

Complex Instant

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Introduction

Dear Friends and Colleagues,

It is with great joy that I present you with this manual on Complex Instant, the protocol which I have been led to develop and which grew out of my use of Larry Nims' brilliant work with Instant BSFF. I hope that you will find it to be useful.

The field of energy psychotherapy is blessed in having a number of simple and elegant techniques. You will soon find why this technique is called complex! I still shake my head over it and there have been many times when I've wondered why I work this way. But I make almost all of my therapeutic decisions based on muscle testing, which is often aided by intuition, and the testing has consistently guided me to both develop this protocol and to share it with others.

I hope that many of you will love the whole thing. Others, I am sure, will find that it just doesn't suit you. There is so much here, however, that I hope that you will find that certain chunks, at least, are a helpful addition to your conceptual toolbox.

I encourage everyone to have a list of the healing modalities you know and to muscle test, pendle or intuitively choose the best modality for each client and each issue. I hope you will add Complex Instant to your list and simply see when it comes up for you. You might then check if you're being led to use the entire protocol or a certain section of it. Certainly, if there are particular clients or particular issues with whom you feel stuck, I hope you'll consider trying Complex Instant with them to see if it can help to resolve those blocks.

There are ways in which Complex Instant is a treatment modality, yet there are other ways in which it can be seen as a system for guiding you in how to most effectively use all the healing information you know.

This process of healing is fascinating to me. In the energy field, I began by learning Thought Field Therapy (TFT), and soon added the usual array of alphabet soup – Emotional Freedom Technique (EFT), Be Set Free Fast (BSFF), Tapas Acupressure Technique (TAT), Holographic Repatterning, Holographic Memory Resolution, Reiki, Healing Touch, etc. What I found was that these techniques often gave miraculous results – but not always. Sometimes, even with patience and ingenuity, we could not heal all of what we had hoped to heal.

When Don Elium began the Integrative States Therapy Research Group (iSt), I was fortunate to become one of the members. It has been our goal to look at those times when energy therapy does not work as well as we would like it to and to attempt to discover what else might need to be done. We have found ourselves looking more and more for the various nooks and crannies that might hold part of the problem, so that it can be fully cleared. ISt is still in development, but Complex Instant is where the influence of iSt has brought me. They are two different approaches, both growing out of BSFF.

Some of the energy therapies focus your attention on the item you hope to treat. Although the healing frequently spreads further, the set intention may be fairly narrow. It is my belief that, with its use of subconscious mind, BSFF focuses intention on the entire drawer which holds the problem – and it seems that Complex Instant focuses intention on the entire chest of drawers.

Some of you may find it easiest to absorb this material in chunks, integrating one section into your work before adding another. It's a lot to learn from a manual. I've tried to be as clear as possible, but only you will know how well I've succeeded! Please feel free to write to me with questions and comments. I can be reached at debby@the4dgroup.com

You'll find summary cheat sheets on pages 38-42.

Have fun with it!

Hugs and blessings to all,

Debby

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Background

As most readers of this manual will know, Thought Field Therapy (TFT), developed by Roger Callahan, Ph.D., was the original of the energy psychotherapies. In TFT, the client puts their attention on the identified problem and is then advised by the practitioner to tap on various acupressure points, primarily on the face and hands. This tapping is believed to eliminate disturbances in the energy system and thus change the client's energetic relationship with the identified problem. Different sequences of tapping are used for different problems and the sequence is often individually determined for each client.

After using TFT for a period of time, two people went on to develop their own simplified, single protocol systems. Gary Craig developed the Emotional Freedom Technique (EFT), which uses the same acupressure points used in TFT, but always in the same order. Larry Nims, Ph.D., developed Be Set Free Fast (BSFF), which uses only four of these points but is also the first of the energy psychotherapies to draw on the wisdom of the subconscious mind to help resolve our problems.

In this original version of BSFF, the client would identify a problem and would then begin by tapping at the beginning of the eyebrow while saying, "I am eliminating all of the sadness in all of the roots and the deepest cause of all of this problem." They would then tap under the eye while saying, "I am eliminating all of the fear in all of the roots and the deepest cause of all of this problem." Then they would tap the side of the little finger for anger and back to the beginning of the eyebrow for emotional trauma. Roots are defined as anything which has contributed to the formation of the problem and deepest cause is defined as the person's belief system. It is understood that the person's subconscious mind knows what these roots are and that it is not usually necessary for the conscious mind to have this awareness. It is similar to going to an e-mail folder and seeing at the bottom of your screen how many messages are included in that folder, without having to read the messages.

After teaching this original, tapping version of BSFF for a relatively brief period of time, Larry had the brilliant realization that we could activate a cue word and then, when we say that word with intention, it is as if we asking our subconscious mind to do a round of tapping for us. Initially known as Instant BSFF, this concept has revolutionized the way many of us practice energy psychotherapy. It is being applied to many other techniques so that we now have Instant EFT, Instant TAT, etc. Larry no longer teaches the tapping version – at this point, the term BSFF is assumed to refer to the instant version, unless otherwise indicated. I recommend that those of you who are unfamiliar with Larry's work consider purchasing his book or DVD, both of which are available at www.BeSetFreeFast.com

I was fortunate to attend a two-day training with Larry in November of 1998, as he was transitioning from tapping to instant and I have utilized BSFF extensively since then. Both through personal inclination and through muscle testing, I found myself making minor changes to the protocol. I refer to the cue word as a healing word. I make requests of subconscious mind rather than command it. My activation of the healing word is much shorter, etc

Development of Complex Instant

It is my understanding that, when most people use BSFF, they treat the roots to the issue and any related issues. If they hit a snag, they check for what are known as stoppers and fail safe issues to see if these need to be cleared first. If not these, they'll look for traumas, emotions, other problems, etc. which may need to be cleared before the roots to the problem can be successfully treated.

As I transitioned from tapping to instant BSFF, it made sense to me to simply test first if it was best to treat for anything before treating the roots to the presenting problem. If I got a yes, I then checked to see what needed to be treated – perhaps it was traumas. Then I tested if it was best to know how many traumas there were, if it was best to treat them all together, and if there was anything about those traumas that it was best to treat before I began treating them.

As I was first doing this, the work was often extremely complex. I usually needed to know numbers, each group often had to be broken down into subgroups, and I had to keep very careful notes in order not to lose my way. It often took three sessions just to clear everything out so that we could get to work on the roots to the presenting problem, although people usually began noticing changes immediately. At some point, I realized that what I was doing had become quite different from how others were using BSFF. Considering its complexity, I decided it should be called Complex Instant! That was in October, 2000.

Things have changed quite a bit since then. For example, I now so rarely have to know numbers or break items down into subgroups that, in preparing this manual, I have frequently muscle tested whether it's important to include those questions. However, I consistently get that it is, so I'm including it. And, while some parts have become simpler, new items keep being added to the protocol, resulting in the fact that Complex Instant remains an appropriate name!

Muscle Testing

Complex Instant is based on the use of extensive muscle testing. When working with a client, I prefer to use a surrogate muscle test, as this is much quicker and isn't stressful on the client's arm. Also, if they have blocks which would interfere with accurate testing, my surrogate test will generally be unaffected by those blocks unless I am specifically testing to diagnose for them.

I use myself as the surrogate for the client. When you know how to test in this way, you will also be able to self-test, which is particularly helpful if you are treating yourself!

When surrogate testing, simply set the intention of testing on your client's behalf. Then test as you would if you were testing for yourself.

If you are not already comfortable at self/surrogate testing, please refer to the Appendix for various methods you can use and for my thoughts on the subject.

