



MEMM

Protocol Manual

Working With Energy Medicine



Ignite Kinesiology



MEMM

MEMM Protocol

STEP 1: ISSUE

Identify Issue. Discuss Issue. Set Goals.

STEP 2: AGE RECESSION

Use Muscle Testing to find priority Age relevant to this issue.

STEP 3: DEVELOPMENTAL CHART EMOTIONS

Use the Developmental Chart to find relevant emotions. Muscle Test emotion/s on the chart according to the age, using scanning technique. This emotion will clarify unmet needs and/or woundings.

STEP 4: VISUALISATION

Find awareness of that younger self. Sense their unmet needs. Join with that younger self in filling those needs through kindness & presence.

RAIN - Recognise, Allow, Investigate, Nurture

STEP 5: HANDS ON HEALING

Place hands on the part of the body that requires support. Use Dual Awareness to be both grounded in self, and present with sensations.

STEP 6: LOVING MESSAGES

What does this part of you need to hear?



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THE DEVELOPMENTAL DIRECTORY™

Psychosocial
Developmental
Phases of the
General Emotional
Adaptation Syndrome

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ATTACHMENT

(Bonding) Infant 0-18 months
Developmental Task - Trust
Ego Strength - Hope, Security, Drive
Relationship Focus - Primary Caretaker

Active
Trusting
Hopeful
Confident
Enthusiastic
Interested
Optimistic
Positive
Confident
Joyous
Happy
Resolute (Drive)

Passive
Nurtured
Cared for
Nourished
Provided for
Treasured
Adored
Wanted
Welcomed
Soothed
Comforted
Safe • Secure
Calm • Peaceful
Loved • Lovable
Content
Faith • Lucky
Responsive
Emotional
Irresistible

- Forming -

DIFFERENTIATION

(Separation) Toddler 9 mths-3 yrs
Developmental Task - Autonomy/Independence
Ego Strength - Willpower, Self-control
Relationship Focus - Parents

Active
Exploratory
Eager • Excited
Curious • Inquisitive
Fascinated
Interested
Motivated
Independent
Self-controlled
Self-confident
Certain
Assertive
Creative
Forthright
Bold • Daring
Risk-taking
Possessive
Can say "no"
Wilful

Passive
Satisfied (inquisitiveness)
Considered
Accepted
Forgiven
Encouraged
Supported
Protected
Sensory

- Storming / Exploring -

INDIVIDUATION

(Becoming an Individual) - Preschool 3-6 yrs
Developmental Task - Identity, Initiative
Ego Strength - Purpose, Direction
Relationship Focus - Family

Active
Purposeful
Self-motivated
Self-directed
Enterprising
Confident
Self-assured
Courageous • Brave
Initiating • Instigating
Proud (of self)
Decisive • Judicious
Questioning
Blameless
Innocent
Self aware
Responsible • Reliable
Willing
Truthful • Open
Victorious
Gender secure

Passive
Respected (for self)
Accepted (for self)
Understood
Defended
Considered
Trusted
Connected (to family)
Belonging (in family)
Unique
Significant
Imaginative
Feeling

- Norming / Roles -

COMPETENCE

(Comparative Focus) Primary School 6-13 yrs
Developmental Task - Industry
Ego Strength - Competence, Method
Relationship Focus - School, Neighbourhood

Active
Industrious
Competent
Self-assured
Skilful • Clever
Trained • Educated
Methodical
Organised
Logical
Diligent • Patient
Productive
Control
Successful
Fulfilled
Dependable
Cooperative
Competitive
Proud (of achievements)
Confident (in what is done)
Creative

Passive
Relied on
Responsible (for self)
Recognised
Deserving
Rewarded
Praised
Admired
Complimented
Respected
(for achievement)
Supported
(in what is done)
Knowledgeable
Adequate
Capable

- Performing -

CONCERN

(Outward Focus) Primary School 6-13 yrs
Developmental Task - Concern for Others
Ego Strength - Care
Relationship Focus - School, Neighbourhood

