

Integration Class Summary: Goal Setting and Energy Balancing

Introduction and Warm-Up Exercises

John opened the first integration class of the year by emphasizing the purpose of kinesiology: **"That's a lot of what kinesiology does, which is to align you with your higher purpose."**

The class began with a series of warm-up exercises:

- Turn the head from right to left and unroll the ear
- Breathe deeply to beam up the acupuncture meridian antennae
- Perform a thymus thump
- Do eye rotations to integrate the brain hemispheres
- Complete a cross crawl exercise
- Zip up the central meridian and tap the stomach meridian
- Touch the frontal eminences

The Morning Miracle Practice

The instructor strongly recommended the Morning Miracle routine, which consists of:

1. **Silence** - Begin with quiet meditation
2. **Affirmations** - Tap in positive statements about your goals
3. **Visualizations** - See yourself having a great day and manifesting your intentions
4. **Exercise** - Physical movement
5. **Reading** - A period of learning
6. **Scribing** - Journaling and writing gratitudes

As the instructor noted: **"When you come from an attitude of gratitude, you have an attractor field you set up to bring you more of that. If you have an attitude of complaint, then you'll attract more things to complain about."**

Identifying Your Core Values

The class worked on identifying five to ten "towards values" - the feelings and experiences you most want in life. Examples include:

- Love, health, success, growth
- Balance, beauty, bliss, joy
- Comfort, compassion, courage
- Peace, faith, freedom, enthusiasm

Students were instructed to create a hierarchy of their top three to five values and establish simple conditions for experiencing them. The instructor explained: **"I experience love anytime I am loving. If I'm loving, I experience love. That's pretty much it. Happiness is from you choosing."**

The Six Human Needs

The instructor reviewed the six fundamental human needs that should be reflected in your mission:

1. **Certainty/Comfort** - The need for peace and predictability
2. **Uncertainty/Variety** - The need for excitement, surprise, and entertainment. "**What Hans Selye says is eustress... It gets you going. It's raising your dopamine.**"
3. **Love and Connection** - The need to share genuine love with others
4. **Significance** - The need to feel important and get recognition
5. **Growth** - The need to expand and learn. "**If you're not growing, if you're not busy growing, you're busy dying.**"
6. **Contribution** - The need to make a difference in the world

Creating Your Mission Statement

Steps to Craft a Mission Statement

1. List three times in your life where you felt fully alive and in your element
2. Identify which of the six human needs were being met in those moments
3. Create a statement that includes a "be" and a "do" component
4. Include both yourself and others
5. Make it brief and measurable
6. Ensure it brings you happiness

Mission Statement Framework

"The purpose of my life is to **be** [quality] and **do** [action] for myself and others."

Example: "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 share my ever expanding knowledge and unconditional love with others."

The Quadruple A Framework for Transformation

The instructor shared a powerful framework for personal change:

1. **Awareness** - Recognize what is not serving you
2. **Acceptance** - Love and accept yourself as you are now
3. **Adapt** - Create a new action based on your awareness
4. **Action** - Take steps to manifest the change

As one student shared: "**Everything happens for you, not to you... There's always either a lesson in it that will help you lift up to a higher purpose or a blessing that'll give you a gift, and you'll learn from it.**"

SMART Goal Setting Framework

Goals should be:

- **Specific** - Have a clear target (e.g., "four new kinesiology clients" not "do great things")
- **Measurable** - Something you can track (e.g., "I see four new clients per month")
- **Attainable** - A stretch but realistic; use muscle testing to verify
- **Relevant** - Aligned with your six human needs and mission
- **Time-based** - Include a specific date or timeframe

Important note: "Set a goal to be a millionaire... don't do that just to have the money. Set the goal because of the person that will make you when you set that goal."

The Three Categories of Goals

Students identified goals in three areas:

1. **Be** - What you want to become (e.g., a kinesiologist, a healer, a writer)
2. **Do** - Actions and experiences (e.g., travel, learn instruments, meet people)
3. **Have** - Material possessions (e.g., cars, houses, recording studio)

The Power of "Why"

For each goal, identify your strong burning "why." "**When you have a strong burning why, that is fuel to get you to manifest it.**" The why should connect to your mission and contribution to others.

Goal Statement Rules

- Use present tense: "I am," not "I will be."
- State it as already manifested
- Remove the word "hope" - "**In terms of goal balancing, we leave out the four-letter word hope... I am. Be committed.**"
- Be specific and measurable
- Make it exciting enough that it gets you "waking up in the morning, say, I'm going for that."

The Goal Balance Procedure

The goal balance uses priority head points to find energy blockages related to your goal, then balances them using neurolymphatics, neurovascular points, and meridian tracing.

Priority Head Points Location

- **Wood** (Gallbladder/Liver): Between the eyebrows
- **Fire** (Heart/Small Intestine/Pericardium/Triple Warmer): Right side of head
- **Earth** (Stomach/Spleen): Where the occiput, parietal, and temporal bones meet
- **Metal** (Lung/Large Intestine): Left side of head
- **Water** (Kidney/Bladder): Upper left side
- **Central and Governing**: Top center of the head