Overview of the Technique

1. Identify the issue to be treated and muscle test that it is the best issue to treat at this time.
2. Identify a label for the issue (a word, phrase or sentence), and test that it is the best label.
3. Test which of the healing modalities that you know are most appropriate to treat that label. If the answer is Complex Instant and if you have not previously activated a healing word for that client, activate it now.
4. Test if it's best to treat anything before treating the roots to the issue. If yes, test which of the eight Complex Instant Categories needs to be treated first. These categories, which will be defined later, are precursors, stoppers, reversals, fail safe issues, emotions, traumas, hidden compartments, and kinds of things.
5. When you have identified the category, ask these three questions:
 - a) Is it best to know how many there are?
 - b) Is it best to treat them all together?
 - c) Is it best to treat anything about this category before treating it?

As you will see from the case examples, testing may lead you to treat a chain of items. For example, you might need to treat "kinds of things" which are connected to "hidden compartments" which are connected to "traumas".

I jokingly refer to Complex Instant as Repeat After Me Therapy. Once I have tested for the appropriate statement, I'll ask my client to repeat what I say, starting with Subconscious Mind and ending with their healing word. I say the sentence in short phrases, so it doesn't become a test of their memory!

If I were treating for the above example of "kinds of things" which are connected to "hidden compartments" which are connected to "traumas", I would say, "Subconscious mind, please treat the kinds of things which are connected to the hidden compartments which are connected to the traumas, which are connected to Issue _____, healing word."

The next step is to test if anything else needs to be treated about those hidden compartments, before they are treated. If yes, check the eight Complex Instant Categories. When it's identified, again check if it's best to know how many there are, is it best to treat them all together, and is it best to treat anything about them first? Let's say that, in this instance, testing indicates that no, nothing else needs to be treated about those hidden compartments. I would then ask my client to say, "Subconscious mind, please treat the hidden compartments which are

connected to the traumas, healing word.” (It’s not necessary to repeat that the traumas are connected to Issue _____, although you can if you choose to).

Then I check if anything else needs to be treated about the traumas before I treat them. If yes, I again check which of the eight categories and, when I’ve identified it, I check if I need to know the number, if I can treat them all together, and if I need to treat anything about them first. But, if testing indicates that nothing else needs to be treated about the traumas, I ask my client to say, “Subconscious mind, please treat the traumas, healing word.”

When that chain has been fully treated, test if there are any other chains related to that first Complex Instant Category. For example, you might now need to treat “emotions” which are connected to the “traumas” which you were just focusing on.

When all chains related to that first Complex Instant Category have been fully treated, test if there are any other Complex Instant Categories which now need to be treated before you treat the roots to the issue. If so, again check which of the eight is indicated, and if anything needs to be treated about it first, etc. When testing indicates that the Complex Instant Categories are fully cleared, then it’s time to treat the roots to the issue.

This is the foundation piece. Once you’ve gotten the hang of it, you’ll be able to add in the following elements.

6. Levels of the problem.
7. A checklist of items which can sometimes affect the work.
8. The impact of time.

Activating the Healing Word

The first step is to activate a healing word, which can be pretty much any word the client chooses. People often choose words like peace or serenity, or a color, or the name of a pet, but Elvis or ice cream would be fine too. It is not acceptable to use derogatory words, such as stupid! Although Larry uses a more complete instruction to activate this word, I have been led to simply say something like the following.

“Subconscious mind, please activate the word _____ as _____’s Instant BSFF, instant Complex Instant, and instant all other forms of healing, healing word. Please update as the modalities become updated. Thank you.” I then say my healing word and ask the client to say theirs. If you are activating a word for yourself, simply say, “Subconscious mind, please activate the word _____ as my Instant BSFF, instant Complex Instant, and instant all other forms of healing, healing word. Please update as the modalities become updated. Thank you.” Then say your healing word.

Complex Instant Categories

1. Precursors – other problems that need to be treated before the identified problem is treated.
2. Stoppers – i.e. This is silly – or – this won't work for me, etc.
3. Reversals – i.e. It's not safe to get over this problem – or – I don't deserve to get over this problem, etc.
4. Fail safe issues – not positively resonating with statements such as:
I want to get over this problem - I am willing to get over this problem - I am willing to get over this problem now - I will do everything necessary to see to it that I get over this problem now, etc.
5. Traumas
6. Emotions
7. Hidden compartments. We know that muscle testing can only identify things that we know about. In the field of energy therapy, we are constantly learning new concepts. When we take this new concept and return to an issue that had previously muscle tested as being clear, we may learn that it is not clear after all. An example of this is Don Elium's work in discovering that someone may test strong on an issue but they may then test weak for that same issue if testing is done when their head or eyes are in a different position. So (being slightly stuck on drawer metaphors here), it is as if we cleaned out everything from a drawer and then tested if the drawer was empty. We would get a yes, not knowing that the drawer had hidden compartments that contained important issues that related to our problem. So the term "hidden compartments" is used to refer to concepts that we don't yet know about. Using this term enables us to treat for many things that we don't yet consciously know exist. For a story about hidden compartments, check out Appendix B.
8. Kinds of things. It is not only the existence of the hidden compartment that matters. Sometimes we must treat for the kinds of things in it.

For each area above that needs to be treated, I muscle test the following three questions:

- 1) Is it best to know how many of those _____ there are? If yes, I muscle test the number.

- 2) Is it best to treat all of them at once? If not, how many is it best to treat in the first group?
- 3) Is there anything that it's best to treat about this, before this is actually treated? If yes, I then muscle test which of the eight Complex Instant Categories is needed. I then ask the same three questions about that next category. I keep repeating the process until I finally get a no. Then I can treat that particular chain.

Case Example #1

Client knew that her current relationship was being negatively impacted by her experiences in a previous relationship. **I asked her what word, phrase or sentence she would use to refer to the problem** and she said "old stuff from X", where X was the name of the last person she was involved with. Let's pretend her healing word was "peace". We tested and treated in the following way:

Is this the best issue to treat right now? Yes

Is this the best label to use for this issue? Yes

Is it best to use Complex Instant to treat it? Yes

Is it best to treat for a Complex Instant Category before treating the roots? Yes

It is best to start with precursors? Yes *(If we had gotten a no response, I would have continued through the list until I reached the category it was best to start with).*

Is it best to know how many precursors there are? No

Is it best to treat them all together? Yes

Is it best to treat anything about them first? Yes

Is it best to treat precursors about the precursors? No

Is it best to treat for stoppers, reversals, or fail safe issues that relate to the precursors? No

Is it best to treat for emotions that relate to the precursors? No

Is it best to treat for traumas that relate to the precursors? No

Is it best to treat for hidden compartments that relate to the precursors? No

Is it best to treat for kinds of things that relate to the precursors? Yes

Is it best to know how many of them there are? No

Is it best to treat for all of them together? Yes

Is it best to first treat for anything that is related to these hidden compartments?
No

Subconscious mind, treating for Old Stuff From X and all that that may represent, please treat the kinds of things that are connected to the precursors, peace.
(Whenever I get my label, I always like to add "and all that that may represent", just to broaden the healing).

Is it best to treat for anything else about the precursors? Yes

Other precursors? No

Stoppers, reversals or fail safe? No

Emotions? Yes

Is it best to know how many there are? Yes

1-5? Yes

one? No

two? No

three? Yes

Is it best to treat them all together? No

Is it best to start with one? Yes

Is it best to know what emotion that is? Yes (I usually ask this question only about emotions, but you might choose to ask it about any of the categories).

One of us thought of rage.

Is it rage? Yes

Is it best to treat anything about that first? No

Subconscious mind, please treat the first of three emotions – rage – that is connected to the precursors, peace.