Active
Caring
Considerate
Concerned
Earnest
Sympathetic
Empathetic
Tuned in
Nurturing
Compassionate
Companionate
Friendly
Responsive
Generous
Supportive
Forgiving
Honest
Loyal
Self-righteous
Kind

Passive
Belonging (through caring)
Responsible (for others)
Agreeable
Ungrudging
Virtuous
Fair
Tactful
Humble
Needed
Abundant
Conscience

- Transforming -

IDENTITY

(Maturing) Adolescence 13-18 yrs
Developmental Task - Identity
Ego Strength - Fidelity, Commitment, Devotion
Relationship Focus - Peers, Role Models, Mentors, Heroes

Active
Committed
Devoted
Admiring
Risk-taking
Reflective
Choosing
Potent
Self-reliant
Balanced
Assured
Honourable
Moral
Sincere
Certain
Involved
Flexible

Passive
Sexually-secure (to self)
Responsible (to self)
Attractive
Answerable
Aware
Heard
Understood
Confirmed
In-balance
Included (peers, group)
Free

- Recycling -

INTIMACY

(Mature Relationships) Early Adulthood 18+ yrs
Developmental Task - Intimacy
Ego Strength - Love, Affection
Relationship Focus - Partners, Lovers, Companions

Active
Loving
Committed
Honest
Faithful
Sexual
Emotionally-expressive
Affectionate
Warm
Caring
Tender
Gentle
Congruent
Self-validating

Passive
Loved
Lovable
Appreciated
Self-fulfilled
Completed
Unified
Liberated
Honoured
Connected
At Peace

- Recycling -



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Energy System Profiles



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5 Element Profile

STEP 1: ISSUE

Set an intention around an issue.

STEP 2: MUSCLE TEST CYCLES (DT/LT)

1. Element - Note Stress Response UE/OE
2. Generating Cycles - Note Stress Response UE / OE
3. Controlling Cycles - Note Stress Response UE / OE

STEP 3: INTERPRET

Use tables to interpret any imbalances.

STEP 4: GOAL STATEMENT

Determine a loving message or goal statement.

