

## **Sir Brian Jenner**

### **Creator of Quantum Vibrational Kinesiology – Zero Point Balance:**

A healing technique that re-tunes the body back to its natural frequency.

### **IAST = Internal Acoustic Surveillance Technique.**

Brian's research of 30 years resulted in developing a process of healing that is harmonic re-balancing of body systems. He discovered that our D.N.A. resonates with 12 number digital sequences and fractal equations. He also optimized Chakras with the use of colors. By contacting Universal Intelligence with simple muscle testing, applied kinesiology, he could locate areas of the body where the vibrations were out of harmony, and with corrective procedures restore natural resonance.

With the Chakras and Meridians restored to optimum performance using focused intent, and integrity from the practitioner, the mind/body energy field is re-balanced. This often results in a mild healing process recognized by a period of detox (releasing stress and toxic residue from the body).

Much of this work involves the sub-conscious or inner intelligence in which linger one's own personal issues and history not usually put to one side in the daily battle with the material world. However, these personal issues cause conflict and stress resulting in disharmony. Once faced and recognized, the effects are diminished and the body's consciousness is activated to self-heal.

The cells are made of molecules. The molecules are made of atoms. The atoms are a bundle of vibrating waves. The body of humanity is a ceaselessly moving river of light, sound and vibration governed by intelligence. Creative intelligence acts upon infinite matter which is bundles of vibrating waves, and they then flow in the direction desired by intelligence. Although things may seem chaotic to the 'finite mind', to the *infinite mind* for chaos to be chaos, it has to be organized because it obeys strict laws of mathematics. Intelligence, no matter who we call it, reigns supreme. Therefore, if all matter is made of cells, which in turn are made of molecules and these in turn are made of atoms, then atoms, which are a bundle of vibrating light waves, influence particles of light to appear as matter.

**We create our own world as we go along by thoughts, decisions and actions.**

## Instructions Step Three.

In the file marked Step Three, you have a series of 25 IAST pages listed in numerical order. You will need to print two copies of each. One is to place on yourself or the patient and the second is for you to pencil in notes as per the instructions below and read during the session. For my personal use I decided to print one set on card, four images per page, effectively quarter size. It makes them easier to handle. Do not worry if you cannot read the print. Your full size copies are what you will read. .When you have the PDF open, go to “File” and “Print” then depending upon your system, go to “Printer Properties” and set 2 or 4 “Pages Per Sheet”. Sometimes, you can just go into “Settings” and program it there. You might want to reset the margins or set “Portrait” for 4 cards to a page and “Landscape” for 2 cards to a page.

If you intend using these cards frequently, you can laminate them to prevent damage or corners curling.

The following information explains page by page what to do and what to read out loud.

You will frequently see numbers with a symbols like this;  $7 \langle \Rightarrow \rangle 7^2 + C \text{ Green G Major}$ .

$\langle \Rightarrow \rangle$  this symbol is called or pronounced “iterated”. The small two immediately following a number, mathematicians will know is called or pronounced “squared”

So the above is pronounced seven iterated seven squared plus C green G major.

Pencil it on the first few pages until you get used to automatically reading it this way. You can pencil as many notes as you need on your reading copies.

If you are doing this on yourself, make yourself comfortable in a horizontal position and use pillows as necessary to prop yourself up so you can easily access one set of cards to place on your chest - one by one - face down and from your other side access the second set - one by one - to read. If healing another person, sit comfortably behind the person with your first two fingers of each hand gently touching the temple each side of the patients head during the time you read. When distance healing I use a headshot photo of the client. If the client is alone, have them place all the cards in order on their body in case they fall asleep during the session.

When you finish each page say; **I command all information on this page, download, absorb, process and accept**, and then as you release your fingers always say; **It is done. It is done. It is done. Thank You with Love and Gratitude.**

Wait a few seconds to allow processing. Do not rush. Intuitive practitioners will feel a slight pressure releasing their fingers from the patients head signaling it is complete.

Do not worry if you make a few mistakes as you go along. Spirit knows your intentions and will automatically download all the necessary information from each of the cards.

**Bon Voyage!**

**Page 1.**

Read everything on the first page.

**Page 2.**

Read the top line Kodoish, Kodoish, Kodoish.

The second line pronounces as Adonay Zaa Bay Ott.