Is it best to treat the remaining two emotions together? Yes

Is it best to know what they are? No

Is it best to treat anything about them first? No

Subconscious mind, please treat the remaining two emotions, which are connected to the precursors, peace.

Is it best to treat anything else about the precursors? No

Subconscious mind, please treat the precursors, peace. (It is understood that the precursors are connected to the problem but, if you prefer, you could say, “Subconscious mind, please treat the precursors which are connected to Old Stuff From X, peace.”)

Is it best to treat any other Complex Instant Categories? Yes

Is it best to treat other precursors? No

Stoppers, reversals or fail-safe? Yes

Stoppers? No

Reversals? Yes

Is it best to know how many there are? No

Is it best to treat them all together? Yes

Is it best to treat anything about them first? No

Subconscious mind, please treat the reversals, peace.

Is it best to treat anything else from complex? Yes

Precursors? No

Stoppers, reversals or fail safe? No

Emotions? No

Traumas? No

Hidden compartments? Yes

Is it best to know how many there are? No

Is it best to treat them all together? Yes

Is it best to treat anything about them first? Yes

Precursors? No

Stoppers, reversals or fail safe? No

Emotions? No

Traumas? No

Hidden compartments? No

Kinds of things? Yes

Is it best to know how many of them there are? No

Is it best to treat them all together? Yes

Is it best to treat anything about them first? No

Subconscious mind, please treat the kinds of things which are connected to the hidden compartments, peace.

Is it best to treat anything else about the hidden compartments? No

Subconscious mind, please treat the hidden compartments, peace.

Is it best to treat any other Complex Instant Categories? No

Is it best to treat the roots? Yes

Is it best to know how many roots there are? No

Subconscious mind, please treat the roots, peace.

Summary – Old Stuff From X

1. Precursors
 - a. Kinds of things
 - b. Emotions – 3
 - i) One emotion (rage)
 - ii) The remaining two emotions
2. Reversals
3. Hidden compartments
 - a. Kinds of things
4. Roots

Note: If you get an intuition, feel free to test it out. If you think hidden compartments need to be treated, just ask “Is it hidden compartments?” before checking on precursors, stoppers, reversals, fail safe, emotions, and traumas. There is no magic to the order in which I check them. Also, you can check each separately, put them in groups, whatever you like. I tend to put stoppers, reversals and fail safe together because they don’t often come up for me.

I believe the **wording of the label** can be very important. As my client is describing the problem, I write notes of the things they say – emotions they’ve expressed, names of people involved, significant actions which took place. When they’re done, I muscle test which of these is the best label to use. When I’ve got it, I test if that’s the exact best wording or not and make changes accordingly. Often, none of my notes test as being the best label. Then I ask my client, “**When you think of X, what word, phrase or sentence would you use to describe it?**” Often, they come up with something which captures the emotional flavor of the event but which I would never have thought of. I test that and it almost always comes up as the best label to use. For example, someone might be describing a particular incident of family conflict and the label they come up with might be “confusion” or “senseless pain”.

After I have finished a piece of work, I usually ask my client – **As we were doing that, did you happen to have any thoughts, images, emotions or physical sensations?** This is helpful because it helps them to notice and to share their experiences. Also, I’ll make a note of what they say and then I’ll test whether there is anything about what came up for them that it’s best to treat. Perhaps they got butterflies in their stomach. If I test that it’s best to treat that, I take it to mean that the butterflies represent another piece which needs healing. We will then go through the entire process again, starting with the label “butterflies in my stomach.” If they didn’t notice anything, that’s fine too – the healing has still taken place.

After we have treated for anything that came up during that piece of work which is best to treat, I then test – **Are there any other aspects of this issue that it’s best for us to treat now?**

When all of those are finished, I challenge the problem by saying to the client: **Please think about the original problem again and let me know what you notice.** Again, we'll check if there is anything left that it's best to treat at that time.

Lastly, I'll check – **Are there any other issues that it's best to treat right now?**

After everything has been treated, many people who are trained in BSFF will automatically treat for issues of anger and forgiveness. Personally, these items appear on the checklist which I will refer to later, and they rarely come up for me. It will be different for everyone, I'm sure.

This section has described the use of the basic Complex Instant protocol. Everything which follows is based on it.

Levels

Just as in an archeological dig, where different groups of discoveries may be found at different levels of the dig, I often discover additional sections to the problem when I ask if it is best to treat for levels. It's as if we are accessing layers to the problem, without needing to identify each layer. When muscle testing takes us here, I test for which of the following scales is best to use –

Zero to four
Zero to ten
Zero to one hundred
Zero to one thousand
Zero to ten thousand
Zero to one hundred thousand
Zero to one million
Zero to one billion
Zero to one trillion (!)

Let's say a scale of zero to one million comes up, then test for whether it's best to know exactly how many levels you're starting with, or do you assume you are starting with one million?

These numbers are quite interesting to me. The idea came from Sandi Radomski's use of four mudras to test the severity of an allergy-like symptom. I found the mudras to be cumbersome for me, so I began to just ask whether the severity of the problem was at a level 1, 2, 3 or 4. The original purpose of this was that, if an allergy was at a level 4, you treated for it, it came back, but the severity was now at a level 3, you'd know that you were making progress.

After using the zero to four scale for a while, I had the sense that it would be good to check if it would be better to use a broader scale. I got a yes and started checking for zero to ten. And so it grew.

Levels, like roots, are not uniform measures. It seems that one person's subconscious mind may divide a certain amount of material into ten sections while someone else's subconscious mind might divide that same amount of material into one hundred sections. All that seems to matter is that we use the system that fits best for that person. I do believe, however, that the large numbers often indicate that we are, in fact, accessing and healing huge amounts of material.

Note: When you add levels to the protocol, and muscle testing says to check for them, you are now treating for Complex Instant Categories and then roots to all of the identified levels. When that's done, you check if all the levels were treated. If not, you then treat for Complex Instant Categories and then roots to all of the remaining levels. You continue with this until all the levels are fully treated.

Case Example #2

Client is a major people pleaser. The best label is “I am uncomfortable when anyone is upset.” Testing says to use complex instant.

Best to get a level? Yes
Zero to four? No
Zero to ten? No
Zero to one hundred? No
Zero to one thousand? No
Zero to ten thousand? No
Zero to one hundred thousand? No
Zero to one million? No
Zero to one billion? Yes
Start with one billion levels? Yes

Best to check Complex Instant Categories before treating the roots? Yes
Precursors? Yes
Best to know how many? No
Best to treat them all together? Yes
Best to treat anything about them? Yes

Continued questioning takes us to a pattern which comes up frequently – kinds of things connected to hidden compartments connected to precursors – don’t need to know any numbers. Let’s say the client’s healing word is serenity.

Subconscious mind, treating for I am uncomfortable when anyone is upset and all that that may represent, treating for all one billion levels, please treat the kinds of things which are connected to the hidden compartments which are connected to the precursors, serenity

Best to treat anything else about the hidden compartments? No

Subconscious mind, please treat the hidden compartments, serenity. (I could say “hidden compartments which are connected to the precursors”, but that’s not necessary, because I have already stated that connection).

Best to treat anything else about the precursors? No

Subconscious mind, please treat the precursors, serenity.

Best to treat anything else from Complex Instant Categories? No

Best to treat the roots now? Yes

Best to know the number of roots? No

Subconscious mind, please treat the roots to these one billion levels, serenity.

Best to check on the remaining number of levels? Yes.

Testing and intuition take us to one million levels.

Best to treat any Complex Instant Categories? No

Best to treat for the roots? Yes

Best to know the number? No

Subconscious mind, please treat the roots to the remaining one million levels, serenity.