STEP 5: CORRECT IMBALANCES

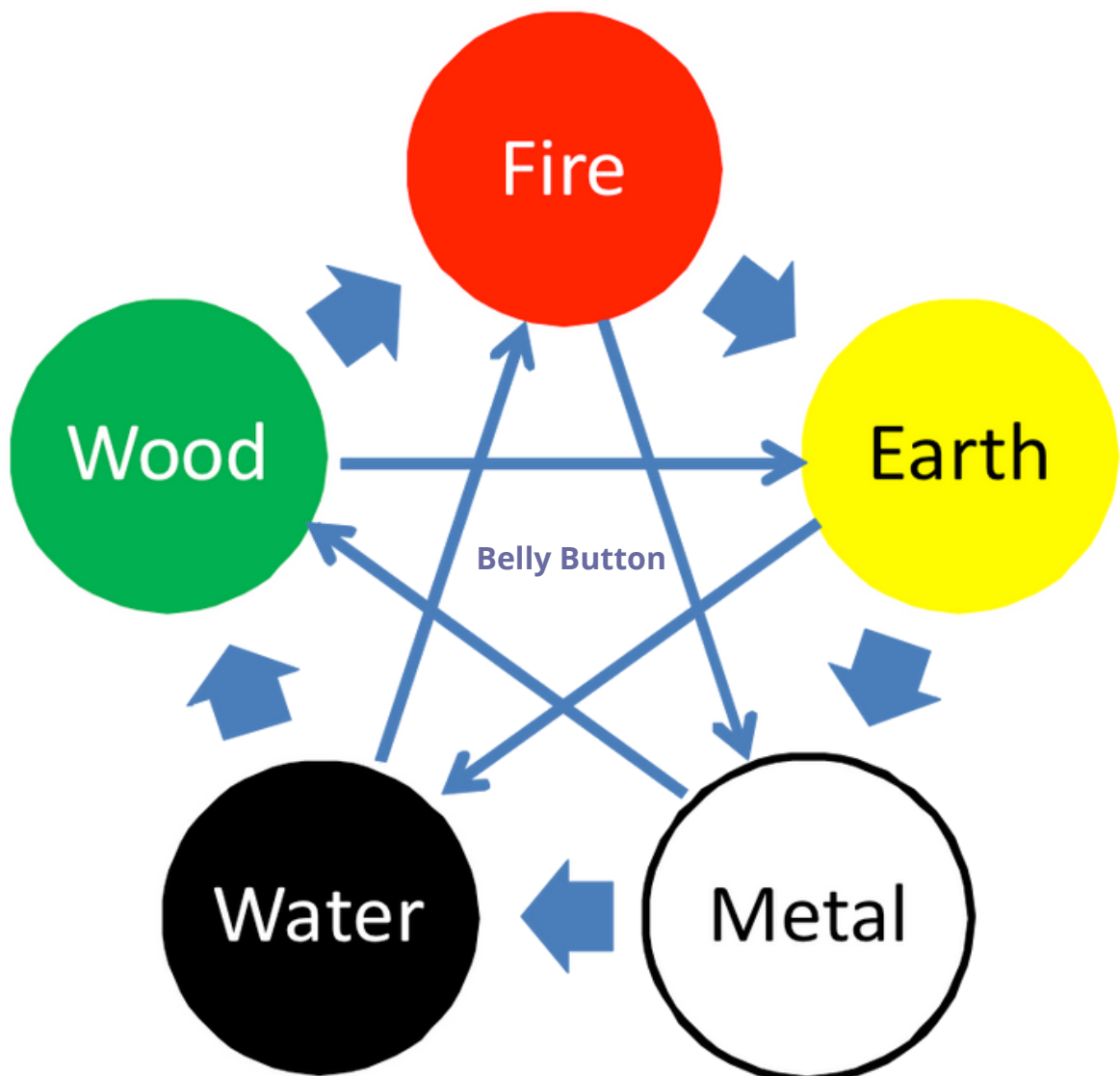
Select Priority Imbalance and use Muscle Test to determine correction. See Correction List



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5 Element Profile

Note Imbalances by circling and indicating
UE or OE





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Fire Element

Triple Heater		Pericardium	
Positive	Negative	Positive	Negative
Happiness	Separated from self	Sexual identity	Hysterical
Certainty	Despair	Tranquility	Stubborn
Hope	Unbalanced	Inner peace	Jealous
Faith	Negative	Generosity	Insincere
Optimism	Faithless	Rest	Greed
Unity		Inner realisation	Remorseless
			Sexual insecurity

Small Intestine		Heart	
Positive	Negative	Positive	Negative
Assume responsibility	Disenchanted	Maintain	Self doubt
Give way	Defrauded	Self esteem	Lonely
Assimilation	Saddened	Care	Insecure
Appreciation	Glum	Forgiveness	Hate
Gratitude	Restless		Lack of compassion
	Dissatisfied		Lack of forgiveness



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Earth Element

Stomach		Spleen	
Positive	Negative	Positive	Negative
Self confidence	No trust	Mental security	Indifferent
Wonder	Lack of respect	Inspiration	Disapproval
Inner power	Thirst for power	Reflection	Inconsiderate
Respect	Lack of harmony	Empathy	Alienated
Harmony	Nausea	Intelligence	Obsessive
	Upset	Sharpness	Preoccupied
	Lack of empathy		Cynical
	Deprived		Anxious
			Rejection



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Metal Element

Large Intestine		Lung	
Positive	Negative	Positive	Negative
Admiration	Guilt	Tolerance	Intolerance
Freedom	Sadness	Acceptance	Infidelity
Give way	Regret	Proud	Insecurity
Valuable	Release	Modesty	Lack of creativity
	Loss	Enthusiasm	Haughty
		Fidelity	Arrogant
			Humiliated
			Prejudiced
			Despise



