

Integration Class 6 - Thursday 1-8-26

Goal Setting and Energy Balancing in Kinesiology

Introduction: The Power of Goal Setting

Goal setting creates a powerful energy field that can be integrated into any healing session. As the instructor explains:

"When you're setting a goal or an intention with someone, that itself creates a very powerful energy field. It's like your GPS. If you want to get somewhere and you're just driving down the road, you have to know where you're going. Then it'll tell you every place to go."

When you create a goal, the person's energy—where it is imbalanced for that goal—will be redirected to show you how to balance them.

The Neurochemical Benefits of Goal Setting

"Remember the neurotransmitters. Goal setting raises your dopamine. If you have no goals or purpose in life, your dopamine is kind of flat."

The practice of goal setting and achievement stimulates:

- **Dopamine:** The motivation and drive neurotransmitter
- **Serotonin:** The satisfaction and calm feeling
- **Acetylcholine:** The creative spark
- **GABA:** The natural calming agent, described as "your natural Valium that makes you feel peaceful and connected and calm"

The Six Human Needs

Understanding the six human needs is essential for creating meaningful goals. When these needs are not being fulfilled, there is a deficiency in both the level of happiness and the level of health.

1. Certainty

Certainty provides peace, calm, satisfaction, and security in life. This need can be fulfilled through:

- Financial stability
- Health practices
- Consistent routines

"I do health practices every day, and a very large part of my day is devoted to health practices. So I have the certainty that I'm going to be here for my hundredth birthday."

2. Uncertainty (Variety/Excitement)

The yin and yang of certainty is uncertainty, which brings excitement, variety, and surprise. This is what the instructor calls "**eustress**" — good stress that involves unpredictability and variety.

"If you look at our entertainment, it's pretty much about uncertainty... That's why people pay big bucks to see things that have uncertainty, variety, excitement."

3. Love and Connection

"Love is considered the best medicine."

Love and connection represent one of the most important human needs. This includes:

- Connection with people
- Spiritual connection with God
- Connection with nature
- Connection with the vastness of the universe

The instructor shares a powerful story:

"I had a student, he was one of the best assistants. He would assist at my workshops. And this one time he didn't show up at the workshop. And I found out the next day he had died of a heart attack because he was going through a divorce. And he literally died of a broken heart."

4. Significance

The opposite of love and connection is significance, where you feel:

- "I'm important."
- "I make a difference."
- "I have a mission."

"You want to have in your goals something that really gives you a significance that you know, hey, I made a difference, I made my mark, I fulfilled my mission in this life."

5. Growth

"Growth will keep you alive. Just keep the mind alert."

The instructor shares the story of Irene Harrison, who at 95 years old said:

"I don't care if I live to be 105, I'm going to keep on learning."

Growth includes learning, expanding, and developing not just intellectually, but also spiritually and emotionally.

6. Contribution

"Those of you who are truly happy have sought and found a way to serve." — Albert Schweitzer

Contribution might be the most important need for true happiness. It involves:

- Serving others
- Volunteer work
- Making a difference without needing recognition

Creating Your Mission Statement

Exercise: Identifying Your Element

List three times in your life where you felt you were in your element—where you were fully alive and present, and almost all (if not all) of your six human needs were being met.

The instructor shares a personal example:

"I remember the first time I presented at a Tony Robbins event and I think, God, this is what I want to do. And I had a thousand people in front of me and I was bringing them up and creating miracles. People in level 10 pain would go boom, within seven minutes and be out of pain... I said, this is what I want to do. I want to share my ever-expanding knowledge with others and make a difference."

Mission Statement Guidelines

A mission statement must:

1. Be stated in the positive
2. Include both "be" and "do" statements
3. Include others and yourself
4. Be brief
5. Make you really happy

Sample Mission Statement

"The purpose of my life is to always be growing personally, professionally, and spiritually. Enjoy the relationships of all the people I come in contact with and to share my ever-expanding knowledge and unconditional love with others."

Important Wisdom

"Follow your bliss." — Joseph Campbell

"The purpose of life is not to be happy. It's to be useful, to be honorable, to be compassionate, and to have it make some difference that you have lived and lived well." — Ralph Waldo Emerson (Note: This leads to happiness)

"The unexamined life is not worth living." — Socrates

Values Clarification Exercise

Moving Toward Values

Identify 5-10 things you most want to experience. These should be part of the six human needs, such as:

- Love
- Health
- Creativity
- Compassion
- Peace

Pro Tip: You can even use muscle testing to create a hierarchy of your values.

Setting Your Daily Intention

"When you wake up in the morning, I say, wow, what's my intention for the day? What do I want to experience? And when you set your eyes to focus on that, remember where focus goes, energy flows, you actually attract it to yourself."

