

Kinesiology Classes in Mesa

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1. Muscle Checking Class (5-6 Hours)

- a. Learn the background of muscle checking, kinesiology and energy balancing
- b. Learn reliable muscle checking skills
- c. Learn to check and correct for seven imbalances in your energy system that are vital to your functioning – this is the Clearing Process from Transformational Kinesiology (TK)TM
- d. Learn a reliable form for self-muscle checking
- e. Receive supervised practice as you do the clearing process with yourself and with others
- f. Check the energy value of food, essential oils

2. Practice and Advanced Skills (3 hours)

- a. Review Clearing Process/Clear up questions (supervised practice)
- b. Learn a Balance Process using the Seven Clearing Steps
 - i. Introduce a goal
 - ii. Begin muscle checking verbal inquiry skills to gain some insights
 - iii. Apply the Clearing Steps to balance for i. and ii.

3. Identify and Resolve Stressors you are experiencing in your life right now (3 hours)

- a. Identify the stress and the nature of it. Resolve the stress before it makes you sick.
 - i. Mental worries
 - ii. Emotional upset
 - iii. Physical symptoms
- b. Begin to muscle check and identify the load the stress places on your system
- c. Muscle check how much energy this stress is using up and taking from your vitality. How much:
 - i. Joy
 - ii. Peace
 - iii. Vital energy
- d. Identify a stress release technique and use it to balance and resolve the stress.
- e. Recheck with muscle checking all of the above: a-d.

4. Learn In-Depth Muscle-Checking Inquiry Skills and Balancing Processes (7 hours each)

- a. Acute Symptoms Balance
 - i. Identify and resolve the emotions taxing your immune system and making you sick
- b. 5 Gates to Unity
 - i. Toxic Emotions that Attack Your Immune System.
- c. Balancing with Color, Sound and Fragrance