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Water Element

Positive	Negative	Positive	Negative
Material peace	Inpatient	Fearless	Fear
Patience	No direction	Caution	Scared
Inner direction	Terror	Precaution	Panic
Courage	Frustration	Prevention	Paranoid
Valour	Dictatorial		Reckless
			Phobia
			Superstitious



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Wood Element

Gallbladder		Liver	
Positive	Negative	Positive	Negative
Security	Anger	Realisation	Annoyed
Justice	Rage	Transformation	Resentment
Decision	Annoyed	Responsibility	Revenge
Determination	Indignation	Happiness	Unhappy
Assertiveness	Unmotivated		Injustice
	Impotent		Hostility
	Indecisive		Embittered
			Resignation



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Chakra Profile

STEP 1: ISSUE

Set an intention around an issue.

STEP 2: MUSCLE TEST CHAKRAS - Which Group?

Using Chakra Charts, Muscle Test each chakra. If using 2-hand MT, hold over each Chakra. If using Sway Test, touch the Chakra to test.

Note Stress Response UE / OE (DT/LT).

STEP 3: INTERPRET

Use tables to interpret any imbalances.

STEP 4: GOAL STATEMENT

Determine a loving message or goal statement.

STEP 5: CORRECT IMBALANCES

Select Priority Imbalance and use Muscle Test to determine correction. See Corrections Chart.



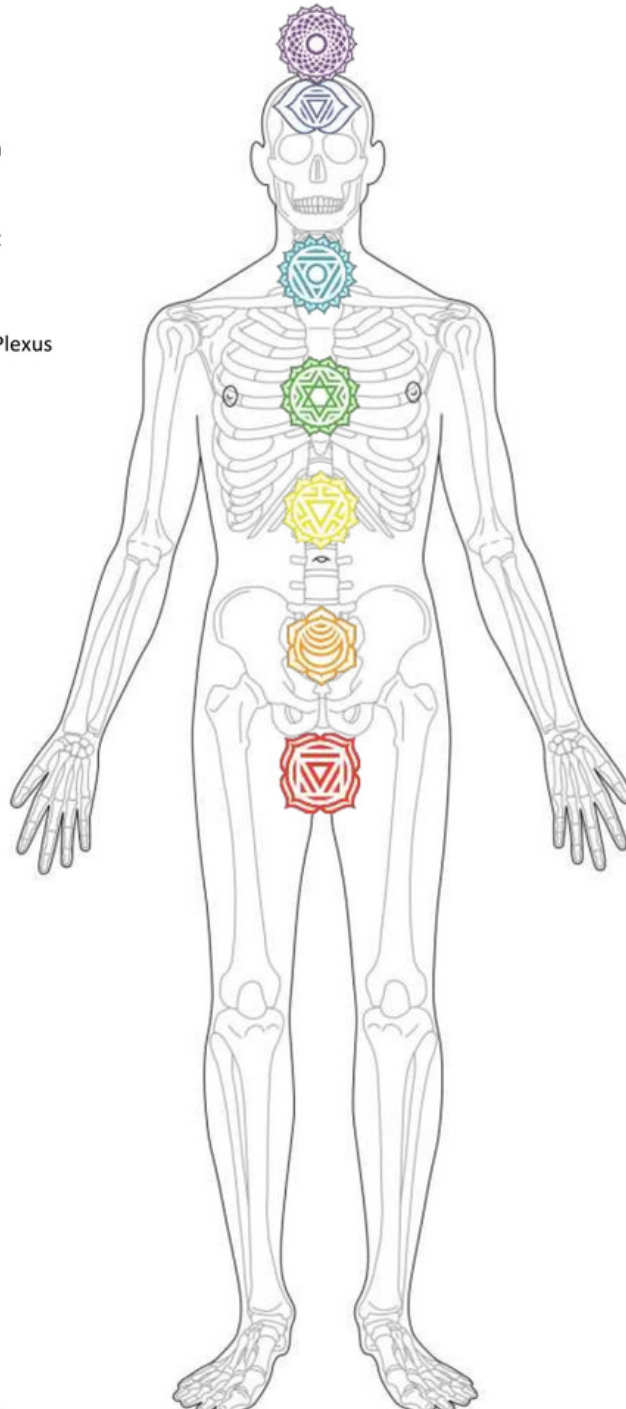
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Major Chakra Profile