Best to check on the remaining number of levels? Yes

Testing and intuition take us to one thousand levels.

Best to treat anything from Complex Instant Categories? No

Best to treat for an unknown number of roots? Yes *(This is a shortcut question which combines asking if it is best to now treat for the roots and guesses that we don't need to know the number.)*

Subconscious mind, please treat the roots to the remaining one thousand levels, serenity.

Best to check on the remaining number of levels? Yes

The number was now zero, indicating that we had now treated all of the roots to all of the levels of this particular label, as well as having treated all of the Complex Instant Categories which related to those roots.

To ensure that the issue was thoroughly treated, I would then have followed-up with the questions outlined after the previous case example:

1. (Asked of the client) - As we were doing that, did you happen to have any thoughts, images, emotions or physical sensations? (muscle testing any responses to check if it represented another label to treat).
2. (Asked through muscle testing) - Are there any other labels connected to this issue that it's best for us to treat now?
3. (Asked of the client) - Please think about the original problem again. What do you notice now? (*"challenging the problem"*)
4. (Asked through muscle testing) - Are there any other issues that it's best for us to treat now?

Summary – I am uncomfortable when anyone is upset

1. One billion levels
 - a. Precursors
 - 1) Hidden compartments
 - a) Kinds of things
 - b. Roots
2. One million levels
 - a. Roots
3. One thousand levels
 - a. Roots

Interesting exceptions

You may have noticed something interesting about the following two questions (which appeared in the preceding case example):

Best to treat any Complex Instant Categories? No
Best to treat for the roots? Yes

Since we treat roots when the Complex Instant Categories no longer need to be treated, you might assume that a No answer to the first question automatically indicates a Yes answer to the second question, making the second question unnecessary. In fact, it's true that it is almost always unnecessary and is therefore a good one to skip if you don't like doing this much muscle testing. But the way I learn is by never assuming anything.

In fact, I remember the first time I got a "no" response to "Best to treat any Complex Instant Categories?" and then also got a "no" response to "Best to treat for the roots?" It was extremely puzzling to me. I double checked my answers, just to be sure, but received the same answers.

At that point, I needed to go into what we call research mode. Put your fingers to your temple, scratch your head, get a quizzical look on your face, and you will be there, too! Then, open your mind to your intuition. When an idea pops up, simply muscle test if you've got it right and then take it where it leads you!

In this case, what popped into my head was that there was something that was so different from what I know about that it couldn't even fit into the term "hidden compartments". I'd found a new category, which I call "Things Debby doesn't know about!" As you can imagine, it's a pretty huge category and it comes up from time to time. It is the unofficial ninth category in Complex Instant Categories and always leaves my client and myself laughing.

Checklist

I indicated before that we have learned that sometimes it is best to treat the problem while holding different head or eye positions. This is only one of a large number of items that are sometimes, but not always, important in treating a problem. I have created a checklist of all of these things that I know about. It's not possible for me to include all of them in this manual, but I have included a listing of all those that are most likely to come up for you.

The items on the checklist have come from many sources, most of which I have forgotten, so I'm afraid there's no way for me to properly give credit for them. Then again, the person I learned them from probably learned them from someone else, anyway!

You do not need to understand the full meaning of these items. If they come up, simply treat for the connection between this item and the issue you've been treating, then resume from where you left off. You'll see how it works in the case examples which follow.

What follows is a partial listing, taken from the list which I currently use. I am constantly adding to it.

1. Permission to treat the problem from: the body - conscious mind - subconscious mind - soul.
2. I am 100% willing to: give up the need for x – accept the positive benefits of this change – be free of this problem here and now.
3. I give you permission to treat me – I give myself permission to get well – I give myself permission to accept this treatment.
4. My body, mind and spirit are in harmony with getting well.
5. I can use this simple procedure to eliminate any problem I ever choose to treat. (This is a basic part of the standard BSFF protocol).
6. Treat for the primary problem for which the current problem is a compensation.
7. Treat for the connection between the problem and one of the following: a chakra – meridian – organ - other part of the body.
8. Treat for the connection with other people.
9. Treat for anger – forgiveness – other emotions – re the issues already treated.
10. Check for reasons the client may have to keep the problem.
11. Other.

The following items on the checklist indicate that something needs to be added to your intention, rather than that something needs to be treated.

12. Check that one of the following is being accessed through this muscle testing: conscious mind – subconscious mind – rational part of the subconscious mind – emotional part of the subconscious mind – the left arm – the right arm – a different muscle of the body - a particular part of the body.
13. Treat as if the issue were in contact with a particular part of the body – need to know which part?
14. Check which part of the field is being accessed or needs special attention – head, eyes, or body in a particular position – facing a particular direction – etc.
15. Therapist or client touch the TMJ point during testing
16. Important to muscle test the client directly rather than act as surrogate? Or to have physical contact with the client during surrogate testing?
17. The problem is at the: physical – mental – emotional – spiritual – another level.
18. Test for the percentage of the problem which has been treated so far.
19. Other

The following items have to do with time and indicate a way of focusing the work.

20. Connections between the issue and particular periods or people in the past. (See page 25)
21. Conducting the treatment as if it were happening at the time the problem began. (See page 29)
22. Treating the age that is emotionally connected to the issue. (See page 29)
23. Treating for the future. (See page 30)
24. Complete time line therapy. (See page 31)
25. Other

The following item let's you know that, having identified whatever information you've gotten at that point regarding the label to the problem, levels, Complex Instant Categories, etc., it is now best to treat that chunk with something other than Complex Instant. After doing so, testing will probably, but not necessarily, take you back to the Complex Instant protocol.

26. Treat with a different healing modality. (Decide on which one based on intuition or by muscle testing through the list I hope you've made of the different modalities you know.)

Probably the most important item on these lists is “Other”. If that comes up, close your eyes for a moment and ask your subconscious mind to let you know what the item is. It probably will. If you just can’t get it, treat for “Other” or add “Other” to your intention. Your subconscious mind knows what it is – it led you there!

I hope you will personalize all of the sections of this list by adding items you are familiar with and which have meaning for you.

Note: When you add the checklist to the Complex Instant protocol, it’s best to muscle test whether to check the checklist each time you identify any item, such as levels, Complex Instant Categories, or roots. You’ll see how this works in the case examples which follow.

Case Example #3

Client was bothered by memories of being teased as a child. We first treated for “Being called retard by X”. All we needed to do was to treat the roots to the one thousand levels. When I asked her what she was noticing now (any thoughts, images, emotions or physical sensations?), she said, “There are some things it takes me time to learn”. Although that’s a much more positive self-statement than feeling like a retard, muscle testing indicated that it was still best to treat for it.

Best to check the checklist? Yes
Item 1-11? No
12-19? Yes
12-15? Yes
12? Yes

Checklist item #12 states: “Check that one of the following is being accessed through this muscle testing: conscious mind – subconscious mind – rational part of the subconscious mind – emotional part of the subconscious mind – the left arm – the right arm – a different muscle of the body.- a particular part of the body.”

Access conscious mind? No
Subconscious mind? No
Rational part of the subconscious mind? No
Emotional part of the subconscious mind? No
The left arm? No
The right arm? No
A different muscle of the body? No
A particular part of the body? Yes

At this point, either you or your client may have an intuition about which part of the body is being referred to – if so, muscle test if it's correct. You may also both close your eyes for a minute and invite your subconscious mind to let the word pop up into your consciousness. You can muscle test your way through a list of body parts or you can begin testing for things like – it's above the waist – above the neck, etc. until you locate it. If all else fails, simply note that you are testing for a particular part of the body. Again, your subconscious mind knows which part it is. In this case, what came up was stomach. Further testing for levels led us to the following statement. We'll give her the healing word blue.

