

Electronic Kinesiology

Using the InnerTrac™ Emotional Response Indicator



by Hank Levin

**"GPS for
the Mind!"**



Summary of Advantages of the InnerTrac™—

- Gives an objective assessment of the situation.
- Helps to “read” people who don’t easily show (or purposefully hide) their emotions.
- Significantly speeds up the time it takes to handle a particular issue.
- Will honestly tell when there is still some part of an issue that not yet resolved.
- Removes the mysteries behind why some people don’t seem to improve.

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DISCLAIMER

The InnerTrac™ does not impart any curative energy or vibration, electrical or otherwise, and no representation as such should be made or inferred. It does not reliably diagnose any illness or psychiatric condition. It only provides some clues to the therapist about a person's emotional state relevant to a specific issue, which can be entered into the process of professionally evaluating the situation at hand.

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by Hank Levin

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Chapter 1

Introduction to Electronic Kinesiology

I'm Hank Levin, and I have a background in biofeedback-guided therapies. When I learned EFT, I thought it would be really nice to back up my muscle testing with something a little more scientific and objective.

You probably already know that EFT and associated Energy Psychology therapies and techniques are the biggest advance to personal therapy in recent history.

However, most novices—and many professionals—find certain aspects of EFT a bit challenging. EFT pioneer Gary Craig has said (and I'm paraphrasing), “When EFT doesn't work, it's because we're not running the right thing.”

People may know they're in discomfort or even anguish, but often don't know exactly why. That's why most of us use muscle testing (a.k.a. Kinesiology) to make sure we're running the right thing.

In the hands of an expert, muscle testing can be remarkably accurate. Now, I'm sure you've used muscle testing, at least on occasion. But how confident are *you* in the results of your muscle testing technique?

Wouldn't it be nice to have something that was a little more *objective*—maybe something you could even check your muscle testing against to make sure it was accurate?

That's why I developed a simple system I call *Electronic Kinesiology*. It uses this small measuring device called the InnerTrac, that measures instantaneous emotional responses.

Chapter 2

The InnerTrac™ Emotional Response Indicator

The revolutionary InnerTrac is a small, hand held device that measures subtle changes in the electrical resistance of the body that occurs in the presence of stress. It is carefully designed to serve as a valuable guide in a remarkable number of healing modalities—from EFT, TFT, TAT, EDx™, BSFF, and EMDR to traumatic incident reduction. It allows one to detect and pinpoint the presence of emotional “charge,” verify the progress of its resolution (via any number of modalities) and *even verify that it has indeed been resolved!*

In short, the InnerTrac will measure the progressive release of negative emotions! This makes it invaluable for guiding you through the successive steps of any really effective therapy or personal consultation.

Furthermore, with skill, the InnerTrac can be used to assess a number of likely or possible issues, and ascertain the one with the most “charge” at the moment that is most accessible to be effectively handled!

How Does It Help?

In Energy Psychology—and other modern therapies as well—muscle testing is used primarily in two ways: for *assessment* and for *verification*.

Assessment

It is well known that the greatest challenge in Energy Psychology work (EFT, TFT, TAT, EDx™, BSFF, and EMDR, etc.) is finding the correct item to run. The problem is that people who are in anguish very often don’t know what in their life is actually causing it. Assessment of the various possibilities is typically done by guesswork (which is hit-or-

miss), or by muscle testing, which takes significant skill on the part of the practitioner. The InnerTrac will indicate specific issues underlying the person's difficulties, either in normal conversation or by assessing a list of reasonable possibilities. Thus, much time is saved by having an objective method for indicating specifically what to address in the session—whatever modality is being used.

Verification

The typical method for deciding whether a therapy technique is working, or if the treatment is complete, is to ask the client to assess the current level of distress on a scale of 1 to 10 (i.e., the SUDS method, or Subjective Units of Distress). The main problem with this is that it *is* subjective—and may only be valid in the moment. Sometimes a client will claim that an issue has “improved” just to be congenial—but outside of the energy of the session and the therapist's healing presence, the problem could still be unresolved. The InnerTrac will show much more objectively whether the issue is in fact still unresolved or not.

