PSYCH-K® Telephone sessions

The following are suggestions and a process to offer telephone sessions with PSYCH-K.

Suggestion:

1. It is easier to work with people who have had one face-to-face session or have attended a workshop or have seen the Biology of Perception/Psychology of Change DVD. Although I have successfully worked with people who I have never met and they had never seen PSYCH-K prior to the session.
2. Be prepared to explain verbally the balancing activities since no visual is available on the call. (may not be as easy as it you think!)
3. Be completely comfortable with your own self-testing since you are going to be the facilitator as well as the surrogate for muscle testing.
4. Be completely comfortable surrogating for another person
5. Be completely comfortable doing self-testing while surrogating another person
6. Get a headset for phone. If landline, Plantronics offers many variations. If cell phone, then whatever works with your cell phone.
7. Depending on the client's experience with PSYCH-K, you may need to explain more than is included below.
8. Find out if client can use a headset or speaker phone. If is easier if they can. If not, then just be prepared to explain the balances and then have client put the phone down to do the activity and pick up the phone when they are at a step that makes sense to hold the phone.
9. Have the financial amount and payment options arranged before the call so the call can be focused with the balancing.

Process:

1. Client calls you at specified time and phone number.
2. Inquire about "What are you wanting to focus on today?" "What's going on?"
   Take notes as they share. Looking for client's inner wisdom and blocks.
3. Ask instead of xxxx (feedback negative comment), what would you rather experience?
   Get to a belief statement created by client.
4. Continue the inquiring until you have several belief statements.
5. Ask the client to give you a minute to setup the surrogation.
   You say quietly the 2 permission statements to setup the surrogation.
   You confirm surrogation by self testing your name and the surrogate name.
6. Let your client know you are now ready to represent their muscle testing.
   Remind your client to have their chin parallel to the floor and eyes down.
7. Have the client say the first belief statement out loud.
   You have your eyes down also, while they say the statement.
   After they finish saying the statement, you muscle test.
8. Ask the client how saying that statement made them feel. (this is to provide the client with some reference within their own system of "strong or weak")
9. You then share whether the muscle test was strong or weak. Get agreement on outcome.
10. Muscle test all belief statements noting the test outcome.
11. Muscle test "there is a priority statement to balance with these statements." If yes, then determine which statement is the priority and then balance that one.

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12. Explain if necessary the 3 permission/commitment statements. Then muscle test for these and give client results of each.
13. If VAK to the Future is needed, then explain and go through the process.
14. Once the muscle testing has established which balance to use, then explain the technique for the chosen activity:

New Direction Balance: Cross your ankles and test, tell client which is on top. Cross your wrists and test, tell client which is on top. Explain how to cross hands if they have not done this before. Give balancing directions to client and ask that they proceed. You do the balance at the same time since you are in surrogation for the client.

When client completed, you test "this process is complete." If yes, then have client repeat the belief statement out loud and you test. Give client results and ask how they feel now saying the statement, again keeping the client connected to any changes since they cannot feel the muscle testing validation.

Resolution Balance: Explain Step 4, while both of you look in the same direction, you muscle test, then both of you look in the other direction and you muscle test. Share the test result. Explain cross crawls with eyes in weak direction. They do this while you do it also. When completed, retest the weak side while you both look in that direction.

Explain Step 6 to the degree needed. If no headset and phone has to be laid down, then explain the activity up to when they open their eyes and are ready to lock in, then have them come back to the phone to lock in. If they have a headset, then you can explain the activity as they do it. However, since you cannot see their arms they can either tell you when their hands come together or they can tell you what is happening so you can verbally support them. Lock in the change.
When client completed, have client repeat the belief statement out loud and you test. Give client results and ask how they feel now saying the statement, again keeping the client connected to any changes since they cannot feel the muscle testing validation.

15. Go back to other belief statements pre-tested in Step 10 and begin the process again at #11
16. Once initial statements are all balance, create new belief statements as a result of insights they just got during the balance process if needed.
17. Muscle test: "there are additional beliefs to balance regarding (topic)." If so, then test if client creates, or beliefs are on category sheets, or use the other options for finding statements.
18. Begin discussion on next topic area for balancing. Once belief statements are defined, start at process Step 7 again.
19. When designed timeframe is completed, then close the call as appropriate.