Repeat three times “Language of Light Harmonic 367 578 989 999”

Read 9 iterated 9 squared plus C Purple G major.

Do not read the next line of mathematical numbers.

Read, Ray Mu but not the 8 lines of text that follow.

Read; Affirmation; (insert I or the person’s name) ... accepts the unlimited powers of regeneration, transformation and transmutation.

Read; Affirmation; every cell feels and knows Infinite Love.

Inhale once and breathe out twice with Ha Ha.

Read everything else.

Read everything. Make similar notes on your reading page.

**Page 3.**

Just read “your name” or “the patient’s name” is afraid and feels sick.

Do not read anything else except the bottom three lines.

**Page 4.**

Read everything on the first page except the top two lines.

**Page 5.**

Read everything.

**Page 6.**

Read everything.

### **Page 7.**

Read – This chart represents current disruption within my/your field. It is Commanded; Remove negative lines marked 4 creating confusion – Activate positive lines marked 3 supplying air to all the elements. – Activate lines 1 creating positive smooth flow to each and every element thus producing harmony within the physical and spiritual body and mind.

### **Page 8.**

Read - The energy flow from my/your Central and Governing to all elements is now restored to normal function.

Obey the harmonic 457 557 888 799

### **Page 9 + Page 10.**

Place both pages and read everything on page 9.

Say; Remove Negative Emotions and read all the lines on the left side of the Central Yin.

(Remember you can place negative emotions in another Octahedron if the client is suffering)

Then Say; Put in positive Emotions and read all the lines in the right side of the Central Yin.

Repeat the process with the Governing Yang and similar on the color pages that follow.

### **Page 11 and 12.**

Place both pages and read everything on page 11.

### **Page 13 + 14.**

Place both pages and read everything on page 13.

### **Page 15 + 16 + 17.**

Place three pages 15, 16 and 17 together at the same time and read everything on page 15.

If you are curious what is the Triple Warmer and Pericardium Meridians, this describes.

The Triple Warmer Meridian is responsible for the movement and transformation of various solids and fluids throughout the system, as well as for the production and circulation of nourishing and protective energy. It is a functional energy system, involved in regulating the activities of other organs, composed of three parts, known as 'burners', located in thorax, abdomen, and pelvis. The Upper Burner controls intake, the Middle Burner controls transformation, the Lower Burner controls elimination. The Triple Warmer Meridian also known as Sanjiao/Triple Burner/Heater/Energizer, is a yang meridian and paired with the Pericardium Meridian.

The Pericardium Meridian, also called 'Heart Constrictor' or 'Circulation-Sex' Meridian is a [yin meridian](#) and is paired with the Triple Warmer Meridian.

The Pericardium provides the heart with physical protection and its energy also protects the heart from damage and disruption by excessive emotional energies generated by the other organs, such as anger from the liver, fear from the kidneys, and grief from the lungs.

**Page 18 + 19.**

Place both pages and read everything on page 18.

**Page 20 + 21.**

Place both pages and read everything on page 20.

**Page 22.**

Read everything.

**Page 23 and 24.**

Place both pages and read everything on both pages except the top two lines on page 23.

**Page 25.**

Read everything.

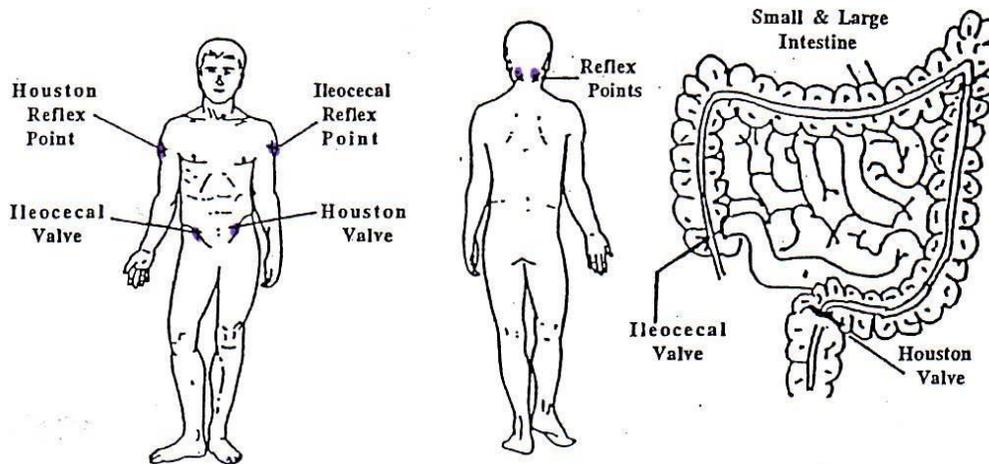
Finish the session with a few personal words of thanks and gratitude.