Note Imbalances by circling and indicating
UE or OE

Chakras

-  Crown
-  Brow
-  Throat
-  Heart
-  Solar Plexus
-  Sacral
-  Base





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Major Chakra Interpretation

Major Chakra Profile

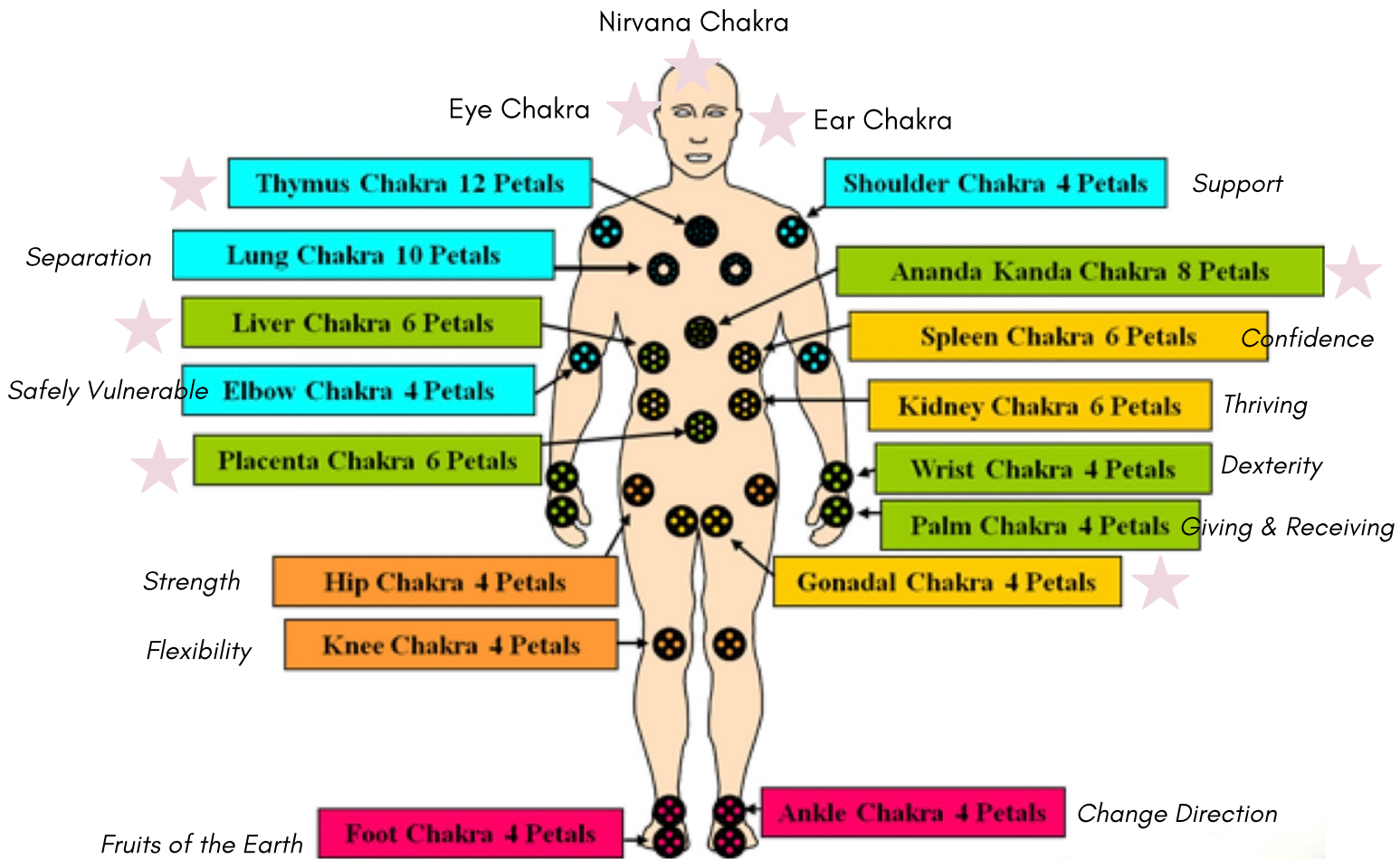
Crown		
GV LT	Yang OE	The false prophet or guru
GV DT	Yang UE	Can't manifest the divine energy into the world. Can't practise spiritual path
CV LT	Yin OE	Obsessed with religions, gurus, spiritual teachers, excessive expectations of God
CV DT	Yin UE	Can't bring in & receive divine energy, denies spirituality, can't find right path
Brow		
TH LT	Yang OE	Fanatical. My experiences are the only ones that matter. Over Focusing
TH DT	Yang UE	Can't express your own experiences. Can't explain things
PC LT	Yin OE	Obsesses & distorts experiences. Distortion in learning
PC DT	Yin UE	Can't take in or learn from experiences. Can't perceive. Stuck in old ways.
Throat		
St LT	Yang OE	Talks too much. Lies. Criticises. Opinionated. Dictate other people's truth
St DT	Yang UE	Can't communicate what you want to say. Can't express personal power
SP LT	Yin OE	Obsess & over analyse what people say. Twist truth
SP DT	Yin UE	Won't listen. Can't listen or accept truth
Heart		
GB LT	Yang OE	Conditional acceptance of others. Uses love as a form of control
