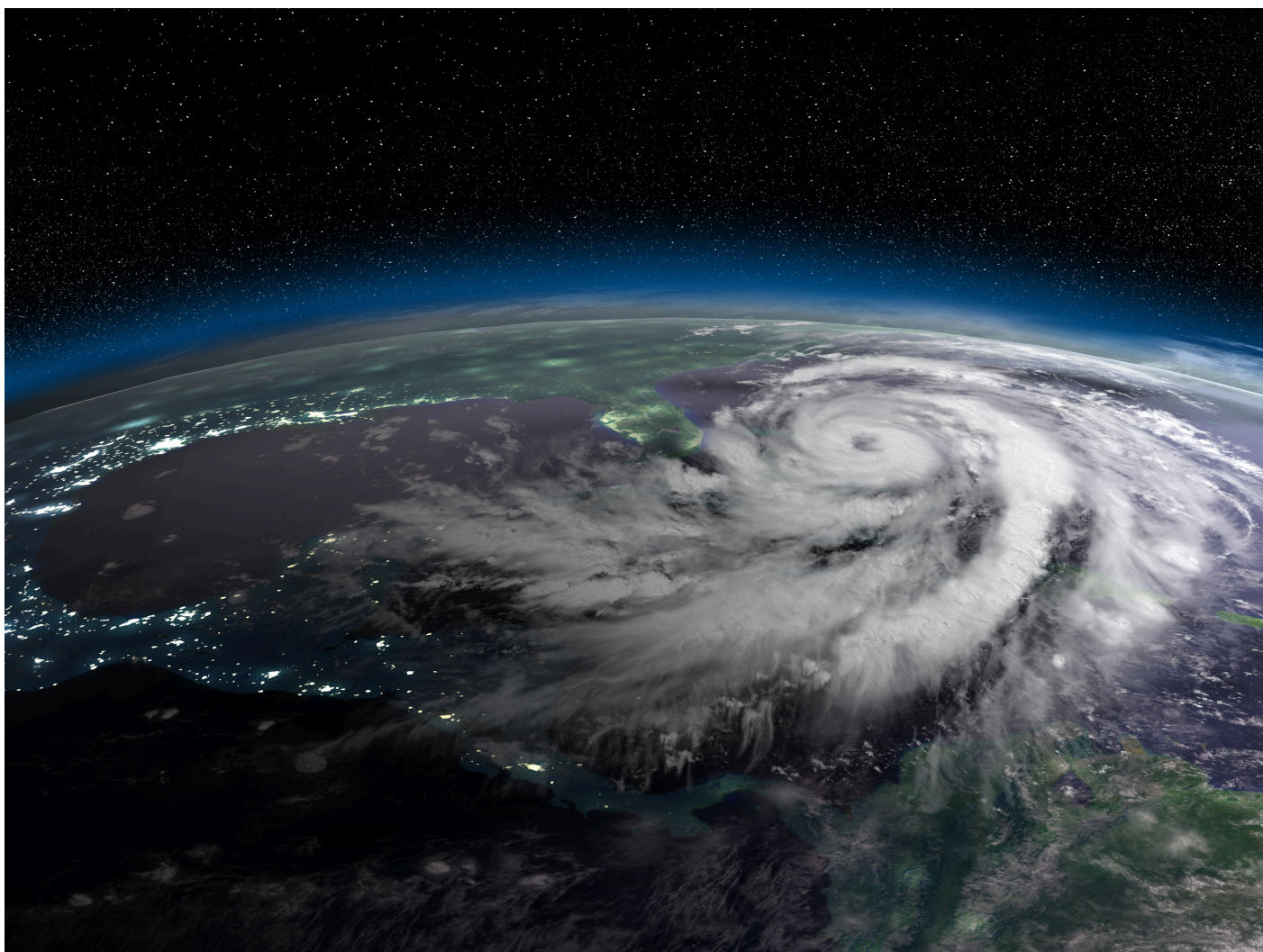




CYCLONE ENERGETICS

KINESIOLOGY PROTOCOL





CYCLONE ENERGY

A cyclone represents a force of immense transformation. It is both destructive and regenerative, clearing away stagnation while creating space for renewal.

Like a storm that reshapes the landscape, cyclone energy can disrupt familiar patterns, stir deep emotions, and challenge our sense of stability—but within its powerful movement lies an opportunity for profound growth.