Subconscious mind, treating for There are some things it takes me time to learn and all that that may represent, accessing this issue through my stomach, treating all 50 billion levels, please treat the roots, blue.

Best to check the checklist? No
Best to check on the remaining number of levels? Yes
Testing brought us to 3,000 levels.
Best to check the checklist? No
Best to treat any Complex Instant Categories? No
Best to treat an unknown number of roots? Yes
Best to check the checklist? No

Subconscious mind, treating for the remaining three thousand levels, please treat the roots, blue.

Best to check the checklist? No
Best to check on the remaining number of levels? Yes
The levels were now at zero and nothing else needed to be treated.

You may be interested to know how checklist item #12, which was used in the case just described, came to be part of the checklist. In the form of muscle testing which is most frequently used in energy therapy, the clinician tests the deltoid muscle of the client's arm by pressing on the arm, below the elbow. I believe it was Don Elium who first noticed that he could test a client as to whether something was a problem for them and get a no response, but if he tested the other arm, he might get a yes response. We all have different parts (the part that wants to lose weight – the part that wants to eat chocolate cake, etc.) and sometimes different parts of us seem to be accessed through different arms.

Checklist item #12 (check that one of the following is being accessed through this muscle testing) is quite similar to item #7 (treat for the connection between the problem and one of the following – a chakra – meridian – organ – other part of the body) but there is a subtle difference between them. If it had been item #7 which came up, my wording would have been – Subconscious mind, treating for

the connection between There are some things it takes me time to learn and my stomach – and all that that may represent – treating all 50 billion levels, please treat the roots, blue.

You might well ask, what does this mean – the connection between the problem and the stomach or accessing the problem through the stomach, and I'd have to tell you that I don't know! I could make some guesses, but I really don't know and, luckily, my conscious mind doesn't need to know. I just follow the guidance of my muscle testing and trust in its wisdom and it usually leads us to wonderful results!

Summary – Being called retard by X

1. 1,000 Levels
 - a. Roots

There are some things it takes me time to learn

1. Checklist #12 – accessing as if muscle testing through the stomach
 - a. 50 billion levels
 - 1) Roots
 - b. The remaining 3 thousand levels
 - 1) Roots

Note: A kindly reader of one of the earlier drafts of this manual was confused that we were treating 50 billion levels, when the original problem had only 1,000 levels. This is possible because “There are some things it takes me time to learn” is a different label or aspect or problem (interchangeable terms in this regard) from “Being called retard by X” and therefore may have a different number of levels.

Connections with Time

There are at least five ways to utilize time in conjunction with Complex Instant. What comes up most often is to treat for the connection between the current problem and a particular period of time. When this comes up, I ask the following questions:

Is it best to start with this Universe?

- a) If no, - is it best to start with Universe number 1 through 5? If no – is it best to start with Universe number 6 through 10? If yes – number 6?, number 7? And so on until I identify which one. I then treat for that one.
- b) If yes – move on to the next question.

Is it best to start with this dimension?

- a) If no - use the same process described for Universe to identify what number dimension needs to be treated.
- b) If yes – move on to the next question.

Is it best to start with this lifetime?

- a) If no – first check to see if this other lifetime is about your client or someone else. If someone else, test for who it is. Then, use muscle testing to identify how much it's best to know about this other lifetime. Is it best to know if it is a past, parallel or future lifetime? Is it best to know how many lifetimes away it is? Is it best to know if this lifetime is about you or someone else? Is it best to know gender, age, geographical location, life events, etc. of the identified person in that lifetime? Is there anything else that it's best to know? For myself, I usually find that all I need to know is that we are treating for another lifetime, but your experience may prove to be different. It is also possible that what will come up is a "time period" that is between Universes, between dimensions or between lifetimes.
- b) If yes – move on to the next question.

Is it best to start with this person?

- a) If no – is it a family member? If yes – is it a parent? If so, which one? If not, is it earlier in time than that? If so, on mother's side? On father's? Keep checking until you identify the person. Then check
 - 1) Is it best to treat for the connection between the problem and this person?
 - 2) Is it best to treat on behalf of that person?
 - 3) Other? (If so, do we need to know what it is?)
- b) If yes – move on to the next question.

Is it best to start after birth?

- a) If no – time of conception? First trimester? Second? Third? Labor? Delivery? Birth? Need to be more specific?
- b) If yes – move on to the next question.

Is it best to start before age 10? Before age 20? Etc. When you have the decade, continue to narrow it down to the exact year. Then check if it is best to be more specific than that. You might need to know the exact calendar date or the exact age including month and possibly day. When you've identified it, test if it's best to be more specific? Best to know anything else?

Note: The connection between the current problem and a particular period of time is actually part of checklist item #20. Technically, therefore, it's not necessary to specifically ask about it. However, it comes up so often for me that I routinely ask about this item. After I get the label that's being treated and test that I'm to use Complex Instant as the healing modality, I ask about the checklist, then about levels, then about connections with time, then Complex Instant Categories.

Case Example #4

Client is anxious and distressed about family conflict. One of the things she said was "I feel like I can't cope with any turmoil." Testing indicated that that was the best label to treat. We'll give her the healing word joy.

Best to check anything from the checklist? No

Best to get a level? No

Best to check for a time connection? Yes

This Universe? Yes

This dimension? Yes

This lifetime? Yes

For client? Yes

Start after birth? No

Time of conception? No

First trimester? No

Second trimester? Yes

Best to be more specific? No

Treating for the connection with that time period? Yes

I then repeat all of the questions, now asking in relationship to the second trimester -

Best to check the checklist? No

Best to get a level? No

Best to check for any other time connection? No

Best to check Complex Instant Categories? Yes

Further questioning brought us to the following statement.

Subconscious mind, treating for I feel like I can't cope with any turmoil and all that that may represent, treating first for the connection with the second trimester after my conception, please treat the kinds of things which are connected to the hidden compartments which are connected to the precursors, joy.

Best to check the checklist? No

Best to treat anything else about the hidden compartments? No

Subconscious mind, please treat the hidden compartments, joy.

Best to check the checklist? No

Best to treat anything else about the precursors? No

Subconscious mind, please treat the precursors, joy.

Best to check the checklist? No

Best to check any other Complex Instant Categories? No

Best to treat the roots? Yes

Best to know how many? No

Best to check the checklist? No

Subconscious mind, please treat the roots to the second trimester, joy.

Now that we've completed treating the second trimester and its connection to the original problem (I feel like I can't cope with any turmoil), we return to asking questions about that problem and we start asking questions from the beginning.

Best to check the checklist? No

Best to get a level? No

Best to check for any other connection with time? No

Best to check the Complex Instant Categories? Yes

Further questioning brought us to this statement.

Subconscious mind, please treat the hidden compartments which are connected to the traumas which are connected to the emotions which are connected to the problem being treated, joy.

Best to check the checklist? No

Best to treat anything else about the traumas? No

Subconscious mind, please treat the traumas, joy.

Best to check the checklist? No

Best to treat anything else about the emotions? No

Subconscious mind, please treat the emotions, joy.

Best to check the checklist? No

Best to check any other Complex Instant Categories? No

Best to treat an unknown number of roots? Yes

Best to check the checklist? No

Subconscious mind, please treat the roots to this issue, joy.

Summary – I feel like I can't cope with any turmoil.