GB DT	Yang UE	Can't accept self or others for who they are. Can't love
Lv LT	Yin OE	Obsesses with being accepted & loved. You should love me
Lv DT	Yin UE	Won't allow others to accept you. Blocked to being loved.
Solar Plexus		
LI LT	Yang OE	Dictator. Humiliates others
LI DT	Yang UE	Can't respect or trust. Can't express personal power
Lu LT	Yin OE	Obsessed with how people respect or trust them. Do you respect me?
Lu DT	Yin UE	Don't feel respected or trusted. Humiliated. Door mat
Sacral		
BI LT	Yang OE	Controlling fun, good times. Sexual manipulation
BI DT	Yang UE	Can't express passion, fun, pleasure, creativity
Ki LT	Yin OE	Obsessed with fun & sexual energy, how it relates to them
Ki DT	Yin UE	Blocks sexual energy. Can't have fun with others. Can't see pleasure in the world
Base		
SI LT	Yang OE	The fundamentalist. Everyone needs to identify with me & my beliefs
SI DT	Yang UE	Can't express who you are, your belief systems. 'Who am I? Why am I here?'. Frustrated Philosopher. Can't offer security
Ht LT	Yin OE	Obsesses with who people are, what they believe in & how it affects you. Co-dependency. 'I need you to feel secure & to be me'.
Ht DT	Yin UE	Can't understand who you are, or you people are. Can't feel secure in the world. Can't relate to others when they express who they are or share their beliefs.



