

Back moves

'Diagnosis' does not happen.

We do **findings** - evolves as we let go - when/ what to do become apparent.

Perineal pull up to see how it feels from that angle.

Rechecking S.L. all through to see what is happening and thus what will eventually be corrected.

These are both constant.

Return to the **SLQR** and the **sacral work** and repeat at any time

Shakey shakey Count of 10 - How often? Like the '**round and round**' - after every move . . . sometimes in the middle of them.

Often with hand on heart and sacrum – very comforting. Your discretion.

When you move the sacral fluid and allow the body to sink back into non upset – a lot shifts.

Optional - but makes it all so much easier

Accident recall been completed? (3 moves each visit only).

Pull out the cold first - no short cuts – this is usually why nothing holds in other treatments.

Sacral moxa fan – only need 2 minutes maximum – always outside - real moxa

Sequence . . . (It Depends)

Findings for S.L. (Ovarian Suspensory Ligament) will continue till you decide after much sacral and glutes and **SLQR** to correct.

Moves

Heart opening – 1 and 2 **Count of 10**

SLQR both sides always: and more gentle to begin. **Max 5 - usually 4 'acrosses'**.

Gently **sweep away** what you have released

Check . . . Broken sacrum? Fluid on it?

Corrections

Sacral wakeups - chakra

Sacral rolfing moves – up x **3 times** and **3 positions**

Gouge off the sacrum to undo adhesions in fascia **number - as you feel to**

Sweep across area just worked on

Glutes/Undoing the GV channel . . this is often excruciating
After the sacral work (maybe x 2 rounds of SLQR and sacral sequence first)

S.L. work.

Check the I.S . - is it a Hill? a Flat Surface or a Fall Off?

Set up . . Figure of 8 across the waist. stretch sacrum. **Count of 10**

1 - **Apply pressure** for at least **count of 10.**
into the less sore side of the S.L. attachment

2 - Perform the manoeuvre

Part 1 - anterior? See sep notes

Part 2 – posterior? See sep notes

Stretch from the top of their body – slow and steady both sides of spine.

Stretch sacrum – is it sore? If not a good long stretch.

If so – release pressure and stretch 45 degrees each side of sacrum – which is more tense/tight?

Go to feet.

3 – Pull the leg that was not corrected.

Twist and pull. **Count of 10**

Outwards if you want the hip to come up (correcting a 'Fall Down')

Inwards if you want the hip to go down (correcting a 'Hill')

4 – Up to head to stretch again – long one and check the left and right 45 angle is it better - if is now stretch sacrum. **Count of 10**

If not – take a breath and on their out breath – apply firm pressure on the side that is still tense – usually the leg pulls shift this. **Count of 10**

Stretch sacrum. **Count of 10**

Shakey shakey at the in-between stages to allow the body to release itself and also to get the lymph moved moved.

This is a point where steaming, change to the front and up to loo is indicated - they need to be moving in their new body to settle it.

Return to the SLQR and the sacral work and repeat at any time

More SLWO always . Shakey shakey stretch sacrum. **Count of 10**

Hippy Shake (was Blind Midwives' shake).

Standing on the opposite side of the one to be shaken, lift the hip and with increasing amplitude shake the body. Like a Bell curve . . **Count of 30**

If the pelvis is almost even – or a but unstable and you can't decide whether to do S.L . correction or not . .

Sacral pressure. ONLY IF THE PELVIS IS FLAT

Will probably need to get on to the bed with them. Have a pillow under a man's body as you will be pressing his reproductive package into the bed. Your knees either side of their hip bone.

Find the most comfortable place to position your palm - you will be pressing very firmly for 3 minutes. May need to spend a bit of time gauging this. Start slowly increasing pressure. **Count of 180**

After around 45 – 60 seconds – ask how their upper back is – it usually releases.

Come off gradually – and always in between moves . **shakey shakey** .

Under 'sit bone'.

Get your fingers all in a line – into this area and with forceful pressure dive in 45 degrees. **Count of 20**. Slowly release. **shakey shakey** .

Stretching the lower body.

Bringing the legs and the sacrum together.

The sacral hand is placed facing the feet and you press very firmly down – to the feet whilst you have your arm dragging across the lower legs at ankle level – and they are gently very firmly being led to meet in the middle. **X 3**

Some are exceptionally stuck and others – the heels sit in the bum . . **Count of 10**

Reminders

1 - Shakey shakey is your best friend.

We are clearing lymph to allow clarity within the body

2 - 5 systems of Flow. Entire point is to get circulation perfect – then no pain.

3 – As many of the 5 'T's' to be cleared also (**Tension/shock** – more magnesium to be used), **Temperature** – cold to be avoided/taken out **Trauma** – shakey shakey, and calming techniques) **Toxins** – drinking copious water.

4 - As you feel – the SLQR, the sacral clearing work and the Hippy Shake

Offer water constantly.

Also the loo breaks . .

May need to have copal and lustre bowl at the ready.