Creating Rules for Your Values

Make it easy to feel the things you want to feel. Examples:

- "I experience love anytime I am loving. I beam out love. Then I feel love."
- "I am compassionate towards others anytime I remember that we are all one."

"Namaste means if I know who I am and I know who you are, there's only one of us."

SMART Goal Setting

A SMART goal includes the following elements:

S - Specific

Be clear and detailed. For example:

- Not: "I want a cool house."
- Instead: "I want a house with three bedrooms and a music studio in the forest."

M - Measurable

You should be able to count it and say, "Did I do it or not?"

A - Attainable

"It can be a stretch, but sometimes people have a goal... don't make it so stretched out that you can't quite get there."

R - Relevant

The goal must align with your six human needs.

T - Time-Based

Include a specific date or timeframe.

Sample SMART Goal

"In the next 30 days, I book four new kinesiology clients who get tremendous results from my services."

Be, Do, Have Goal Categories

Be Goals

What you want to BE:

- A kinesiologist
- A teacher
- A healer
- A writer

Do Goals

What you want to DO:

- Travel
- Play music
- Perform
- Practice sports

Have Goals

Material possessions you want to HAVE:

- A house at the beach
- A guitar collection
- Specific equipment or tools

The Burning WHY

"When you have a burning why, then you make it happen."

The Story of Amy Purdy

The instructor shares the inspiring story of Amy Purdy, who lost both legs from the knee down:

"She had a burning why: 'I want to get back on the slopes.' And so she came up with and helped design prosthetic legs for snowboarding. And she actually became an Olympian. I think she was the world's silver medalist... And then she wanted to dance... and she was actually runner up on Dancing with the Stars with no legs, artificial legs."

"Part of her burning why was that other people could do it. Because people like her, she's got a foundation now with people who've lost both their legs. And they're doing all these things in life that they would never conceive they could do."

Tony Robbins' Research

"Tony Robbins examined all these really famous, great, accomplished people and they all had a strong burning why that got them there."

Your "why" is the fuel for the fire.

The Priority Head Points

Understanding Blockage

"If you want to accomplish a goal and you're not accomplishing it, it's because of a blockage in the meridian system that's affecting that. This is getting down to the nitty-gritty on a vibrational frequency, energetic level."

The priority head points are located at the articulations of the cranium. These points help identify which meridian is blocked and preventing goal achievement.

The Head Points and Their Meridians

1. Anterior Fontanelle - Central Meridian

- Location: Place your hand on top of your head; where your fingers end up is the anterior fontanelle
- It's a flat spot on top of the head

2. Posterior Fontanelle - Governing Meridian

- Location: Where the occiput meets the parietal bones at the back of the head
- It flattens out at this point

3. Glabella - The Third Eye

- Location: Between the eyebrows where the nasal bone meets the frontal bone

4. Fire Element (Right Temple)

- Location: Where the sphenoid and frontal bones come together on the right temple
- Meridians: Heart, Small Intestine, Triple Warmer, Circulation Sex (Pericardium)

5. Earth Element (Left Lower Back of Head)

- Location: Where the occipital, temporal, and parietal bones meet
- Meridians: Spleen, Stomach

6. Metal Element (Right Temple, specific location)

- Location: Where the frontal bone meets the sphenoid
- Meridians: Lung, Large Intestine

7. Water Element (Left Temple)

- Location: Front point on the left temple
- Meridians: Kidney, Bladder

Testing Tip

"I use three flat pads of the finger to make sure I'm over enough area that I've covered it."

The mnemonic to remember the order: "**Knock on wood**" - Wood feeds fire, going around clockwise through the five elements.

The Goal Balancing Procedure

Step 1: Establish a Clear Indicator Muscle

Explain to the client:

"This is not a strength test. It's just a relaxed hold."

Test with the arm locked, elbow locked, hand relaxed. Substantiate the muscle by testing with a magnet or by pinching to ensure you have an accurate indicator muscle.

Step 2: Test the Goal Statement

Have the client state their goal as if it's a fact right now. For example:

"I complete my certifications and neurofeedback self-study course that sustains my business by enrolling 10 new clients every month within this year."

The muscle should go weak if there's a blockage. If it tests strong immediately, the person is already balanced for this goal.

Step 3: Verify the Goal (Optional)

You can ask: "This is the best goal for us to balance." If it tests weak, you may need to fine-tune the goal (make it shorter, longer, adjust numbers, etc.).

Step 4: Identify the Priority Meridian

With the goal in mind, touch each head point systematically:

1. Central (anterior fontanelle)
2. Governing (posterior fontanelle)
3. Wood element (glabella)
4. Fire element (right temple)
5. Earth element (left back of head)
6. Metal element (right temple, specific spot)
7. Water element (left temple)

When you find the point that makes the muscle go weak, identify which specific meridian is deficient:

"It's weak. When I keep touching, I go spleen—it didn't change. Stomach—it changed. So the one that changed is the meridian that's deficient."