For instance, you might tap (or have your client tap) until there is some perceptible relief, then ask, “Is there any remaining distress from [the issue being handled]?” while carefully observing the response LEDs on the InnerTrac. If there is no sudden discharge in response to that question, you may reasonably assume the subject is handled. However, *you should confirm this with the client.* (If he or she says that it is not handled, you must continue the process.)

Chapter 3

Additional Benefits of the InnerTrac™ in Electronic Kinesiology

Aside from the procedures of assessment and validation, there are several other very important indications that you can get from your InnerTrac:

Detecting Client Upset

If a client is sufficiently upset about someone, or if the client has somehow become upset with the therapist, it is *much* harder to get *any* procedure to work. The InnerTrac can show if this has happened, and give the therapist a chance to resolve the upset before continuing, making speedy resolution of the issue much more likely.

If someone is becoming unhappy or angry, it will show this well before the person realizes it, so that you have ample time to deal with the anger issue before it gets out of hand.

Going On Too Long

Furthermore, continuing to run a procedure beyond the point where the issue *is* resolved can ruin the joy of a well-done session. The InnerTrac will show not only that the session is complete, but also if the procedure has gone too far, allowing the therapist to restore the “freshness” of the newly attained release!

Sometimes an issue is fully handled before you actually realize it—continuing to try to “fix” it past that point can make the person feel bad, glum or sad. The InnerTrac can avoid this situation.

Chapter 4

How Does the InnerTrac™ Work?

The easiest way to understand how it works is that it is responding to the energy that *accompanies* thought. This energy impinges on the body so as to cause changes in the body's electrical resistance.

To be a little more technical, the InnerTrac measures subtle changes in the resistance of the skin to tiny electrical currents. For over 100 years, it has been observed that the conductivity of a person's skin changes abruptly with changes in thought and emotion. Carl Jung recognized the potential importance of this as an aid to therapy; however, he never really figured out how to harness this phenomenon in a practical way. Because the equipment he was using was unamplified, these changes were thought to be slow and gradual. The *instantaneous* relationship between conductivity and a specific thought was not recognized until sometime in the 1940s, when research equipment used to measure skin conductivity was amplified for the first time. Inventor and therapist Volney Mathison conducted extensive research in the 1950s, but even then, the significance of changes in conductivity was not fully understood. [You can read more about this in my article "Using the Biomonitor: An Energy Gauge for Mind and Body" in the book *Energy Psychology in Psychotherapy*, edited by Fred P. Gallo, PhD., W.W. Norton, 2002.]

Through many years of working with the biomonitor, I learned to recognize significant patterns of change that were important in detecting the presence, buildup, and release of a kind of "energy" associated with certain thoughts. The body experiences this energy as "stress." I call this energy "Negative Mental Energy." I like to use the acronym "NME"—an apt name for something that causes so much trouble!

I also learned to recognize patterns of change that indicate upset or anger, as well

as the *release* (or transcending) of issues previously containing this negative mental energy (NME).

The InnerTrac is designed, using recently developed technology, to signal the occurrence of each of these patterns by means of various colored LEDs (*light emitting diodes*).

It is important to understand that a thought (or memory) can have various degrees of NME attached to it. For instance, if you invoke the thought of “mother” to one person, there might be no NME whatever, and the InnerTrac might indicate a state of “release” (or joy, or bliss). For another person—perhaps an orphan—the thought of “mother” might show a reaction of extreme NME (sadness, upset, anger, etc.) Also, that thought might be difficult to access, or bring to consciousness—even though it shows on the InnerTrac.

If, through appropriate therapy, the NME is removed from the thought (or memory), it can then be invoked *without* the negative indication on the InnerTrac. In fact, the thought would then actually become easier to access clearly, and without the previous discomfort.