Cyclone energy manifests as intense mental, emotional, or physical turbulence. It can feel like:

- Overwhelm, anxiety, or a racing mind
- Emotional instability or suppressed emotions rising suddenly
- Feeling uprooted, un-grounded, or disconnected from oneself
- Sudden life shifts or unexpected challenges
- A sense of destruction, followed by renewal and clarity

Rather than fearing the storm, we can learn to harness its energy, using its momentum for transformation rather than allowing it to create chaos.



CYCLONE ENERGY

Energetic Disruption & Clearing – Like a cyclone sweeps through an area, it can represent deep energetic clearing, removing old patterns, beliefs, or emotions that no longer serve. This can feel overwhelming but is necessary for renewal.

Unprocessed Emotions Rising – Cyclones stir up debris, just as unresolved emotions and traumas can surface when deep healing begins. It's a sign that things buried within the subconscious are being brought to light for release.

Instability & Grounding Challenges – Cyclones spin rapidly, symbolizing inner instability, dizziness, or feeling un-grounded. In kinesiology, this might show up as disconnection from the Earth element, imbalance in the base chakra, or nervous system overload.

Momentum & Transformation – While destructive, a cyclone is also a force of transformation. It can indicate the need to surrender to change rather than resist, trusting that new opportunities will emerge once the storm passes.

Air & Water Element Influence – Cyclones involve wind (air element, linked to thoughts, communication, nervous system) and rain (water element, linked to emotions, intuition, cleansing). This could point to overactive mental energy, emotional overwhelm, or the need for clarity.

CYCLONE ENERGY & THE ENERGETIC BODY

From a kinesiology perspective, cyclone energy can impact multiple energetic systems:

Chakras:

Base: Feelings of instability, survival fears, disconnection from the Earth.

Solar Plexus: Loss of personal power, struggling to assert oneself amid change.

Throat: Difficulty expressing emotions, feeling silenced or unheard.

Meridians:

Stomach Meridian: Overthinking, worry, digestion issues related to stress.

Liver Meridian: Anger, frustration, resistance to change.

Kidney Meridian: Fear, adrenal overload, nervous system burnout.

Elements in Imbalance:

Air: Restlessness, excessive mental activity, difficulty focusing.

Water: Emotional flooding, difficulty processing deep feelings.

Earth: Disconnected, resistance to change.

Neurophysiology: Autonomic Nervous System (ANS) Imbalances, Brain Integration & Hemisphere Synchronisation, Limbic System & Emotional Regulation, Vestibular & Proprioceptive System (Balance & Stability), Gut-Brain Axis & Digestive System,

"I stand strong in the eye of the storm, grounded and empowered. I trust the winds of change to clear my path and guide me toward renewal."



AFFIRMATIONS/GOALS

12 Affirmations for Releasing Cyclone Energy

1. I stand in the eye of the storm, calm, grounded, and strong.
I trust that change is clearing space for something greater.
2. I release resistance and allow transformation to unfold.
I am rooted in stability, even as the winds of change blow.
3. Every storm in my life brings new wisdom and growth.
I surrender to the flow, knowing I am always supported.
4. I let go of fear and embrace the opportunities within chaos.
My energy is balanced, and I move forward with clarity.
5. I am centered, no matter how strong the storm around me.
I release all that no longer serves my highest good.
6. I trust myself to navigate life's changes with grace.
I breathe in peace and exhale all tension.
7. I embrace transformation and welcome new beginnings
I am grounded like a tree, unshaken by the winds of change.
8. I am safe, strong, and supported in every moment.
I channel the energy of change into powerful growth.
9. I am adaptable, resilient, and open to new possibilities.
I step into alignment with my highest path.
10. I trust the universe to guide me through life's transitions.
I turn chaos into creativity and fear into confidence.
11. My heart remains open, even in times of uncertainty.
I reclaim my personal power and stand in my truth.
12. I am anchored in the present, trusting the unfolding journey.
I welcome the calm after the storm, ready for a fresh start.

PROTOCOL

Purpose: To support clients experiencing emotional upheaval, rapid change, or instability

1. Pre-Checks & Assessment

Client Intake: Ask about any recent intense changes, emotional overwhelm, or a sense of being un-grounded.

Establish a clear indicator muscle and identify priority affirmation/goal.

2. Finding the Eye of the Storm

Use indicator muscle to test for priority areas (meridians, chakras, elements, emotions, neurophysiology).

Check for Imbalances:

Neurophysiology: Survival Stress, Brain Switching, Brain integration

Meridians: Stomach (worry), Liver (anger & transformation), Kidney (fear), Spleen (stability).

Chakras: Base (grounding), Solar Plexus (personal power), Throat (expression).

