost exclusively in those early years and, within that, those core months from conception through to the first few months of life. Colleagues of mine tend to open circuits across a broader spectrum of years, picking up issues with adult relationships. Neither way is exclusively right or wrong, so see what shows for you, but remember that you will be filtering the muscle test through your own belief system.

Page 18 Archetypes

This final section is further support for the reference style of scan lists that started with core beliefs. The concept here is based on Jungian theories that our personalities are comprised of various archetypes, so our individuality is a hybrid of certain basic traits – a bit of a 'pick and mix' if you like.

If this section shows, it is because your client is not being true to their archetypes and either needs to honour the positive traits more, or release any negative aspects that may have become too dominant.

I have chosen a core twelve that cover most possibilities, but there are hundreds of variations so this list is effective but by no means definitive.



A few final words...

I hope you have enjoyed reading about the scan lists and the thinking that lies behind them. You can use them as you would the Quantum K manual; once you have read them and these notes, your unconscious intent will be fully loaded with whatever healing potential they offer, just as your PC holds new software. They are then available to you whenever you need them, either as a generic unit or as a precise tool to help you look deeply into your client's imbalances. However deeply you delve, the healing is as simple as holding the forehead points, tracing a meridian or stimulating neurolymphatic points; whatever shows to be appropriate.

If you do choose to explore the specifics with your client, please do heed this final cautionary note. Although muscle testing is a fantastic gift to us all, it does not automatically give you access to pure truth. The muscle test may be clearly locked or unlocked, but it is still a subjective test. It is a summary response based on the amalgamation of your consciousness and that of your client, including any interference from energetic attachments that may be present and any sabotage programmes.

The core risks of inaccuracy in the muscle test come from:

1. **Limitations in your own knowledge.** You cannot find technical imbalances in anyone if you are not intellectually aware that this potential issue exists; it is simply not in your library.
2. **Asking the wrong question.** If you ask a muscle a 'yes /no' question that does not have such a clear cut answer, the client's higher self can only answer with a partial truth. I always pre-check contentious questions by asking if I have permission to ask this question and whether a yes/no answer is appropriate.
3. **Energetic attachments.** Foreign energy in either of you can block access to information that might lead to their release.
4. **Sabotage programmes.** These might stop your client giving information that would help release imbalances. Normally, the higher self will override this block.
5. **Weak to strong or strong to weak?** If you are unclear about the muscle's starting point and whether a relevant response is strong or weak, you will get confused.

Provided you are aware of these issues, you can upgrade your intent to ask for protection from their risks. Above all else, try to *feel* the accuracy, your intent will guide you. If I miss something or there is interference, I will often find it hard to turn the page of the scan lists, or get a sense that I must retrace my steps. Sometimes, the muscle will become hypertonic as a sign that the communication has been broken. There is no substitute for intuition, so trust it and if necessary test yourself to see if you have been subverted from the truth.

If you want a further safety protection, you can use universal laws to test the validity of the response. As an example, if you state: "In the name of the light, is this symptom being aggravated by energetic attachments?", you should get an accurate response. If you ask the same question twice more, the 'law of three challenge' will prohibit any interfering energy from denying its own presence. The good news with kinesiology is that you can never do any harm, there are only varying degrees of success.....