For instance, a person has experienced a terrible auto accident. He cannot remember it clearly, and there are parts he cannot remember at all. He also becomes quite distressed when discussing it. In therapy, the NME is reduced or discharged from the memory of the accident. Now he can not only recall every detail of the event—he can also discuss it without becoming upset!

Chapter 5

How Is the InnerTrac™ Used?

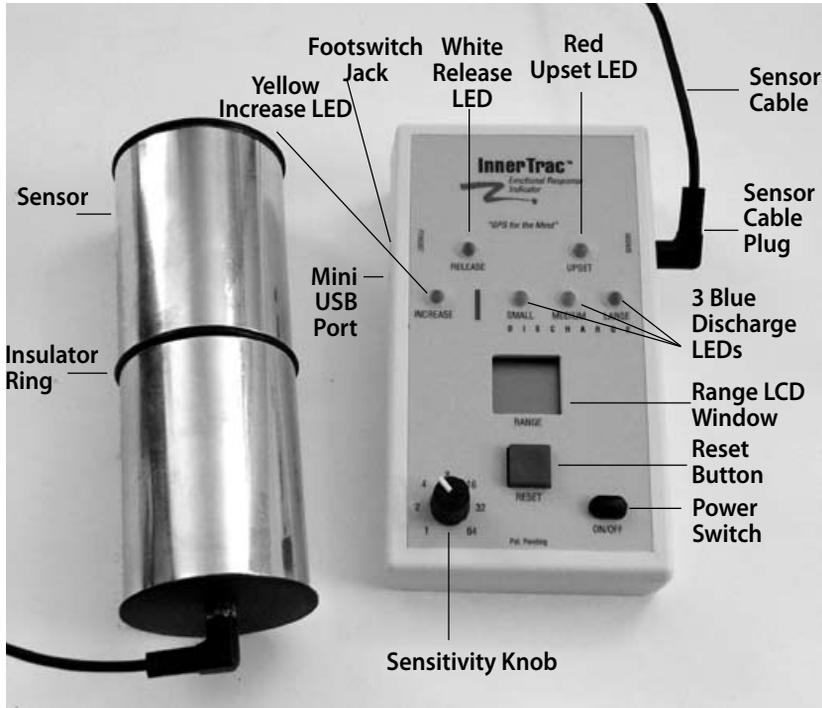
Amazingly, the InnerTrac is incredibly simple to use, unlike complex biofeedback equipment whose indicators can require weeks or even months of training.

The Parts of the InnerTrac [Fig. 1]

The parts of the InnerTrac are very simple to identify:

1. Power Switch
2. Six Indicator LEDs (colored lights). Their use will be described below.
3. Range Window. Shows the current Range in an LCD (liquid crystal display) readout from 0.5 to 6.5.
4. Reset Button
5. Sensitivity Knob
6. Mini-USB port. (Its use will be found in Chapter 9.)
7. Metal Cylindrical Sensor
8. Wire Sensor Cable

Fig. 1 Parts of the InnerTrac



The Indicator LEDs and Their Use

There are six colored LEDs. Three of them work together showing *degrees of discharge* of negative emotion. Each of the other three LEDs up to show when an important event is happening.

1. The three blue Discharge LEDs work together, lighting up when discharge of negative emotional energy is occurring. Small discharge = one LED [Fig.2]; medium discharge = two blue LEDs [Fig.3], large discharge = three blue LEDs [Fig.4]. Simple.

When an issue that has been suppressed or repressed is approached in conversation (or read off of a list) one or more of the Discharge LEDs will flash *momentarily* at mention of the subject, but will not remain lit. This indicates that the issue has been contacted. It is not resolved *but it is accessible to work on*.

2. The yellow Increase LED shows when negative energy is increasing or accumulating [Fig.5]. This is an indication of something that seems too hard to look at—accompanied by a building feeling of discomfort or fear. The person is not always conscious of what it is, or even that this is occurring. But if you're trying to understand the situation, you need to know it's happening.

