



## The VAKS Balance

The VAK Balance is a simple and powerful tool for programming new, positive thoughts into the visual, auditory and kinesthetic centers of the brain. Here are the steps:

### **1** Get clear.

Meditate for 1 minute, drink a glass of water and cross crawl for 1 minute. ([Click here for more instructions on cross crawling](#)).

### **2** State your goal.

For example, *"I am going to reduce my body fat by 10lbs by June 2006."* Either have a partner use kinesiology and muscle check you, or notice your internal response to the statement.

### **3** Repeat the goal three times while performing Lazy 8's.

**(Part 1)** First, hold your right thumb in the air and curl your fingers into your palm. Move your thumb in the air as if you are drawing the number 8 turned on its side (a lazy 8). Start with your thumb in the middle of the '8' and move up to the left and then down and around to the right. Go slow enough that your eyes can follow your hand. As you make the movement say the goal once and visualize what your completed goal will look like. Repeat the move with your eyes closed, again saying your goal aloud and visualizing. Next, do the movement one more time with the right hand, with your eyes open, saying your goal silently to yourself while visualizing it completed.

**(Part 2)** Repeat, using your left thumb and hand.

**(Part 3)** Finally, repeat once more, this time with your arms out in front of you, fingers interlinked, palms together and both thumbs pointing up.

## **4** Acupressure Ears.

There are about 400 acupressure points on your ears corresponding to virtually every major organ in your body.

**(Part 1)** Take your index finger and thumb and gently pinch the top of your helix, the rim around your ear. Roll the skin backwards, working down to the bottom of your ears. As you roll the skin back, working from top to bottom, say your goal aloud with your eyes open while you visualize what your goal will be like when it is complete.

**(Part 2)** Repeat above steps, except this time close your eyes as you state your goal aloud and visualize it.

**(Part 3)** Finally, repeat again with your eyes open, saying your goal silently to yourself as you visualize it.

## **5** Repeat the affirmation three times while cross crawling. [\(For more instructions, click here\)](#)

**(Part 1)** Either lying down or standing, bring both hands above your head and lower one hand as you bend the opposite knee to 90 degrees. Touch the knee with the hand. Straighten the leg and return the hand overhead. Repeat with the other hand and knee. This switches on the right and left hemispheres of the brain. While you cross crawl, say your goal aloud once with your eyes open as you visualize your goal already completed.

**(Part 2)** Repeat above steps, except this time close your eyes as you state your goal aloud and visualize it.

**(Part 3)** Finally, repeat again with your eyes open, saying your goal silently to yourself as you visualize it.

## **6** Spiritual Integration

Place your hand on your heart and say your goal aloud 5 times, visualizing what the completed goal will look like as you say it.