Step 5: Balance the Meridian

Once you determine the under-energy meridian, perform the following corrections:

a) Rub the neurolymphatic points (30 seconds)

- Example for Stomach: Points 5-6 on the left where the breast meets the chest wall, and points 5-6 on the back of the thoracics

b) Hold the neurovascular points (30 seconds)

- Example for Stomach: Point 11 (frontal eminences/stress release points) and point 6 (ramus of the jaw)

c) Trace the meridian (3 times minimum)

d) Optional: Tap the beginning or end point of the meridian

Step 6: Ask the Three Empowering Questions

While performing the corrections, ask the client these questions and have them speak their answers aloud:

Question 1: "How will it feel to achieve your goal?"

"This is getting them in the state and creating it as real and getting the energy, the emotion up. Because the stronger the emotion, the more you will burst through any blockage to make it happen."

Encourage the client to really feel the feelings in their body.

Question 2: "How will your life be different having attained that goal?"

Have them visualize and feel the new life they're creating.

Question 3: "How will it affect others?"

"Because that's why you're doing this—having a better life for maybe your family, the people you love, your clients, if that's part of your goal, and just humanity."

Step 7: Review and Integrate

Go through all three questions again while holding the frontal eminences or performing a meridian trace:

"By the way, even though it's stomach meridian, you could do the frontal eminence for any meridian, especially towards the end of this, so the person's getting a mental blueprint embedded."

Have the client:

- Feel it
- Experience it
- Breathe it in
- See it as true

Step 8: Retest the Goal

Have the client restate their goal and test the muscle again. It should now test strong.

Sample Session: Madison's Goal Balance

Initial Testing

Goal Statement: "I complete my certifications and neurofeedback self-study course that sustains my business by enrolling 10 new clients every month within this year."

Initial Test: Weak (indicating blockage)

Priority Meridian Identified: Stomach

During the Balance

Question 1 Response:

"Grounded. And wow. Self-worth came up. Oh, significance. Yeah, yeah, very good... Grounded, significant and joy. I'll feel really good. Great joy... And I'll also feel peace. I will have some sort of peace and calm. Confident. Great. Like I actually know what I'm doing."

The instructor notes:

"Confidence is certainty. You got it. See, you're getting your six human needs met."

Question 2 Response:

"Be more focused and my life will become easier, aligned. There'll be more freedom, space. There'll be a lot more space in my life."

Question 3 Response:

"It gives me the ability to be more present and supportive to my immediate family and also to my extended outer circle to the people that I work with... It's a ripple effect of not just the people close to me, but to the people that I'm serving."

The Energetic Shift

During the session, the instructor added a chakra balance:

"Stomach-spleen is yellow and that is the third chakra, which is your power center."

Madison's response:

"I just felt a shift. I could feel my feet more grounded as you're doing the chakra balancing. And I feel like there's some tears welling up. So something happened."

The instructor explains:

"Tears are great because it's a release. It's releasing the stress from the past and also being moved to tears for wow, what great things are happening in your life as a result of this."

Post-Balance Experience

"I feel buzzy all over. I feel really, really buzzy and a little lightheaded. So I think that that might be from the energy moving... Releasing blocked energy. I feel this sense of accomplishment and peace."

Retest Result: Super strong

"I'm pushing really hard, folks. Too strong. Oh my God. You feel it locks in."

Madison continues:

"Yeah, I still feel it. I'm like all hot and sweaty and buzzy."

The instructor notes:

"That heat is energy release. You know when you're cold, it's like energy's blocked."

Student Testimonials and Experiences

Olga and Her Partner

"I found it to be just as fascinating and inspiring to work with someone else's goals... I feel so motivated and I already have things that are coming up as to what to do next, how to organize... A lot of things coming to the surface that are very useful and practical, and perhaps some things I've known, but I just didn't feel like there was the freedom to move forward in them. So that was a very interesting connection between the freedom that I felt in the process and noticing the freedom now to be able to actually take action."

Goetz and Francesco

Goetz:

"I had a financial goal which would bring me some security for my future, for my future family, and for my whole life. And I feel a lot more confident to reach this goal, and I feel brighter in my head. And I didn't think that it was kind of so easy to just work about 15 minutes on somebody and also having somebody work on myself to make a shift at this level."

Francesco:

"I was interested to find three new clients every month starting from now, and my subconscious was not completely sure about it. We tested, we corrected with two different priority points. And after the correction, I feel more relaxed and confident... And I'm sure with this new energy, I can attract new people and feel better and help them to have a better life, too."