3. The red Upset LED lights up when the person is angry [Fig.6]. This is extremely important because if someone is angry, it is extremely unlikely that improvement will occur. Depending on your modality, there are various ways to quickly resolve an upset; but if you ignore it you are probably wasting valuable time.

4. Finally, there is a clear white Release LED that lights up to indicate that a person has attained a state of *release from the issue* you've been working on with them [Fig.7]. It signals that the problem has *likely* been resolved, and this is a good place to end off.

The Range Window

Whereas the Indicator LEDs show subtle changes in skin conductivity that are useful in assessment and validation, the Range indicates gross measurements of conductivity. The Range goes from 0.5 to 6.5, with the higher amount representing less conductivity, and the lower amount representing more conductivity. When there is sufficient discharge (shown by the blue Discharge LEDs lighting up and eventually blinking) the range will go down in value [Fig.8]. Conversely, when there is sufficient increase of negative mental energy (shown by the yellow Increase LED staying lit and eventually blinking), the Range value will increase [Fig.9].

The actual Range value when a person first picks up the sensor is not very significant.

Fig. 2 Small Decrease



Fig. 3 Large Decrease



Fig. 4 Medium Decrease



Fig. 5 Increase



Fig. 6 Upset



Fig. 7 Release



Fig. 8 Blinking Decrease



Fig. 9 Blinking Increase



It might start high (4.5 or above), and will typically descend in the first few moments as the person becomes more settled and the sensor adjusts to body temperature. The Range value is much more important by comparison from moment to moment. As the person discharges negative mental energy (NME), the Range will come down—a desired result.

Conversely, if the person is gradually becoming more “uptight,” the Range value will climb—not a desired result, but it does happen and the practitioner needs to understand its cause, and how to handle it.

The Reset Button

The InnerTrac resets itself whenever the Range of the client moves up or down so far that the numeric value of the Range changes in the Range Window (usually preceded by the blue or yellow LEDs blinking). However, the resetting process may take a few moments to occur, and if the practitioner is about to ask a question, the resetting process might interfere with the InnerTrac’s response to the question. Therefore, the red Reset Button is used immediately prior to the question to “force” the reset process and make sure that it does not interfere with the upcoming question.

Also, the Release and Upset LEDs are both set to persist a few moments, to make sure they are recognized; pressing the Reset Button will turn them off, and allow the practitioner to proceed with the session.

The Sensitivity Knob (and Scale)

The Sensitivity Scale runs exponentially from 1 to 64. The Sensitivity Knob’s use is described below, in Chapter 6 “Getting Started.” At the beginning of a session, it is usually set on 8, then adjusted as needed.

Chapter 6

Getting Started

Beginning Steps

1. Install a fresh 9-volt battery into the back of the unit.
2. Turn unit on without the Sensor Cable plugged in. Range LCD will read 2.0.
3. Plug one end of the Sensor Cable fully into the Sensor Jack on the right side of the unit, and the other end into the jack on the Sensor itself.
4. If working by yourself, place the InnerTrac on a table or desk in front of you or on your lap. If working with another, place it on a desk or table where it can be easily viewed by yourself and your client. (A removable tilt-stand is available for easier viewing.)
5. Hold the sensor in one hand so that the palm, and fingers contact both fields (divided by the black insulator ring). Grip should not be tight (this would cause fatigue in the hand), but steady.
6. Set the Sensitivity Knob to 8 initially. You may adjust it up if you see no activity in the yellow Increase or blue Discharge LEDs, or downward if you see that the Range is continually resetting up and down.



You are now ready to go!

[Note that if there is no activity for 20 minutes, the unit will automatically go into “power save” mode, indicated by “P d” in the LCD window. To restart, turn off and then on.]

Demonstration Exercise

Do this exercise on yourself, and also on someone else.

Read the following questions out loud while holding the sensor. Note which LEDs light up when you read each question.

Group I

1. Recall an animal that was really cute. What kind was it?
2. Recall a movie you really liked. When was it?
3. Recall a time that something you did was really appreciated.
What was it?