**Now give yourself a pat on the back. Congratulations and well done.**

**Page 26. Maintenance.**

**Not necessary to print for yourself if you are the healer but do give to patients.**

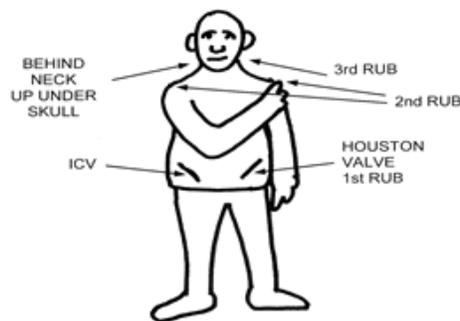
For the first few weeks carry out the 6 rubbing point exercises described and lessen as time passes but continue as and when it just feels right. You will begin to understand your body's needs. I recommend you consider practicing the Tibetan 5 Rites as part of your maintenance.



Gently rub these 6 points twice daily and more often when feeling below par!

Your Lymphatic System is a network of vessels and small glands called lymph nodes and this system removes blood plasma proteins and returns them to the blood stream through the subclavian vein which is just below your collarbone.

### ILEO-CECAL VALVE COMPETANCY



DO AT LEAST 2x DAILY

### IONIZATION

Raising level of negative ions to keep the body alkaline / acid levels correct

Close Right Nostril  
Sniff up Left Nostril

As many times as possible about 3x daily

**Page 27. For Advanced Practitioners Experienced in Theta Healing working with a client:**

Place the IAST work sheets on your client and go into Theta.

From Seventh Plane make the Command in your mind.

Witness the energy leave and the new energies/programmes being downloaded from  
**Creator of all that is.**

**Do this in silence.**

Watch until the energy stops and you know  
it is finished for each page. Then, if you feel the need to,  
read out any relevant information.

Go to the next page and back into Theta and Seventh Plane.

Make the Command for what is on the page.

**“Creator of All That Is: It is Commanded ... ..”**

**Always finish with “it is done... it is done... it is done”**

**Thank you... with love and gratitude.**

### **I.A.S.T. Body Mind Balance from Seventh Plane**

Changing beliefs/programmes/thoughts/feelings;

Deleting negative energy/ emotions/thoughts/feelings/projections etc.

With Theta DNA Healing. This is how to do it:

Put your awareness in your Heart Centre; send your energy down into the centre of Mother Earth, into All That Is. Bring the energy up through your feet, into your body and bring the energy up through all the chakras. You are grounded.

Look up, with closed eyes, and imagine looking above your head (REM). Go up through your Crown Chakra, raise and project your consciousness out past the stars, the Universe. Go beyond the Universe, sending your energy up through the layers, through the jelly-like 6<sup>th</sup> plane (the

Laws), into a pearl, iridescent /white light, into the Seventh Plane of Existence. Connect to Source. Imagine being there and say, in your mind - make the command

**Creator of All That Is: It is Commanded that the  
belief(s)/programmes/negative energies  
be pulled out on all four levels.**

**Resolved on the History** (past lives)  
**Cancelled on the remaining three** (core, genetic, soul).

**All four washed, cleaned and sent to God's Light.**

**To be replaced with positive energies/programming**

(Usually the opposite of the pulled belief/programme)

**And/or whatever Source says,** (listen and wait)

**It is done. It is done. It is done.” Thank you.**

Then imagine looking down on yourself and witness (visualise) the old programmes of energy being pulled out on all four levels and sent to God’s Light. Visualise/imagine the new programmes of energy flowing in from God’s Light, replacing the old on all four levels.

Go to Theta/Seventh Plane and make the command for each page of the IAST pages.

**Do this in silence.** Watch until the energy stops and you know it is finished for each page.

When the Code Book ends, wash yourself in Clear Light or under a crystal clear waterfall and bring yourself back in through your Crown Chakra. Centre in your heart and ground again. It is as simple as that.