Christina and Lucinda

Christina:

"It's just amazing whenever we do these psychological things, especially with goal setting, because now you're congruent with your subconscious and your conscious mind. And so your outside world becomes also your inner world, which is really amazing."

Lucinda:

"I know I need to work on myself more. I work on so many people all the time and I neglect myself... Things come to your mind and I'm like, oh, now I realize why that was hard for me and why I wasn't reaching that goal. And maybe part of me didn't want to face it yet, but I did it... We both had a goal that we're going to fulfill by the end of the weekend. So now I feel like I'm gonna do it. It's just gonna get done."

The Importance of Accountability Partners

"I have an accountability partner that I've had for 18 years and I look at all the things I've created in my life and it was a lot of those weekly meetings—we meet every week... I would never be where I'm at today had I not had those weekly and sometimes bi-monthly meetings."

Recommendations for Accountability

- Meet weekly or bi-monthly with your accountability partner
- Check in on goal progress
- Share ideas and support each other
- When you find someone you vibe with, create that connection

"When you have a vibe with somebody... it's like you find your soul connector, superpower turbocharger."

Breaking Down Your Goal into Action Steps

After balancing for the goal, the next phase is to break it down into actionable steps:

- Schedule specific time blocks
- Determine how many tasks need to be completed per week/month
- Create measurable milestones
- Set up check-in points

"What are the steps I'm going to do? You know, like scheduling time to get your certification, how many case studies you need to do per month or whatever, and break that down into action steps."

The Holistic Alignment of Goals

Goals Align All Four Aspects

When you have a clear goal, everything aligns:

Biochemically:

"When I have a burning goal and I look at, okay, there's chocolate bombs or something... I look at the food and say, is this going to help me manifest my goal?"

Structurally: Working neurolymphatic points addresses the structural aspect.

Psychologically: The emotional engagement and visualization create psychological alignment.

Energetically: The meridian balancing removes energetic blockages.

"Everything biochemically, structurally, psychologically, and energetically aligns with your goal, and everything becomes fuel to manifest your goal."

Flexibility and Adaptation in Goal Setting

Don't Be Addicted to Your Goals

"Also, be aware that you take little side steps. And sometimes you realize, okay, this goal isn't so essential for me anymore, but it got me to discover another goal. So don't be addicted to your goals. Have them be a sense of whatever fine-tuning that I need to make."

The Durango Story

"I had one friend who was going to Las Vegas. And on the way, he stopped at Durango, Colorado, and he went, Wow, this is magical. I was going to Las Vegas, but I love it here in Durango. And he's lived there ever since... So sometimes on your way to one goal, you find, oh, I've got something else that's even better."

The Morning Miracle Routine

A recommended daily practice to support your goals:

1. Silence

Get tuned into your higher self and guidance.

2. Affirmation

"I achieve whatever my goal is. I take this action. I am open to all new things to help me become more balanced in my six human needs."

You can tap while saying your affirmations.

3. Visualization

Visualize your day going great, moving you towards whatever goals you have for the day.

4. Exercise

"When you get out and exercise, that's getting your energy going. Your lymphatics, your dopamines—especially in the morning—gets higher so you have more force and more action. Gets the energy flowing through the meridians."

5. Reading

Read something that helps you move in the direction of your goals and dreams.

6. Scribing (Journaling)

"How's this going? And what am I learning? How am I growing? That expressing through journaling is very powerful."

Remote Session Adaptations

When working remotely:

1. Have the client touch their own head points
2. You can touch your own points simultaneously with the intention: "I am surrogating for them"
3. The client doesn't need to muscle test—you test as the clinician
4. The client touches the points while you observe and guide them
5. Find the priority point and stop to balance it before moving on

Key Principles for Success

The Power of Emotion

"The more you have feelings, the more power you have to manifest a goal. Get inside the feeling... and feeling in your body, your whole being glowing with that."

Focus Directs Energy

"Where focus goes, energy flows."

Review Annually

"This is something excellent to do every year. Come back, especially in January. I look at my life and say, wow, I just checked off that, I checked off that. But now I'm on to a new phase."

Goals Keep You Alive

"Irene Harrison, when she took my class at 95 years old, said, 'I don't care if I live to be 105, I'm going to keep on learning.' Growth will keep you alive."

Closing Wisdom

"Be balanced, be blessed, and be in peace."

Remember that goal setting is not just about achievement—it's about fulfillment, growth, contribution, and aligning your life with your deepest values and the six human needs that make us human.

Through the combination of:

- Clear intention
- SMART goal setting
- Energy balancing
- Emotional engagement
- Accountability
- Daily practice

You create the conditions for not just achieving your goals, but for living a life of purpose, meaning, and contribution.