Group II

1. How do you feel about your work?
2. How do you feel about your current relationship?
3. Is there something you've forgotten to do?
4. Is there something you wanted to tell someone but didn't?
5. Is there an issue you'd *really* like to get handled?

This should give you a good idea how the LEDs work. You probably observed bigger responses on the InnerTrac in the second group—and that the responses were more immediate. That's because the responses in the first group are caused by associative thinking, which takes a moment; whereas more of the responses in the second group are caused by *residual* negative energy.

[Note: If you have trouble getting the InnerTrac to read on yourself, but it reads on another person, don't worry; this is not unusual with these demo questions. It is more likely to respond when dealing with actual personal issues.]

Chapter 7

Using the InnerTrac™ in Energy Psychology

Before addressing a personal issue in depth, it's a good idea to ask the person to locate it on the SUDS scale (Subjective Units of Distress, on a scale of intensity from 1-10). Then, before commencing the session or treatment, have the person tell you *in detail* what they want handled, and check *as they are telling you* that the blue Discharge LEDs are active. This confirms the presence of NME that is ready to be addressed in therapy.

Sometimes as the person is describing the personal issue he or she is in distress about, the NME on it will *release* so completely that the white Release LED will come on! At this point it would be good to tell them, "There seems to have been a release of energy on this just now. Is there any change on that scale of 1-10?" If there was a significant reduction, this *may* be a good place to end the session.

If, on the other hand, as the person is telling you about the personal issue in detail, the yellow Increase LED is continuously displaying (indicating an increase in NME), there are two possibilities:

1. The issue will be somewhat more difficult to handle, but will eventually resolve.
2. The issue has not been stated accurately enough (or is not really *the* issue that needs to be handled), and will most likely not resolve until the correct issue is found and stated accurately.

In either case, you may proceed with the therapy; but observe the InnerTrac and look for discharges. If there are discharges—even if they are intermittent—you may

continue and be reasonably confident that the issue will resolve. However, if there are no discharges, or if the yellow LED indicates a continuous increase of NME, you will need to either get the issue clarified or find the *right* issue.

How to Assess

Sometimes the client feels he or she has several issues that need to be handled, and can't easily choose. Then again, a person who is severely stressed may not have a clue which personal issue is causing it. Indeed, there may be several—but it would be good to choose the highest NME issue that is “available” to them on a conscious level. They may have an idea of various possibilities, but no certainty as to which is the most important thing to handle first.

This is an ideal situation for the InnerTrac. There are two main methods for employing the InnerTrac here:

1. Have the client mention each issue *in a single phrase* (not in depth), one after the other. Watch the InnerTrac as the client enumerates the various issues, and note the size of the Discharge (1, 2 or 3 blue LEDs) associated with *each* issue. Choose to run the issue with the discharge of the greatest magnitude first.

If an issue lights all three blue Discharge LEDs and *causes a downward reset of the Range value*, run that issue immediately.

2. Have the client talk briefly about each issue. Write a word or phrase representing each of the issues, as it is being mentioned, in a list. When the client is satisfied that the list is complete, read it back to the client one item at a time, noting the size of the Discharge (blue LEDs) in response to *each* item on the list. Choose the item with the largest Discharge as the issue to handle first.

Any time that it is desirable to select a correct item from a number of possible items, the InnerTrac gives a relatively objective way to do this. The list of possible items might

be gleaned from the client herself, or presented to the client by the practitioner.

For example, the client is terrified of dogs. You would have the client hold the sensor, and ask, “Why do you suppose you’re terrified of dogs?”

The client might come up with some plausible answers, like, “Dogs are dangerous,” and “Dogs are stupid.” If you watch the InnerTrac as these answers are given, it probably won’t respond. Get lots of reasons—it doesn’t matter that they are mostly “not the one.” At some point she might say, “A dog attacked me once,” and that might give a large discharge (three blue LEDs) as she says it. That’s the one! Now you know to deal with that traumatic incident.