1. Connection with the second trimester after conception
 - a. Precursors
 - 1) Hidden compartments
 - a) Kinds of things
 - b. Roots
2. Treating for the issue
 - a. Emotions
 - 1) Traumas
 - a) Hidden compartments
 - b. Roots

Conducting the treatment as if it were happening at the time the problem began.
(checklist item #21)

I had the opportunity to work with a few teen-agers who had eating disorders during the same time that I was working with an adult with the same problem. The teen-agers had been dealing with the issue for a few years while the adult had been dealing with it for a few decades. Not surprisingly, the teen-agers were able to resolve the problem rather quickly. The adult, though she has made significant progress, is still in treatment.

Realizing how helpful it can be to work on a problem while it is in its early stages, I have sometimes been led to set the intention that we are holding the session at a particular time in the past, when the client was a particular age. We use the Time questions to identify the appropriate time period, then say something like, **"Subconscious mind, from now until we request otherwise or until the end of this session, please take us back in time to _____ and conduct this session as of that date. Thank you."** Healing word. Of course, I muscle test to find out the best date to use.

We then proceed as we normally would, identifying labels to treat and the best way to treat them.

Treating the age that is emotionally connected to the issue.
(checklist item #22)

This is a simple but very powerful technique which involves asking your client how old they feel when they are experiencing the anxiety, fear, compulsion, etc. which you are treating. If they say, for example, four years old, you then treat specifically for the four year old part of them which is struggling with the issue.

Treating for the future. (checklist item #23)

In addition to seeing if this comes up as I am checking the checklist, I usually specifically test for this at the end of treating every issue. If it comes up, it means that, without further treatment, the problem may be likely to return within a particular period of time.

For example, let's assume I am treating a client for anxiety at 2:30 on Monday, March 18, 2002. When we have finished treating the problem, I ask:

Is it best to treat for the future? If yes, I test for different periods of time and if it tests weak, I know that the problem has come back at that time. So, I might ask

Midnight tonight? If weak, I might check for 3:00, 4:00, 5:00, etc., looking for the earliest time which goes weak. If there's a strong test for 3:00 and a weak test for 4:00, test if 4:00 is close enough or does it need to be more specific than that.

Depending on the answer, keep checking until you get the correct time, which may need to be correct to the exact minute, particularly if, for example, the treatment is only going to hold for five or ten minutes.

If midnight tonight is strong and you're testing on March 18, go on to

One week from now? If strong,
March 31? If strong,
April 30? If weak,
April 15? If weak,
April 10? If strong,
April 11? If strong,
April 12? If weak, that is the day when the problem begins to weaken the client again.

We then go through the basic protocol. Is it best to go to the checklist? Is it best to get a level? To do anything else with time? To check Complex Instant Categories? To treat the roots? To know how many? Usually we can simply treat for an unknown number of roots. If so, we would say

“Subconscious mind, moving forward in time and treating as of April 12th, please treat the roots.” Healing word.

After the treatment, we then check if it's best to do any more treatment for the future.

There are situations when the time or date which is identified seems to have particular significance. One client needed to identify and treat for three dates in the future. When we were done, he said that he didn't normally know when he

would be seeing his mother but, as it happened, he knew that he would be seeing her on all three of those dates! At other times, it seems that it's not so much the particular date that is significant but the length of time from the treatment – for example, the treatment simply needs to be refreshed in a week or a month.

Complete time line therapy. (checklist item #24)

I once worked with a very depressed woman for over a year, with little success. She began therapy following a hospitalization for a suicide attempt and during treatment she made no further attempts and didn't require additional hospitalization, but that seemed to be all that we accomplished. I was a loving presence in her life and our relationship was very important to her, but she was extremely depressed. She had multiple problems and when we tried to treat problem A, it would trigger problem B. Treating problem B would trigger problem C, etc. She also did not like the energy therapies.

Whenever I would learn a new technique, I would muscle test if I could use it to help this particular client. I always received the answer no. I was simply to shut up and listen to her and to continue to be a loving presence in her life! It was driving me nuts, but it was all I could offer her.

When I learned Complex Instant, I tested, once again, if I could use this latest new technique to help this particular client. To my joy, I received the answer yes! And when I asked her if she was willing, amazingly she was. Then I thought about what issue we would treat, and realized we were likely to again trigger another problem, no matter what we started with. It seemed that we really needed to treat for her entire life, one small chunk at a time. I thought it would take forever, but we had already been working together "forever", so what the heck.

When I tested where to start, it turned out that we actually needed to start on behalf of her (deceased) mother, three and a half years before my client was conceived. We were able to clear out a few months during this session. For a variety of reasons, the client did not return for a month. In over twenty-five years of clinical practice, I have never seen so much change in a client from one session to the next! She was astoundingly improved and that progress continued in future sessions.

Thus, what I now refer to as Complete Time Line Therapy Utilizing Complex Instant was born. It's important to know that I also have not seen such astounding change from a single session since that first client. I believe it was the Universe's way of letting me know that this can be a powerful tool, even if its power is not always so immediately evident.

How to use Complete Time Line Therapy

1. Test whether it is appropriate to use Complete Time Line Therapy now. (This could come up through the checklist, or you may just have the thought that it would be helpful for a particular client and want to check it through muscle testing. You might also want to consider this a healing modality in and of itself, and add it to your modality list).
2. Test if it is to be used for a General Time Line or a Specific Time Line. Specific time line means that it is focused on a particular issue, in which case you test that you have identified the best issue and the best label for the issue. General time line means that you are treating for that person's life in general. There are times when you may end up doing more than one time line for the same person.
3. Use the usual time framework to identify the starting point. Is it this Universe, dimension, lifetime, for this person, starting at what age, etc.
4. Once you have the starting point, use it as your first label to treat.
5. After treating the starting point, test if it is best to treat for a period of seconds, minutes, hours, days, months or years from that starting point and how many of them. Use that time period as the next label to treat. Then check on the next time period to treat for, etc.

Case example #5

Client is frequently intimidated by various family members. In this instance, I wondered if it would be best to do a complete time line, tested it and got a yes.

General time line? No
Specific? Yes

Knowing her history, I thought the label might be "Issues related to Dad" and testing confirmed that.

Best to start with this Universe? Yes
This dimension? Yes
This lifetime? Yes
My client? No
Her father? No
Her mother? Yes

Further testing indicated that we were to begin approximately three years before the conception of my client, beginning specifically on 11/21/48. We'll assume her healing word is love.

We were led to make this series of requests.

Subconscious mind, thank you for this opportunity to begin a time line on Issues related to my Dad and all that this may represent. (I always thank for the opportunity to do a time line). **Treating first for the connection with my mother and beginning on 11/21/48, treating for all ten levels, please treat the hidden compartments which are connected to the precursors, love.** *(When the treatment involves another person, it's always best to check if a different healing word needs to be activated on their behalf. In this case, it did not).*

Subconscious mind, please treat the precursors, love.

Subconscious mind, please treat the roots, love.

Subconscious mind, treating for the remaining three levels, please treat the roots, love.

Testing confirmed those levels had been fully cleared.

Now it was time to begin treating past that initial date.

Best to treat for seconds? No

Minutes? No

Hours? No

Days? No

Weeks? Yes

One week? Yes

Testing confirmed we did not need to check the checklist, get levels, do anything else with time, use Complex Instant Categories or know the number of roots.

Subconscious mind, treating for the next week, please treat the roots, love.

Best to treat for seconds, minutes or hours? No

Days? No

Weeks? No

Months? No

Years? Yes

One year? Yes

Further testing led us to request the following.

Subconscious mind, treating for the next year, please treat the kinds of things that are connected to the hidden compartments, love.

Subconscious mind, please treat the hidden compartments, love.

Subconscious mind, please treat the roots, love.

Subconscious mind, treating for the next year, please treat the roots, love.

Subconscious mind, treating for the next six months, please treat the traumas, love.