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Minor Chakra Profile

Note Imbalances by circling and indicating
UE or OE



★ = These chakras have interpretations available

Minor Chakras around Head:

- **Alta Major:** Feminine/inner confidence. Chi protection. Homeostasis
- **Guru:** Not lead astray. You are your own best guide.
- **Manas:** Sensory perception. REM Sleep. I am consciousness
- **Soma:** Brain Integration. Bliss
- **Lalana:** Swallowing. Boundaries.





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Minor Chakra Interpretation

Minor Chakra Profile





Gonadal		
SI x BI LT	Yang OE	Too many ideas distorted, Genghis Khan syndrome
SI x BI DT	Yang UE	Can't conceive, fertilise, come up with new ideas, problem solve
Ht x KI LT	Yin OE	Obsessed with ideas and fertility and how they affect you
Ht x KI DT	Yin UE	Can't conceive or comprehend new ideas / access ideas
Placental		
SI x GB LT	Yang OE	Over nurturing, demanding
SI x GB DT	Yang UE	Can't nurture or give back to those who nurture you
Ht x Lv LT	Yin OE	Obsessed with being nurtured or what those who you nurture give
Ht x Lv DT	Yin UE	Can't be nurtured, or receive back from those you nurture
Liver		
GB x St LT	Yang OE	Try to transform for everyone
GB x St DT	Yang UE	Can't transform lead into gold; know how, but can't
Lv x SP LT	Yin OE	Lead obsession. Can't see way out
Lv x SP DT	Yin UE	Can't receive lead from gold
Ananda Kanda		
GB x BI LT	Yang OE	Impose your desires
GB x BI DT	Yang UE	Can't express your desires
Lv x KI LT	Yin OE	Obsessed with filling desires
Lv x KI DT	Yin UE	Don't allow desires to be filled
Thymus		
SI x TH LT	Yang OE	Over helping, gets in own way
SI x TH DT	Yang UE	Can't help
Ht x Pc LT	Yin OE	Obsessed with being helped
Ht x Pc DT	Yin UE	Can't receive help
Ear		
St x TH LT	Yang OE	Over-balanced
St x TH DT	Yang UE	No balance
SP x Pc LT	Yin OE	Listens too much; obsessed with what is being said
Sp x Pc DT	Yin UE	Can't hear; doesn't listen
Eye		
GB x BI LT	Yang OE	Threatening eye communication
GB x BI DT	Yang UE	Can't communicate with eyes
CV x KI LT	Yin OE	Obsessed with visual cues
CV x KI DT	Yin UE	Can't receive visual cues
Nirvana		
GV x SI LT	Yang OE	Dump suppressions on others
GV x SI DT	Yang UE	Can't release suppressions
CV x Ht LT	Yin OE	Obsessed with suppressions
CV x Ht DT	Yin UE	Can't look at hidden suppressions

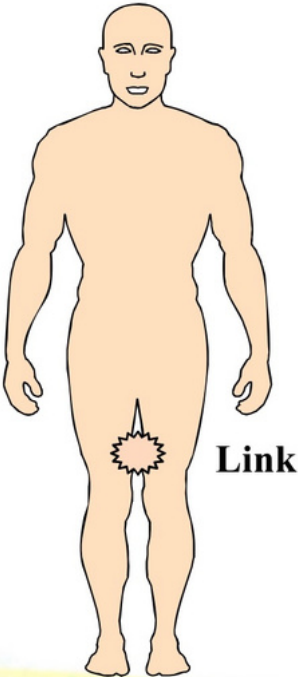


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Celestial Chakra Profile

Note Imbalances by circling and indicating
UE or OE

- # 12  **Cosmic Gateway**
- # 11  **Universal Gateway**
- # 10  **Stellar Gateway**
- # 9  **Soul Star**



8  **Earth Star**





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Celestial Chakra Interpretation

