

Working with the Ku Switches:

A Simple 'How-To' Guide

What This Is...

This is a dowsing-based technique for checking whether or not 8 specific qualities were 'switched on' or activated by the body-mind during childhood... and then finding out if any old negative beliefs - "programs" - are limiting the successfulness of any of the eight qualities in the present. The "Ku" is the term used for the body-mind: the deeper part of a person that can turn these switches on (and also stores these programs) and can most easily be communicated with by asking questions with a yes/no answer.

Step 1: Get a Reliable Yes/No Signal

Before anything else, you need a clear way to communicate with the Ku. The three common methods:

- **Pendulum dowsing**
- **Muscle testing**
- **Body swaying (forward and back)**

These are learnable — plenty of free tutorials online. Practice until your yes and no responses are clear and consistent. Test out with known true/false statements.

Step 2: Ask Permission

Once you have accuracy, spend a moment of mindfulness tuning in: you need to find a way to 'tune into' the person so that the answers come from their Ku.

Experiment - this is worth the effort and is really important, it requires sensitivity.

Ask if the Ku is happy to work with you (- either your own, or respectfully, with consent, someone else's), and go ahead if you get a 'yes'.

If you get a 'no' — you will need to use questions with a yes/no answer to discover why your/their Ku doesn't want to help and what would make the Ku happy to work with you instead. The Ku is generally happy to help with anything that benefits the person.

Step 3: Work through the Switches

You need to discover if each switch was turned on at the designed time and whether or not it is operating freely. Work through the switches one at a time, checking each against different ages.

For example: *"At age four, was the safety switch turned on? (At that time period the Ku was observing whether or not the toddler was safe, fed, clothed and not bullied etc- if the requirements were met then it gladly switched on that quality for life) If 'yes' , the switch was turned on - great, If 'no' – you can request the Ku to turn it on now. Having confirmed the switch has been turned on (it might take a moment or two) - you now need to check if it can operate fully and freely. Do this with the switches that were already turned on too. If 'no' it is not able to function freely – it is likely a negative or out of date 'program' is limiting its operation.*

Step 4: Trace the Program to Its Source

Once you've found a blocked/limited switch, explore what is affecting it:
Use the '20-questions process' to uncover where the program or negative belief has come from.

- Was it caused by **one event**, or did it develop **over a period of time**?
- **Who** was responsible — a parent, another family member, someone else?
- If it was over time, narrow down the **age range** (e.g., 9 to 10).