Step-by-Step Goal Balance Procedure

1. **State the Goal**
 - Have the client state their goal in the present tense as if already achieved
 - Muscle test to confirm it's currently weak (energy is blocked)
 - Verify this is the best goal to balance
2. **Find the Energy Blockage**
 - Touch each priority head point while muscle testing
 - When you find weakness, identify which meridian in that element needs balancing
 - Test each meridian in that element (e.g., in Fire: Heart, Small Intestine, Pericardium, Triple Warmer)
3. **Balance with Neurolymphatics**
 - Rub the neurolymphatic points for the identified meridian
 - **Key Question #1:** "How will your life be better having manifested this goal?"
 - Have the client talk about their experience in detail while you rub the points
4. **Balance with Neurovascular Points**
 - Hold the neurovascular points for that meridian
 - **Key Question #2:** "How will others' lives be better having manifested this goal?"
 - Have the client describe the impact on other people
5. **Trace the Meridian**
 - Have the client trace the meridian three times
 - Continue visualizing and affirming the goal manifestation
6. **Frontal Eminence Hold with Visualization**
 - Client touches their frontal eminence points
 - Eyes closed, deeply visualize the goal manifested
 - **Key Question #3:** "See how you're affecting other people with this. How is your own life affected? How are you living your mission and purpose?"
 - Notice emotions, feelings, and self-talk
7. **Temporal Tap Affirmations**
 - Tap on the left temporal area
 - State positive affirmations related to the goal
 - Examples: "I am worthy of this goal," "I will do God's work," "People love what I do."
8. **Retest the Goal**
 - Have the client state the goal again
 - Muscle test to confirm it now tests strong
 - Check the priority head points to confirm balance

Important Notes for Practitioners

"The key to these questions is while you're doing that, I want you to share how your life will be better and change... how your life will experience having manifested this goal."

The instructor emphasized that during neurolymphatic and neurovascular work, clients should talk about their goals in detail, not just touch the points in silence.

Real-Time Practice Examples

Example 1: Master Kinesiologist Goal

Goal stated: "I am a master kinesiologist in facial analysis, seeing five clients a day, getting amazing results and changing lives within six months."

- Blockage found in the Fire element (Triple Warmer meridian)
- Neurolymphatics: Second rib space (thyroid points) and adrenal points (2 inches up, 1 inch out from navel)
- Neurovascular: Posterior fontanelle
- Affirmations included: "I am worthy," "I'm doing God's work," "I will master with compassion and love."

Example 2: Self-Love Practice Goal

Goal stated: "I spend one hour a day on self-love to improve my self-worth, starting tomorrow, forever."

- First blockage found in the Wood element (Liver meridian)
- Second blockage found in the Metal element (Large Intestine meridian)
- Student realized: "I will have the energy to be more creative and be a better healer... I'm more empowered."
- Key insight about others: "There's plenty of me" and creating "180 degree" transformations with ripple effects

Example 3: Financial Freedom Goal

Goal stated: "Working four days a week, making 10k each month in 2026."

- Blockage found in the Earth element (Stomach meridian)
- Client realized she would "quit ruminating about taking care of dislike clients and micromanaging money."
- Shift to feeling: "Exhilarating... I am on the road, the rainbow bridge to somewhere."

Home Program Recommendations

After completing a goal balance, practitioners should recommend:

1. **Morning routine** - Tap in the goal during the Morning Miracle practice
2. **Written goals** - Keep the goal visible on a wall or board
3. **Daily visualization** - Spend 30-60 seconds visualizing the manifested goal
4. **Set alerts** - Use phone reminders to ensure follow-through
5. **Regular affirmations** - Use temporal tapping with goal-related affirmations

Transformational Story

The Angry Client

Debby shared: "A gentleman came to me... he was so angry... I couldn't calm him down, so I did the frontal eminence, and we did the video technique, and then we did the heart math technique. And when he got up off the table, I said, how'd you feel now? He said, I feel great... I'm really not bothered. It was just extraordinary."

The client later reported using the frontal eminence technique at work: "I was having a really bad day, and I did that thing you showed me, and it just went away after 10 minutes."

Key Philosophical Teachings

On Emotional Freedom

"Years of meditation have taught me how to distance my emotions from what's going on in reality... That's what meditation is all about, is you become detached and things just don't affect you and you can respond in a way that creates more love, compassion and acceptance."

On Personal Growth

"What do you want to ultimately become in your lifetime? What do you want your life to be about?... What is the person you want to manifest? That's your true soul, your soul's purpose."

On Overcoming Fear

"Our lower reactive mind has all these conditions it believes is true and causes us fear, anxiety. But when we rise above that... you realize my true self. And that's what your goals and your mission is about, manifesting your true self."

On Letting Go

"It's like when you're carrying a bag of trash around, and you're carrying it everywhere, and people say, 'What are you carrying that trash for? Oh, let me just throw that away, put it in the garbage can. But a lot of us, we carry trash around all day long."

On Worthiness

The instructor emphasized that kinesiology helps people recognize their worth: "I feel that I am worthy and I should put myself first because what I offer to other people is so beneficial and makes such a huge difference that it's important for me to show up."

On the Present Moment

"In neurological studies and science... when you create it as it is a fact right now, the now manifests. But if it's I will in the future, there's always the future."

On Frequency and Health

"Your frequency of vibration of your emotions promotes your health, or they diminish your health. So when you notice on the radar, oh, there's fear, there's worry, there's anxiety, there's hate, there's resentment. Whoa. Let's put that trash out in the dumpster and fill your cup with gratitude, love, compassion, and peace."

Closing Message

John concluded with this encouragement: "You're all like the butterfly, you know, coming out of the cocoon and spreading your wings and flying... Be well, be balanced, and be blessed."

Quick Reference: The Three Essential Steps for Goal Balancing

1. While doing neurolymphatics, neurovascular points, and tracing the meridian three times ask: **"How will your life be better having manifested this goal?"**
2. **"How will others' lives be better having manifested this goal?"**
3. While holding the frontal eminences, say: **"See yourself manifesting this goal, see each day how you're growing, you're expanding, you're aligned with your values, your purpose, your mission."**