

Psychological Kinesiology — Class 5

Psychological Reversals & The Belief Technique

SUBJECT 1: What Are Psychological Reversals?

Psychological reversals were first discovered by Roger Callahan, who developed tapping techniques. A psychological reversal is a subconscious sabotage program — the conscious mind wants to overcome a challenge, but the subconscious believes that doing so may be harmful, or that the person is not worthy of healing.

Callahan found that approximately 40% of emotional problems involve psychological reversals.

Common examples of reversal thinking:

- "I can keep myself safe by *not* getting over this fear."
- "I'm not worthy of getting better."
- "It's too much work — it isn't possible."

Real-world example from class: John Madden developed a terror of flying after witnessing a fatal plane crash. His subconscious concluded that avoiding flying kept him safe. He never flew again for the rest of his career, traveling everywhere by road instead — a classic psychological reversal in action.

SUBJECT 2: How Tapping Works (The Energy Science Behind It)

Tapping is rooted in energy psychology. Emotional stress arises from an energy blockage. When energy flows freely, the upset dissolves.

When you tap, you create a bioelectric spark — similar to the piezoelectric friction of a lighter — that triggers a neurological response in the amygdala and the hypothalamus. This signals the body to release stress hormones and begin breaking the neural association between a stimulus and its stress response.

This is why people will tap on something that was deeply upsetting and then say, "*I just don't feel the upset anymore.*"

SUBJECT 3: The 12 Common Themes of Psychological Reversals

Before clearing a reversal, you identify which theme is present. The phrase "this challenge" can be replaced with the person's specific issue (e.g., "this fear of flying," "this sickness").

1. A global reversal — everything in life feels reversed
2. Having the challenge in the future — the past equals the future

3. Deserving to get over the challenge
4. Wanting to get over the challenge
5. It is possible to get over the challenge
6. Allowing yourself to get over the challenge
7. It is safe for you to get over the challenge
8. It is safe for others if you get over the challenge
9. The benefit to oneself of getting over the challenge
10. The benefit to others of getting over the challenge
11. Doing what is necessary to get over the challenge
12. Having no further unique blocks to getting over the challenge

Testing: State each phrase aloud and muscle test. A weak response on the positive statement (e.g., "I deserve to get over this") or a strong response on a negative statement (e.g., "I want to be miserable") indicates a reversal is present and needs to be cleared.

SUBJECT 4: How to Clear a Psychological Reversal — Step-by-Step

The tapping point used: Small Intestine 3, also called the Karate Chop Point — the outer edge of the hand where a karate chop would land. You can tap one hand or both together.

Step 1 — Identify the reversal theme by testing each of the 12 statements above.

Step 2 — State the correction affirmation while tapping continuously on the Karate Chop Point. The affirmation follows this structure:

"I deeply and completely love and accept myself, even if [negative version of the blocked statement]."

For example, if the block is around possibility (theme 5):

"I deeply and completely love and accept myself, even if it is not possible for me to get over this challenge."

Step 3 — Repeat the affirmation three times, tapping continuously. You may also include eye rotations. Breathe deeply and feel the love and acceptance as you say it.

Step 4 — Optional closing affirmation. At the end, you can add a positive statement to seal the shift, such as:

"..and I now see that it IS possible," or "..and I am now willing to do what is necessary."

Step 5 — Re-test the original positive statement. It should now test strong.

Step 6 — Continue through all 12 themes, clearing each reversal that tests weak before proceeding.

SUBJECT 5: Class Demonstration — Clearing Reversals for a Physical Illness

Emma had been sick for over a week and was unable to recover. John tested whether psychological reversals needed to be cleared, and the answer was yes.

Emma worked through the 12 themes. The following reversals were found and cleared:

- **Theme 5** (possibility): "It's possible for me to get over this sickness" — tested weak. Affirmation tapped in: "*I deeply and completely love and accept myself, even if it is not possible for me to get over this sickness.*" After tapping, the statement retested strong.
- **Theme 11** (doing what is necessary): "I'll do the things necessary to overcome this sickness" — tested weak. Affirmation tapped in: "*I deeply and completely love and accept myself, even if I don't do what is necessary to overcome this sickness.*" Followed by: "*I am now willing to do what's necessary to get over this sickness.*"

Emma's result: Before the session, Emma rated her stress related to the illness at 10. After clearing the reversals alone, she dropped to a 3 or 4, saying, "*I feel like eventually I'm going to get better.*"

John noted that sometimes clearing the reversals alone is enough for the body to begin healing — the reversals act like roadblocks or barricades, and once removed, the body's natural healing resumes.

SUBJECT 6: Important Considerations When Working with Others

Not everyone is ready. Lori shared that her 15-year-old nephew, who had been grieving the loss of a close family member for seven months, became distressed mid-session and said he didn't want to continue. John emphasized:

- Respect the person's pace. Healing cannot be forced.
- Sometimes you are going four layers deep when the person is only ready for one.
- It may be too soon. Begin instead with gentler tools — such as simple face tapping and red light therapy.
- Whatever a person can feel and express, they can eventually heal. Don't rush the process.

Tip for grief: Encourage the person to focus not on the loss but on the happy memories. Create a new story — a meaning that the separation is temporary and that the good times live on. As John put it, whatever you resist persists; whatever you accept begins to heal.

SUBJECT 7: What Is the Belief Technique?

The Belief Technique was adapted from a system called PSYCH-K, developed by Rob Williams. It works by checking the meridian system's alarm points while the person focuses on a goal or desired outcome. When a negative belief is blocking that goal, the corresponding alarm point will test weak.