Or, the thing that gets the big discharge might be having witness her brother being mauled—also a traumatic incident. Or, she may never have had a traumatic incident concerning a dog—but her mother was terrified of dogs, and became hysterical around them, and imprinted her child with an irrational fear that pops in when the client is operating in her mother’s persona (which might be rarely, occasionally, or chronically). In this case, it might be good to concentrate more on her relationship with her mother, than on dogs!

Alternatively, the list of items to assess might come from the practitioner, from a written or printed list or improvised from the practitioner’s professional insight and experience.

Note: Sometimes it happens that the practitioner’s list does not contain the correct item or issue. You would know or suspect that if none of the items gets a reaction on the InnerTrac when mentioned.

If you try to work extensively with an item that has no negative energy on it (no discharge showing on the InnerTrac), you will end up with no change in the condition, and a very disgruntled client.

Using the InnerTrac to Verify Results

In the process of treating a personal issue, practitioners will usually pause the procedure and use muscle testing to evaluate the progress of the treatment. If the client is holding the sensor during the treatment, it is not necessary to stop and “test” to see whether it’s working—you can see the negative energy blowing off as you proceed.¹ Thus, you can evaluate the effectiveness of your treatment on an ongoing basis.

Again, it is imperative that you confirm with the client that the treatment has been effective!

As you continue with the therapy procedure, you should notice either a continuous or sporadic discharge of NME (shown by the blue Discharge LEDs). Furthermore, the Range quantity should decrease somewhat. (E.g., if it starts around 4.5, it may end up around 3.1 or so.) If it begins to climb, e.g., 3.5 and continues to climb to, say, 5.1—your procedure *is not working!* You must take a break and find out what is really happening. These are the possibilities:

- a. You are running the wrong thing.

Remedy: Talk to the client and find the correct issue to run.

- b. The issue is defined too vaguely.

Remedy: Help the client to define the issue more narrowly.

- c. The client is distracted by something in the environment or in his/her immediate space. (E.g., the room may be cold, they may be worried about being late for an appointment, they may be hungry, etc.)

Remedy: Find the present distraction and handle it before resuming the session.

¹ Furthermore, you can identify certain moments when it comes off in particularly big chunks! By noting those moments, you might be able to ascertain exactly what thoughts or fears within his issue the person has just resolved.

- d. The client is upset with you for some reason. (They may feel you interrupted them, or invalidated them. You may remind him or her of someone who hurt them in the past. You may have a communication mannerism that exasperates them.)

Remedy: Get into *good* communication with the client, and make it safe for him or her to confide what is going on. Handle it in conversation. (You may even have to “tap” on it!) Then, with their permission, resume the main part of the session.

- e. The client may be embarrassed about some personal detail and fearful about it being disclosed.

Remedy: This can be difficult. Make the client feel safe, and convinced that you are entirely trustworthy and non-judgmental.

- f. You may have gone beyond a point where the person experienced a significant relief, without acknowledging their accomplishment.

Remedy: Ask, with the client holding the sensor, “Did we go past a point where you felt this issue was actually resolved?” If there is an immediate Discharge upon asking this question, ask, “When was that.” When the client recalls the moment of the “release,” he or she will feel better again—and will regain that feeling of release or transcendence that was ignored. This is, then, a good place to stop!

Chapter 8

Using the InnerTrac™ on Yourself

People can learn to use the InnerTrac on themselves, so that they become more aware of what they're thinking and feeling.

In addition to its usefulness as a tool for *assessment* and *validation*, it can be an elegant meditation aid, indicating the presence of subtle negative energies in one's space—and their underlying sources.



To use the InnerTrac in this way requires the development of the ability to play *both* the role of the practitioner and that of the client or patient.

I have found that the best way to do this is to ask questions from a previously prepared list, carefully noting the responses on the InnerTrac as you actually answer the questions. Depending on what you are trying to ascertain, there could be only one or two questions on the list. This will allow you to remain objective as you ask the question(s).