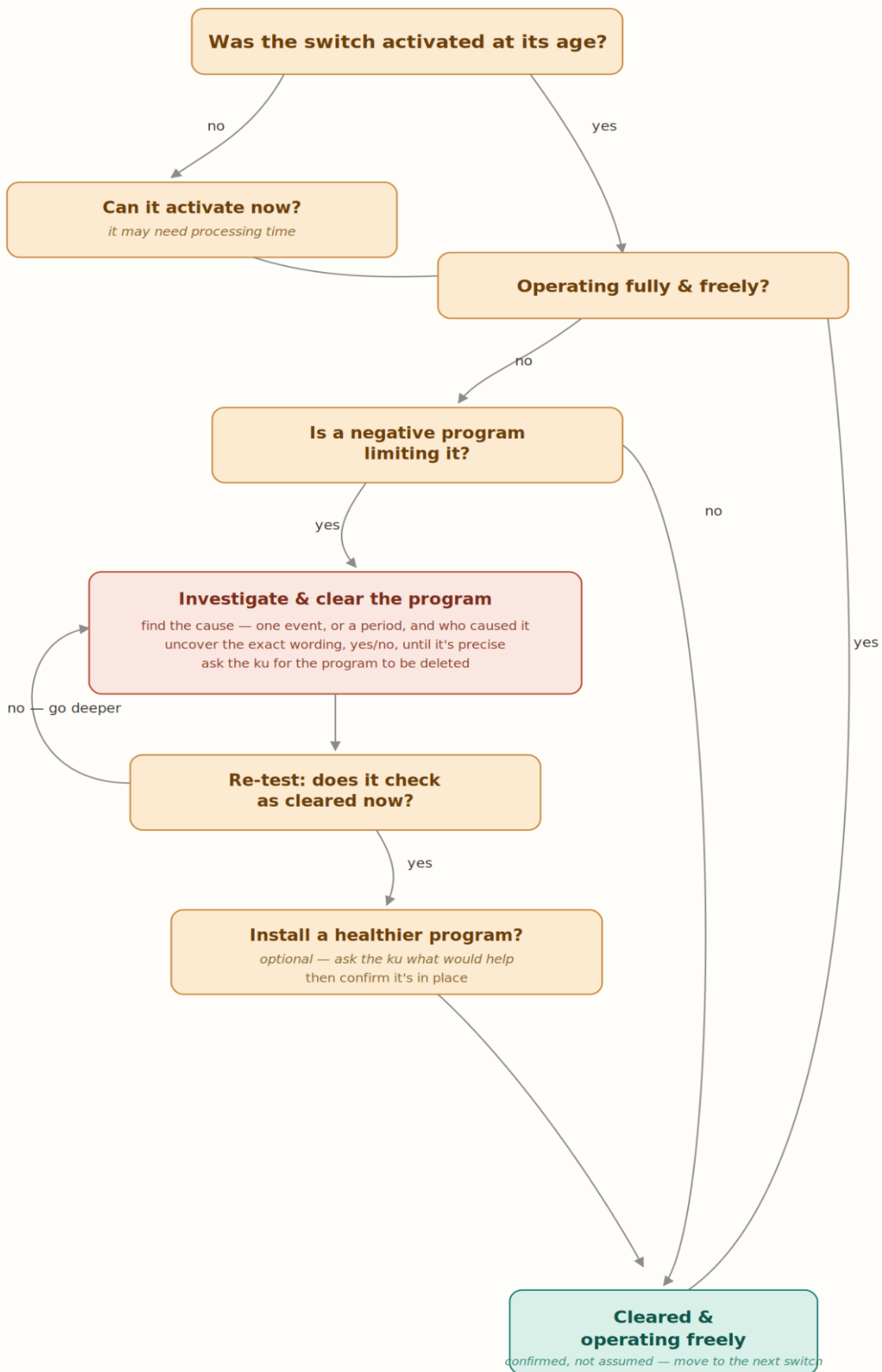
As you close in, the person often starts remembering the actual situation — a parent losing a job, a divorce, financial strain, whatever it was that caused the Ku of the person to pick up on and store a certain unfortunate world view (program). The programs a Ku is running manifest the type of reality we experience.

Step 5: Find the Exact Wording

This is the key step in removing a negative program.. You're working to identify the exact sense of the unfortunate worldview that got logged by the person's Ku as a true statement about life — confirmed piece by piece via yes/no questions.

Examples:

- *"Money is scarce — we have to count every penny."*
- *"No one will love you if you do X."*
- *"No one ever pays attention to me."*



Step 6: Clear the Negative Program

Once the wording of the 'program' is identified, and confirmed, you can show the person — and the Ku — that it was a distortion: (inaccurate or outdated) - something a well-meaning (or not) adult said, or a child saw, which was taken as literal truth and has been affecting that person negatively ever since. You can now request the Ku to delete this program. (Check it is gone!)

You can then ask the Ku if it would like a healthier belief installed in its place — something open-ended and positive around that same quality (love, safety, playfulness, independence, etc.). Sometimes this is desirable, sometimes it's not necessary.

Step 7: Move On

Once a switch is clear, move to the next one. Repeat the process.

The Core Loop, Simplified

1. Get a yes/no communication.
2. Ask the Ku's permission.
3. Check each switch one by one.
4. If the switch's functioning is impaired, trace a negative program's origins (event or period, and who caused it).
5. Nail down the program's exact wording.
6. Request it deleted, and install something healthier if asked for.
7. Repeat for the next switch.

It's methodical and logical — closer to debugging a program than "energy work" — even though the tool (a pendulum) sits outside conventional approaches. The idea is that with a clean yes/no channel, patient questioning and genuine curiosity, an old outdated rule can be found and rewritten if needed.

A Personal Note

Some thoughts from Mike, on working with the switches

Before anything else, I like to ask the person I'm working with one question, out loud:

"Do you want healing to occur in your life?"