Elements: Air (thoughts, nervous system), Water (emotions, intuition).

Emotional States: Fear, resistance to change, overwhelm, feeling lost or out of control.

Discuss anything that has an indicator change and find relevance for the client.

Stack all relevant information and pause lock.

Neurophysiology Considerations

Calm the nervous system (ANS regulation, vagus nerve activation.)

Integrate brain hemispheres (Cross crawl, brain gym, switching.)

Balance emotional processing centers (limbic system, amygdala regulation)

Restore physical grounding & stability (vestibular/proprioceptive system)

Support gut-brain connection (digestive relaxation, stomach meridian balance)

Put priority neurophysiology aspect into circuit if it indicates and balance

Meridian Considerations

Stomach

Liver

Kidney

Spleen

Put end points of priority meridian into circuit if it indicates and run the meridian

Chakra Considerations

Base Chakra Activation:

Red light or colour therapy, visualisation of a strong red glow at the base of the spine or red jasper crystal placement.

Solar Plexus Activation:

Yellow light or colour therapy, sunlight exposure, visualisation of a strong yellow glow approximately two inches above the navel or citrine crystal placement.

Throat Chakra Activation:

Blue light or colour therapy, visualisation of a strong blue glow around the throat area or lapis lazuli crystal support.

Put priority chakra into circuit if it indicates and balance

Element Considerations

Air

Qualities: Light, free, dynamic

Energies: Thought, communication, clarity

Symbolism: Intellect, change, creativity

Mental/Emotional Aspects: Curiosity, freedom, flexibility, inspiration.

"My mind is clear, and my thoughts are open to new ideas."

Water

Qualities: Fluid, adaptable, calming

Energies: Healing, cleansing, intuition

Symbolism: Emotions, subconscious, purification

Mental/Emotional Aspects: Sensitivity, empathy, adaptability, introspection.

"I flow with ease and adapt gracefully to all that comes my way."

Put priority element into circuit if it indicates and balance

Emotional States Considerations

Fear

Resistance to change

Overwhelm

Feeling lost or out of control.

Put priority emotional state into circuit if one indicates and balance

Challenging & Re-Evaluation

Challenge all elements of the procedure that indicated

Seal the energy with a closing practitioner guided meditation or visualisation:

Imagine standing in the calm eye of the cyclone, centered, strong, and in control.

3.Releasing the Chaos (Calming the Storm)

Correction Options if not trained in other specific techniques (Muscle Test for Priority):

Emotional Stress Release (ESR): Hands on forehead, deep breaths to shift out of fight/flight mode.

Balance the Nervous System: Light tapping on the Kidney-27 points to bring stability.

Meridian Tracing: Follow priority meridian pathways to restore energetic flow.

Brain Integration: Cross-crawl exercises to synchronise hemispheres if scattered.

Breathwork: Slow, deep breathing or alternate nostril breathing to center energy.

Sound/Vibration: Use toning or tuning forks

GUIDED MEDITATION

Begin by finding a comfortable position. Close your eyes and take a deep breath in... and slowly exhale.

Feel the weight of your body settling, grounding deeply into the earth. Imagine roots extending from your feet into the ground, anchoring you firmly. You are safe, supported, and held.

Now, visualise yourself standing in the eye of a great cyclone. Around you, the winds swirl, powerful yet distant, moving with purpose. But here, in the center, there is perfect stillness—a sacred space of calm, clarity, and inner strength.

Take a moment to observe the cyclone's energy. See it carrying away anything that no longer serves you—old fears, doubts, resistance to change. Let the winds sweep them up and dissolve them into light.

As you stand tall in the calm eye of the storm, feel a warm golden light beginning to glow from within you. This light radiates from your core, filling you with stability, resilience, and deep peace. With every breath, this light expands, sealing your energy field, strengthening your boundaries, and restoring balance.

Now, imagine the cyclone around you slowly beginning to dissipate. The winds soften, the storm fades into the distance, and in its place, a clear open sky emerges. Fresh, renewed, limitless. You are free.

Breathe deeply, feeling this clarity and empowerment settling within you. Your energy is now sealed, aligned, and at peace.

When you are ready, gently wiggle your fingers and toes. Bring awareness back to your body, and when it feels right, open your eyes, returning to this moment—clear, strong, and fully present.

HOMEWORK/ACTION ITEMS

- Grounding exercises
- Breath-work
- Journaling
- Chanting
- Speaking affirmations aloud.
- Spiral movements (Tai Chi, Qi Gong)
- Nature time



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