

Define Symptoms, Desired States, and Measures

Start first with either symptom(s) or desired state(s)

CHECK ENERGY / FIND SYMPTOM(S): Ask, “What symptoms do you want to work on?” If energy is strong, it’s not the symptom to work on. Ask, “What bothers you?” about the stated symptom until one is weak. Add check marks for weak symptom(s) – what is weak is what takes priority for clearing.

Neck and shoulder pain

It hurts

✓ can't do the things I want to do

DESCRIBE DESIRED STATE(S): Ask, “What would you like to be experiencing?” If energy is strong, it’s already supported and not the one to focus on. Keep asking about desired states until one or more are weak. Add check marks for weak desired state(s) – what is weak is what takes priority for building energetic support.

Strength, stamina, flexibility and mobility

✓ Do everything I want to do

✓ Moving easily

DEFINE EMOTIONS: Ask, “When you think of your symptom(s), what are you experiencing / feeling right now?”

Frustration and impatience