It sounds like an obvious yes. But healing can bring real change, and it can require you to upgrade aspects of your life. I've found that the Higher Self — the Kāne — will actually limit what these switches can do if a person isn't ready for the transformation they'd bring. So only go ahead on a strong, genuine yes. If nothing seems to shift afterwards, it usually just means the person wasn't ready yet — and in my experience, the switches tend to activate later, at the point when they actually are ready.

Where this came from...

Finding these switches, and the means to activate them, came as a real surprise and delight during a period of a lot of change — for me and, I think, for most of us right now. It only became possible once I set aside the more clinical map of the self that most of us inherited from Freud and the therapeutic tradition that followed him, and turned instead to the system used by the Huna Shamans of Hawaii — a body of knowledge that's wise, user-friendly, and thankfully survived the missionaries who tried to stamp it out a few centuries ago.

What to expect

The benefits grow subtly week by week — expect no fireworks though, it is undramatic. Here's roughly how it unfolds:

6 weeks on

a subtle sense of empowerment is noticed.

15 weeks on

the previously missing qualities become palpable — you feel calm and strong, and can cope with what comes along.

If you're new to the yes/no interface

This method is easy to fold into BodyTalk, Kinesiology, Emotion Code, Touch for Health, EFT, pendulum dowsing, or bio-tensor work — if you are a practitioner or already use one of these, you're set. If you're starting from scratch, search "how to use a divining pendulum," or try something simpler: **body swaying**.

Stand up straight, take a moment to sense your body, then ask it to give you a "yes" by leaning gently forward — toward something good — and a "no" by leaning back, away from something unpleasant. Test it against a few statements you know to be true or false. If it works for you, you've got a slow but usable interface. Pendulum dowsing is quicker, but it isn't for everyone — use whichever gives you a clean signal.

When you're ready to begin, take a moment to tune in, and ask out loud: "Can I speak with my ku, please?" — or, working with someone else, "Can I speak with [name]'s ku, please?" Once you get a clear yes, you're away.

On the questioning itself...

The part of us that stores memory, belief, and feeling — and directs our biology — responds well to being asked logical, methodical, exact questions. Treat it like a game of twenty questions: the more precisely you narrow in, the faster the answers come.

I like to understand why a switch didn't turn on at the time — it's worth acknowledging what was going on in the family then — but the switch can be asked to activate regardless of whether you find that out.

Where the beliefs come from...

A negative program can come from something an adult said — once, or repeatedly — from watching events unfold, or simply from the general conditions of a childhood. A couple of examples from my own work:

A six-year-old girl... watches her father enjoy his business, become very successful — and then fall ill. The two events aren't connected, but the six-year-old can walk away having stored the idea: *"never get too happy or too rich, or illness will follow."*

A ten-year-old boy... hears his mother say over and over, "we have to count every penny." It's the functioning of the Providing switch nuked from a different angle. Once you've made a program/belief like this conscious — through careful yes/no questioning — it's usually enough to explain to the Ku why the program is inaccurate, and ask for it to be let go. Then check it's actually gone.

You'll sometimes need to be a psychic truffle hound to root these out. Useful starting questions: was this one event, was it from a series of events? Was a family member responsible — a parent, someone else? What age did it happen — start wide (under 10?) and narrow down year by year. Was it something at school, with a friend, a teacher? It's a slow process, but your intuition sharpens with practice, and the work is worth doing. If you start getting answers that don't add up, step back a few questions to widen the net again.

Why I am so glad to have been given this...

It's said that it's never too late to have a happy childhood. With this method, it becomes genuinely possible to live as if you'd had that wholesome, caring upbringing all along. You were loved and safe. People delighted in playing with you. Adults approved your decisions... you could draw people in. When every switch is on, and operating freely (ie. any and all relevant negative programs have been found and released) — you get to start living the way you were actually designed to. Nobody's ever handed us a manual for being human; if one existed, I think this would be a chapter in it.

I work with a Spirit guide. We all have a Higher Self — experiment and find what works for you. Life isn't meant to be too hard, even here on Earth. I believe this work can genuinely increase love, kindness, unity, peacefulness, and free thinking in the world — and the more of us who take it on, the closer we get to what Charles Eisenstein calls "the beautiful world our hearts know is possible."

Love and peace,

Mike S.