The technique identifies:

- The **positive belief** the person wants to hold (tests weak — they don't yet believe it)
- The **negative belief** they are subconsciously holding (tests strong — they currently believe it)

SUBJECT 8: How to Use the Belief Technique — Step-by-Step

Step 1 — State the goal. Have the person state the positive belief or desired outcome aloud, then muscle-test it. A weak result confirms the belief is not yet integrated.

Step 2 — Confirm the technique is appropriate. Test: "The Belief Technique will be helpful for clearing this challenge." Proceed if the answer is yes.

Step 3 — Hum, then count. Have the person hum while holding the goal in mind. If it goes weak, this indicates a midline issue. Then have them count. Note which goes weak to identify the circuit.

Step 4 — Check the bilateral alarm points to find which meridian is blocked. Touch or hover over each alarm point and test. The weak alarm point tells you which meridian and which belief are involved.

Step 5 — State the paired beliefs from the chart. Each alarm point has a corresponding positive and negative belief pair. Have the person state the positive belief aloud. It will test weak. Then state the negative belief — it will test strong.

Step 6 — Temporal tapping with the positive affirmation. The person taps around the ear (temporal tap) while saying the positive affirmation:

- Three times with eyes open
- Three times with eyes closed (or silently, with deep breathing)

The practitioner may lightly touch or hover over the alarm point during this process.

Step 7 — Integrate the new belief. Have the person place their hands apart, palms facing each other, feeling the new belief as true throughout their whole body — right brain and left brain together. Slowly bring the hands together at the heart or midline, feeling the belief fully accepted and integrated.

Step 8 — Re-test the positive and negative beliefs. The positive belief should now test strong. The negative belief should now test weak.

Step 9 — Hum and count again to check if further clearing is needed. If both test strong, proceed.

Step 10 — Check for resistance. State: "*I am free from resistance to fully integrating this balance immediately.*" If this tests weak, use the same psychological reversal tapping process: "*I deeply and completely accept myself, even if I have resistance.*" Clear the resistance, then restate the goal.

Step 11 — Re-state the goal and re-test. Confirm the goal now tests strong.

Step 12 — Check whether a home program is needed. Ask whether continuing to repeat the affirmation daily would be helpful, and if so, for how many weeks and how many times per day.

SUBJECT 9: Class Demonstrations — Belief Technique in Practice

Emma's Session: Accepting Her Mother

Emma's goal was: "*I love and accept my mom just as she is.*" It tested weak.

The lung meridian was found to be blocked. The corresponding beliefs were:

- Positive: "*I yield and flow with life. I am supported in all that I do.*"
- Negative: "*I have to do it all myself.*"

Emma recognized the negative belief immediately as deeply true for her. After the temporal tapping and integration process, the positive belief tested strong and the negative tested weak.

A second round revealed the **heart meridian** was also blocked:

- Positive: "*I am my true self when I love and accept myself unconditionally.*"
- Negative: "*I am a stranger to myself when I love and accept myself unconditionally.*"

After clearing both meridians and re-testing, Emma's goal tested strong with no further reinforcement needed.

Emma's result: She described feeling apathetic toward her mother before the session. Afterward, she said she could now feel compassion and lovingness toward her. John described this as a breakthrough.

Home program: Emma was guided to repeat the heart affirmation once a day for three weeks, ideally first thing in the morning.

Audrius's Session: Going to Sleep on Time

Audrius identified his challenge as difficulty getting to sleep at a reasonable hour due to having young children at home.

After testing, one psychological reversal was found and cleared. The belief technique then surfaced what he described as the oldest, most deeply held imbalance in his thinking — something he had not consciously recognized as significant.

Audrius's result: He described it as "*finding a gem*" — a moment of shock followed by a deep, somatic release. He said it released something very deeply, at the level of his soul, in a way that earlier techniques had not reached.

Tiffany's Session: Leaving Her Job to Develop Her Practice

Tiffany's goal was to be financially self-supporting in her own practice within six months. The heart meridian was repeatedly blocked on the phrase "six months."

Megan noticed the energy was not shifting and invited Tiffany to restate the goal using a different time reference. When Tiffany said "*by September*" instead of "*in six months*," the energy shifted completely — the heart meridian came fully on board with that language.

Tiffany's result: She said it felt instantly attainable, as though something clicked on. She described feeling "*reared up and ready to go*." The group observed that a seasonal, circular sense of time felt far more natural to Tiffany's nervous system than a linear number and that this small shift in language made an enormous energetic difference.

SUBJECT 10: The Power of Beliefs — Key Principles to Remember

- Beliefs act as a glass ceiling. You cannot think, choose, or act beyond what you believe is true or possible.
- When something upsetting happens, we make it mean something — and that meaning becomes a belief. Often it becomes a global belief: "*I am not worthy*," "*I cannot be trusted*," "*I will always struggle*."
- Beliefs can be changed. When a belief shifts, the change is felt somatically — in the body — as a release or a lightning.
- Events do not carry meaning on their own. Only the meaning we assign to them shapes our experience.

Practices John recommended:

1. Identify two events in your life that you previously gave a disempowering meaning to, and write a new, more empowering interpretation of each one.
2. List the beliefs you currently hold that give you strength and energy.

Empowering belief examples shared in class:

- "*God never gives me any challenge that I cannot handle*." — Mother Teresa
- "*No one can make you feel inferior without your permission*." — Eleanor Roosevelt
- "*Everything happens for a reason and a purpose, and it serves me*."