Subconscious mind, please treat the emotions (of that same six months), love.

Subconscious mind, please treat the kinds of things, love.

Subconscious mind, please treat the roots, love.

Subconscious mind, treating for the next year, please treat the roots, love.

Subconscious mind, treating for the next month, please treat the roots, love.

At that point, the session was over and all we knew was that the client felt calmer.

The next session, testing led us to continue to work on the time line for Issues related to Dad, but to now treat directly for the client.

We were led to begin at the time of her conception, treating for hidden compartments and roots.

Then the roots to the next hour, roots to the next two days, roots to the next three weeks, roots to the next five days, roots to the next month, roots to the next two months, roots to the next one month, roots to the remaining time until birth.

At the next session, we were led to begin at birth. We treated the roots to the next five minutes, the roots to the next hour, the hidden compartments connected to the precursors connected to the next day, then the precursors and the roots to that day, the roots to the next week, the roots to the next month.

We were then led to treat for the next year. Although we were treating for her as an infant, it came up to treat this year for its connection to her at age 32 which we did, even though we had no idea what was meant by that. We were then to treat the traumas connected to that age.

All told, we spent seven sessions working on this time line, with other work interspersed. The client has made wonderful progress and no longer allows herself to be taken advantage of by family members. What she lacks, however, is a sense of pride in these changes, so we will probably treat next for whatever it is which interferes with her being able to do that.

By the way, to save on having to test a million questions, it's easiest to just find the time period that's to be treated next and then just ask, **is it best to treat for an unknown number of roots?** You'll usually get a yes. If it's no, then you can test for whether you need to check the checklist, get a level, find another connection with time, use Complex Instant Categories, or treat a specific number of roots.

Is there more to Complex Instant than this?

Yes, but I've decided I can't possibly put it all in this manual! Because of my use of lists to muscle test through, every single thing I learn about ends up on a list and can be accessed through this protocol. It's either on the checklist or the checklist can refer me to it. I'm often led to weave other energy therapies into the protocol and, even more often, I add subtle energy work to the process when I am guided there through intuition or muscle testing.

I'm sure that each of you will individualize and adapt this process, adding to it the modalities and concepts that you're familiar with and changing it to suit you and your clients. I make changes to it every day, so I hope you will too!

Most importantly, I trust that you will remain open to your Guidance as you do this work.

Appreciation

This manual would not be complete without a thank you section. So, with the biggest of hugs, I'd like to thank the following people.

Gene Eberts for demonstrating his version of TFT at a hypnosis training and sparking my interest.

Fred Gallo and the Family Therapy Networker for that wonderful first article (and, Fred, for everything he's written since).

Kate Sorensen for presenting at The Maryland Society for Clinical Social Work's one day training on State of the Art Treatment of Traumatic Stress which included a section on TFT. I didn't eat chocolate chip cookies for weeks after a five minute treatment.

Deany Laliotis for generating enough interest in TFT to lure Greg Nicosia to the area.

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My Essence, whose Sanskrit name might be transliterated as Ah-ham-bay. Always, always there for me.

And, most importantly, Spirit. I was raised as an agnostic Jew but this work sure has done away with that agnostic part!

My cup runneth over with blessings.

Complex Instant Protocol Summary
(Cheat Sheet!)

1. Identify the issue to be treated and muscle test that it is the best issue to treat at this time.
2. Identify a label for the issue (a word, phrase or sentence), and test that it is the best label.
3. Test which of the healing modalities that you know are most appropriate to treat that label. If the answer is Complex Instant and if you have not previously activated a healing word for that client, activate it now.
4. Test if it is best to check the checklist. If so, test the following (plus any which you may have added). Either treat for the identified item or add it to your intention.

1. Permission to treat the problem from: the body - conscious mind - subconscious mind - soul.
2. I am 100% willing to: give up the need for x – accept the positive benefits of this change – be free of this problem here and now.
3. I give you permission to treat me – I give myself permission to get well – I give myself permission to accept this treatment.
4. My body, mind and spirit are in harmony with getting well.
5. I can use this simple procedure to eliminate any problem I ever choose to treat. (This is a basic part of the standard BSFF protocol).
6. Treat for the primary problem for which the current problem is a compensation.
7. Treat for the connection between the problem and one of the following: a chakra – meridian – organ - other part of the body.
8. Treat for the connection with other people.
9. Treat for anger – forgiveness – other emotions – re the issues already treated.
10. Check for reasons the client may have to keep the problem.
11. Other.

The following items on the checklist indicate that something needs to be added to your intention, rather than that something needs to be treated.

12. Check that one of the following is being accessed through this muscle testing: conscious mind – subconscious mind – rational part of the subconscious mind – emotional part of the subconscious mind – the left arm – the right arm – a different muscle of the body - a particular part of the body.
13. Treat as if the issue were in contact with a particular part of the body – need to know which part?

14. Check which part of the field is being accessed or needs special attention – head, eyes, or body in a particular position – facing a particular direction – etc.
15. Therapist or client touch the TMJ point during testing
16. Important to muscle test the client directly rather than act as surrogate? Or to have physical contact with the client during surrogate testing?
17. The problem is at the: physical – mental – emotional – spiritual – another level.
18. Test for the percentage of the problem which has been treated so far.
19. Other

The following items have to do with time and indicate a way of focusing the work.

20. Connections between the issue and particular periods or people in the past. (See page 25)
21. Conducting the treatment as if it were happening at the time the problem began. (See page 29)
22. Treating the age that is emotionally connected to the issue. (See page 29)
23. Treating for the future. (See page 30)
24. Complete time line therapy. (See page 31)
25. Other

The following item let's you know that, having identified whatever information you've gotten at that point regarding the label to the problem, levels, Complex Instant Categories, etc., it is now best to treat that chunk with something other than Complex Instant. After doing so, testing will probably, but not necessarily, take you back to the Complex Instant protocol.

26. Treat with a different healing modality. (Decide on which one based on intuition or by muscle testing through the list I hope you've made of the different modalities you know.)

5. **Test if it is best to know the level.** If so, test which of the following scales is best to use: Then test if it's best to be more specific. Once you have the level, again test if it's best to check the checklist.

Zero to four
Zero to ten
Zero to one hundred
Zero to one thousand
Zero to ten thousand
Zero to one hundred thousand
Zero to one million
Zero to one billion
Zero to one trillion

6. **Test if it is best to check for a connection with time.** If so, test the following questions. Once you have identified the appropriate time, again check if it's best to check the checklist or to know the level.

Is it best to start with this Universe?

- a) If no, - is it best to start with Universe number 1 through 5? If no – is it best to start with Universe number 6 through 10? If yes – number 6?, number 7? And so on until I identify which one. I then treat for that one.
b) If yes – move on to the next question.

Is it best to start with this dimension?

- a) If no - use the same process described for Universe to identify what number dimension needs to be treated.
b) If yes – move on to the next question.

Is it best to start with this lifetime?

- a) If no – first check to see if this other lifetime is about your client or someone else. If someone else, test for who it is. Then, use muscle testing to identify how much it's best to know about this other lifetime. Is it best to know if it is a past, parallel or future lifetime? Is it best to know how many lifetimes away it is? Is it best to know if this lifetime is about you or someone else? Is it best to know gender, age, geographical location, life events, etc. of the identified person in that lifetime? Is there anything else that it's best to know? For myself, I usually find that all I need to know is that we are treating for another lifetime, but your experience may prove to be different. It is also possible that what will come up is a "time period" that is between Universes, between dimensions or between lifetimes.
b) If yes – move on to the next question.

Is it best to start with this person?

