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HOW TO BRING MEDITATION INTO A KINESIOLOGY PRACTICE

We, as Kinesiologists, access our client's subconscious through muscle testing, on behalf of our client. Meditation is another way that we can do this, which is safe and effective for our clients. We also have an opportunity to teach and empower our clients on how to use Meditation in their own daily lives to continue to access their deeper inner knowing.

My aim is for every Kinesiologist to use Meditation as a tool for their clients (and ultimately themselves). I have created finger modes on how you can muscle test if Meditation is appropriate for clients and then to create the necessary Meditation for them to experience and delve into themselves.

By using 5 minute short and specific Meditations during your Kinesiology session, you will allow the client to connect deeply with their own higher purpose. Empowering each client, these Meditation styles include the 5 basic Meditation Principles which allow the Kinesiologist to create a Meditation specific to each individual client by using their muscle testing skills.

Meditation is also a powerful tool to help settle and calm a client during a session as we delve into their subconscious programming bringing up deep emotional issues. This allows us as Kinesiologists to go deeper as the client can process the information we are revealing to them and let go of the emotions attached.

Meditation is an essential piece to a client's homework list for them to use in between sessions. This helps center and realign them to their highest good and reconnects them back to the balance that the Kinesiologist created during their session.

In my own practice, I have found this to be invaluable for my clients as they get to experience what is actually testing up and giving them that 'lightbulb moment' for lasting release.

These 5 minute short and specific Meditations are another tool in our tool-kits that we as Kinesiologists can use. Meditation accesses a client's soul, which is an essential piece to our puzzle of life.

An added bonus of learning this is to learn how to use regular Meditation ourselves, in our own daily lives to keep our own energies cleared and aligned with our highest vibration to be fully present as a clear vehicle for each of our clients. It is essential that we as Kinesiologists look after our own subconscious beliefs and thought patterns to enable us to become fully present to hold our clients and ourselves to a higher vibration, ultimately allowing for a deeper and longer lasting release.

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Debbie Rossi has been running a successful Kinesiology practice in Melbourne for over 10 years. She is also a Meditation Teacher, who runs regular weekly classes.

Debbie has created a model to bring Meditation into her Kinesiology sessions to help her clients unlock deep subconscious beliefs. She does this by combining the art of muscle testing and her 5 basic principles in Meditation. Meditation is a powerful tool to help settle and calm a client during a Kinesiology session, as muscle testing delves deeply into subconscious programming bringing up emotional and physical responses. This allows the Kinesiologist to go deeper as clients can process the information that is revealed to them quicker and to let go of any emotions attached.

Her aim is for every Kinesiologist to use Meditation as an essential tool for their clients and for themselves as practitioners to keep their own energies cleared and aligned.