Of course, this is *not* a prerequisite for conducting the tapping therapy on oneself. However, to maintain the fullest objectivity available with the InnerTrac, you may want to keep the necessary questions to the side until you are ready for them; then read them from your list as you observe the response LEDs. In a subtle way, this allows you to “switch gears” and become the “practitioner” when you are assessing various possibilities of issues to tap on, or assessing the success of your work afterwards.

In this way, the technique for working with yourself on the InnerTrac will be not much different from working with a client.

Chapter 9

FAQs

Q: How do you know what thought the InnerTrac is reading on?

A: You don't—unless you invoke the thought yourself (by directing the person's attention), or ask the person to identify it.

The guiding principle is that people do not usually think more than one thought at a time. So, if you invoked the thought (e.g., by asking a question), you can assume *that's* the thought that's reading on the InnerTrac.

Q: A question is “reading” (i.e., the InnerTrac is responding to a question from the practitioner), but the client can't find any answer. Why—and what to do?

A: The answer to the question is there, but it is just below the level of consciousness. It's like you're looking for a file on your computer—you *know* it's there somewhere, but the computer says, “File not found.”

The guiding principle here is that *it is possible to think a thought without knowing you're thinking it!*

The fact that it is reading on the InnerTrac shows that the thought is *not* so suppressed as to be irretrievable. Helping the person to locate the elusive thought is a skill that the practitioner will eventually develop with practice. Ask the question again, and wait. This will put the person on a “scan,” looking for the thought. As the person quietly searches for the elusive thought, each time they scan past it, the InnerTrac will show a brief momentary discharge by one or more of the blue Discharge LEDs flashing. When this happens, immediately say, “That's the thought.” This will direct the person back to the thought. Doing this repeatedly will bring the Discharge reads closer and closer

together, until the person recognizes the thought. At that point, there will be a large Discharge, enough to lower the Range value. They will then tell you what they found.

Do *not* ever tell the person what they were thinking—even if you think you know. Let him or her discover their own “lost” thoughts. It’s far more empowering, and will keep you from getting into arguments with your client.

Q: Is there a danger in working with the InnerTrac?

A: The only “danger” is in beginning to work on an important issue (i.e., one with a lot of NME), and going on to yet *another* issue before you have resolved the first. If you do this—jumping from one issue to another, leaving each one unresolved—the person will become extremely distraught. They may not even know why they have become so upset!

Furthermore, you *never* intentionally evoke a highly charged (high NME) thought or issue with no intention of handling it!

Q: How can I be sure there is nothing in the current environment that will distract my client?

A: If there is a distraction in the environment, this annoyance could cause its own “reads” on the InnerTrac, possibly interfering with the reliability of the information it gives. To be sure this doesn’t happen, simply ask the client at the outset of the session, while on the InnerTrac, “Is there anything here that might distract you from our session?” If that question produces a Discharge (one or more blue LEDs), find out what it is and handle so it is no longer a distraction.

Chapter 10

Updating the InnerTrac's Firmware

The InnerTrac's internal programming, or firmware, will occasionally be improved. These improvements are available at no cost online, and can be installed by following the simple instructions below.

You will need the USB cable supplied with your unit. If you don't have one, call 415-492-0728 or email info@inner-trac.com.

1. With your Internet browser, go to <http://inner-trac.com/downloads>
2. Click on InnerTracUpdater_0_06.zip [or the latest updater file posted there]. The file will automatically download. When prompted, save it to your computer.
3. Unzip the file.
4. Plug the wire cable into your computer USB port, and into the mini-USB port on the left side of the InnerTrac. This will automatically turn on the InnerTrac. (It is being powered from your computer through the cable.)
5. Run the Updater program. It will finish in a few moments, and notify you when it is done.
6. Disconnect the InnerTrac—you're done!

Give Us Feedback!

Please email Hank Levin at hank@inner-trac.com and tell us about:

1. How you're using your InnerTrac.
2. Any wins you've had with the InnerTrac!
3. Any problems you might be having using the InnerTrac.