- a) If no – is it a family member? If yes – is it a parent? If so, which one? If not, is it earlier in time than that? If so, on mother's side? On father's? Keep checking until you identify the person. Then check
 1. Is it best to treat for the connection between the problem and this person?
 2. Is it best to treat on behalf of that person?
 3. Other? (If so, do we need to know what it is?)
- b) If yes – move on to the next question.

Is it best to start after birth?

- a) If no – time of conception? First trimester? Second? Third? Labor? Delivery? Birth? Need to be more specific?
- b) If yes – move on to the next question.

Is it best to start before age 10? Before age 20? Etc. When you have the decade, continue to narrow it down to the exact year. Then check if it is best to be more specific than that. You might need to know the exact calendar date or the exact age including month and possibly day. When you've identified it, test if it's best to be more specific? Best to know anything else?

7. Is it best to check for Complex Instant Categories? If yes, check which of the following to start with.

1. Precursors – other problems that need to be treated before the identified problem is treated.
2. Stoppers – i.e. This is silly – or – this won't work for me, etc.
3. Reversals – i.e. It's not safe to get over this problem – or – I don't deserve to get over this problem, etc.
4. Fail safe issues – not positively resonating with statements such as:
I want to get over this problem - I am willing to get over this problem - I am willing to get over this problem now - I will do everything necessary to see to it that I get over this problem now, etc.
5. Traumas
6. Emotions
7. Hidden compartments. We know that muscle testing can only identify things that we know about. In the field of energy therapy, we are constantly learning new concepts. When we take this new concept and return to an issue that had previously muscle tested as being clear, we may learn that it is not clear after all. An example of this is

Don Elium's work in discovering that someone may test strong on an issue but they may then test weak for that same issue if testing is done when their head or eyes are in a different position. So (being slightly stuck on drawer metaphors here), it is as if we cleaned out everything from a drawer and then tested if the drawer was empty. We would get a yes, not knowing that the drawer had hidden compartments that contained important issues that related to our problem. So the term "hidden compartments" is used to refer to concepts that we don't yet know about. Using this term enables us to treat for many things that we don't yet consciously know exist. For a story about hidden compartments, check out Appendix B.

8. Kinds of things. It is not only the existence of the hidden compartment that matters. Sometimes we must treat for the kinds of things in it.

For each area above that needs to be treated, muscle test the following three questions:

1. Is it best to know how many of those _____ there are? If yes, muscle test the number.
2. Is it best to treat all of them at once? If not, how many is it best to treat in the first group?
3. Is there anything that it's best to treat about this, before this is actually treated? If yes, then muscle test which of the eight Complex Instant Categories is needed. Then ask the same three questions about that next category. Keep repeating the process until you finally get a no. Then treat that particular chain.

When all chains related to that first Complex Instant Category have been fully treated, test if there are any other Complex Instant Categories which now need to be treated before you treat the roots to the issue. If so, again check which of the eight is indicated, and if anything needs to be treated about it first, etc. When testing indicates that the Complex Instant Categories are fully cleared, then it's time to treat the roots to the issue.

8. **Is it now best to treat the roots to the problem? If so, is it best to know how many roots there are?**
9. **Ask if your client had any thoughts, images, emotions or physical sensations?** If they did, muscle test whether it's best to treat any of the things they noticed. This becomes a new problem to treat and you repeat the entire protocol for this problem.

- 10. Next, check if there are other aspects which are connected to the original problem that it's best to treat.** If so, again start at the beginning and repeat the entire protocol.
- 11. Now ask the client to think about the original problem and let you know what they notice now.** See if there is anything else there that it's best to treat.
- 12. When the original problem is fully treated, test if there are any other problems that it is best to treat now.**

You'll notice that I frequently use the term "best to treat". My impulse is to say "need to treat" – but there are many things that may not need to be treated, but it would be better if they were!

Appendix A – Muscle Testing

There are many ways to surrogate or self muscle test. I prefer the one where the middle finger presses on the index finger.

Point with your index finger and resist with it while your middle finger pushes down on it on the knuckle near the nail. Do this a few times. Ask your subconscious mind to let this mean strong or yes.

Now point with your index finger again, but allow the middle finger to push it down quite easily. Do this a few times. Ask your subconscious mind to let this mean weak or no.

Now test a statement which you know to be true, such as “I am sitting down.” Resist moderately with your index finger and be curious as to what will happen when you press on it with your middle finger. Then test an opposite statement, such as “I am standing up”. Hopefully you will get a different response.

At this point, there are a number of possibilities.

1. If you don't get any difference in the response at all, ask your subconscious mind to help you experience a clear and correct difference and try again. If there's still no difference, try one of the other muscle testing techniques described below.
2. Some people get a difference between strong and weak but it's just a slight difference, so they think it doesn't count. Not true! It doesn't matter if the difference is marked or slight, as long as you can tell the difference.
3. Some people get a difference but don't trust it, thinking that they are making it happen. Not trusting the result is a very different issue from not being able to get a difference. If you get a difference but just don't trust it, I would urge you to act “as if” the result was valid. Soon enough, you'll start getting some results that you don't expect or don't want, and then you'll start trusting that you're not just making it happen. You can also treat yourself for “Not trusting my muscle testing”.

When you test something, it's fine to occasionally test the opposite statement, just to make sure that your testing is working well. Many people, however, repeatedly test the same question. I believe that this is a major culprit in people's difficulty with testing. Look at it this way. If someone asks you a question and you give them an answer and then they ask the same question again and again, aren't you likely to stop paying attention to them and just start giving them garbage for answers?

Some other ways to test:

Rub your palms together, letting your hands easily slide up and down. Ask your subconscious mind to let this mean smooth or yes. Then hold them together and have them barely move and ask your subconscious mind to let this mean sticky or no. Practice each a few times. Then test for “I am sitting down” or “I am standing up”. Rub them with curiosity, noticing what response you get.

Similarly, you can rub any finger on top of the nail of any other finger.

The O-ring technique. Touch the tip of your index finger to the tip of your thumb, creating an O or an oval. Resist with them and place your other index finger in the circle. Then slide it between that first index finger and thumb. If it slides through, that’s a weak or a no. If it doesn’t slide through, that’s a strong or a yes.

If you have difficulty with any of these, play with how much you are resisting until you find that middle level that allows you to get a strong and a weak.

You can also use a form of ideomotor signaling. Simply place your hands on your lap with fingers outstretched. Ask your subconscious mind to let your “yes” finger lift up and notice which finger moves. Then ask your subconscious mind to let your “no” finger lift up and, again, notice which finger moves.

If you find that you only get yes responses, only get no responses, or get reversed responses (yes when it should be no, no when it should be yes), you might want to contact the wonderful Mo Wheeler at mowheeler@earthlink.net and ask her for a copy of her free handout, “What To Do When Nothing Is Working”.

By the way, some people muscle test questions and other people muscle test statements. In my experience, they work equally well.

Appendix B – Hidden Compartments

I learned the hard way how careful we need to be with these hidden compartments. Soon after I developed the idea, I was using Complex Instant with a client and carelessly asked her subconscious mind not only to clear the traumas related to the problem, but to clear them in all the hidden compartments as well. I had muscle tested that the traumas could be treated together, but had not checked that the hidden compartments could. (This was before I figured out about the things in the compartments, so it would have been clearing out everything at once). As soon as we completed the instruction to subconscious mind, my poor client immediately went into a major panic attack which lasted for an hour. I had asked that the work be done gently, without a healing crisis, but it was not possible to clear everything in all the hidden compartments at once and be gentle at the same time. Faced with the choice, subconscious mind went for the healing and passed on the gentle. It was a great learning for me though unfortunately at my client's expense.