Celestial Chakra Profile

Chakra 8		
GB41 LT	Yang OE	Losing energy, lack of trust, fear, depleted, co-dependant
GB41 DT	Yang UE	Can't let go, junk in trunk, negativity, careless
SP4 LT	Yin OE	Obsessed with possessions, Materialistic
SP4 DT	Yin UE	Lack, Unable to receive fruits of the earth
Chakra 9		
SI3 LT	Yang OE	My way or highway. Hard for me = hard for you
SI3 DT	Yang UE	Unable to manifest life lessons, participate, stuck
Lu7 LT	Yin OE	Over-analyse, obsess with interactions
Lu7 DT	Yin UE	Unable to receive life lessons, Can't take responsibility
Chakra 10		
Bl62 LT	Yang OE	What I believe, you should to. Too many beliefs
Bl62 DT	Yang UE	Unable to fulfil role/archetype/truth, led astray, lost
Ki6 LT	Yin OE	Obsessed with having to fix beliefs and others
Ki6 DT	Yin UE	Unable to understand limiting beliefs
Chakra 11		
TH5 LT	Yang OE	Soul vomit, Put purpose onto others.
TH5 DT	Yang UE	Unable to express soul purpose, Can't identify, stuck
Pc6 LT	Yin OE	Obsessed with soul purpose, soul mates
Pc6 DT	Yin UE	Ignoring soul purpose, too scared to receive purpose
Chakra 12		
SI3xBl62xTH5 LT	Yang OE	Distorted expression of Divinity
SI3xBl62xTH5 DT	Yang UE	Can't express higher self
Lu7xKi6xPc6 LT	Yin OE	Obsessed with receiving, distorting godliness
Lu7xKi6xPc6 DT	Yin UE	Unable to receive divine guidance, can't receive source
Link Chakra		
GB41 x SI3 LT	Yang OE	Too much pressure on connecting with soul. New soul coming around
GB41 x SI3 DT	Yang UE	Soul vehicle isn't able to stay connected with a soul, that a connection has already been made with.
SP4 x Lu7 LT	Yin OE	Too focused or obsess with receiving, activating the soul vehicle to receive a soul. Really wants it
SP4 x Lu7 DT	Yin UE	Soul vehicle isn't able to receive a soul to connect with. Not letting it in



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BASE CHAKRA

Think: It is safe to be me. I have all that I need.

Do: Get into your Body. Be Active. Connect to the Earth.

Be: Present and Mindful.

Express: Your tribal spirit, your identity, your roots.

Yin: Receive the fruits of the earth. Allow abundance to reach you.

Yang: Offer security and protection.



SACRAL CHAKRA

Think: My desires are met. I am magnetic, vibrant and connected.

Do: Do what lights you up. Indulge in pleasure and passion.

Be: Receptive and Creative.

Express: Your beauty and delight of the present moment.

Yin: Soak up intimacy and fun.

Yang: Convey your joy.



SOLAR PLEXUS

Think: I am worthy and powerful. My truth sets me free.

Do: Stand in your power and express your truth.

Be: Authentic and respectful. A self-honouring adult.

Express: Your personal power and boundaries.

Yin: Other people treat you how you treat yourself.

Yang: Stand up for yourself!



HEART CHAKRA

Think: I am love. I am loved.

Do: Lead with love and practice gratitude.

Be: Open-hearted and compassionate.

Express: Your compassion and heartfelt truths.

Yin: I am safely vulnerable. I am open to receiving love.

Yang: I give love with ease. I practice forgiveness and let go.



THROAT CHAKRA

Think: I express my authentic self.

Do: Communicate your beliefs, needs and desires.

Be: Seen and heard.

Express: Your inner wisdom, truth and guidance.

Yin: Listen to your internal knowingness.

Yang: Express your personal power.



THIRD EYE CHAKRA

Think: I know my truth. I listen to my Higher Self.

Do: Act upon your instincts to guide your path.

Be: Discerning and perceptive.

Express: Your internal guidance through acknowledging your connectedness.

Yin: Listen to your higher wisdom.

Yang: Express your desired reality.



CROWN CHAKRA

Think: I am divinely guided.

Do: Surrender and open to the oneness of all that is.

Be: A co-creator with the Universe.

Express: Your Higher Self and divinity.

Yin: Create space for the unknown.

Yang: Act with faith and trust.



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Corrections Chart

ESR Points

Chakra Pulsing

Acupressure Points

Tibetan Figure 8

Centre & Ground Ki 1 & GV20

Sound

Light

Colour

Essences

Aromatherapy

Other

Surrogacy Process

1. It's 100% safe for me to use Surrogacy - MT
2. I now surrogate for [Insert Name] - MT
3. It's 100% safe for me to surrogate for [Insert Name] - MT
4. My name is [Insert Name] - MT

1. I no longer surrogate for [Insert Name] - MT
2. I am 100% myself - MT
3. [Insert Name] is 100% themselves - MT
4. It's safe for me to close this session - MT
5. My name is [insert YOUR name] - MT



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