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MASTER-HEART: LEADING CLIENTS TO GREATER SELF RESPONSIBILITY

Over the years that I have been practicing Kinesiology I have found that my clients were not taking responsibility for themselves, they were relying on me to give them the answers with little or no personal responsibility.

I would have clients coming back time and time again (which is great for business but not so great for my clients), but they would not take responsibility for their own issues, forgetting to do their homework and to follow through with the work at home. Often, we would re-hash old stories and issues again. I have always said to my clients, "I will set you up for success here in this session but what you do at home on an everyday basis will ensure that this success continues way past this hour we have together".

When I started incorporating Intuitive Meditation into my Kinesiology sessions, I was able to give my clients the opportunity to:

- see for themselves,
- feel for themselves,
- think for themselves and
- understand for themselves (rather than me just telling them through muscle testing).

This has created an opportunity for my clients to begin to embody self-responsibility within the balance, by listening and hearing what their own body is saying. When we combine this with the art of muscle-monitoring we can give our clients a full-rounded balance which includes body, mind and soul.

This model of working with our clients will allow them to be more present within and after the session, taking on self-responsibility and bringing in a greater awareness into what is going on for them. Your clients become an active participant in the sessions and in their own healing.

Client self-responsibility is the key to complete and lasting healing. When our clients take on board what is happening for themselves, they can understand it fully and move through the lessons with ease and grace. Here in this open space our clients can listen to their own innate knowing, giving them their 'aha' moments and feeling it resonate within their whole body, mind and soul.

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To create a self-responsibility model with your clients, you need to first become responsible for yourself as a practitioner and the energy that you bring into the session (and your life).

Do you bring the energy of low self-value and insecurities into your sessions or do you bring an energy of a full-heart and universal flow into your sessions? For our clients to be initiated into this model of healing, of self-responsibility we too first need to be responsible for ourselves and every area of our lives.

Self-responsibility for both my clients and I is the key component for my clients to become whole and return themselves to love.

This is the new paradigm in Kinesiology, here we create a heart-filled connection with our client.

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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, running regular weekly classes both online and in her clinic.

Debbie has created the Centre for Intuitive Kinesiology where she takes fellow Kinesiologists through online courses on how to incorporate Meditation into their own Kinesiology sessions. These internationally reaching online courses also are a way for you to deepen into your own meditation practice, to lay down your own insecurities and become a congruent and confident Kinesiologist. One who serves their clients from their own full-heart to guide and nurture their clients into owning their 'stuff' and a complete understanding to move forward in their life with ease and enlightenment.

Debbie also runs the As1Kinesiology Podcast, a biweekly podcast connecting all of us Kinesiologists together through the art of sharing and learning.