

The Gentling Way (TM) protocol

Heather Bruce, an acupuncturist, naturopath, Maya/Arvigo®, and Mercier therapist with over 40 years of experience has come up with a Moving Blockages way to start any session /group of interventions – after which possibly ‘diagnosis’ may then be useful.

Look also to Dr Hammer’s Blocks in treatment from ‘The Concept of Blocks’ - *The American Acupuncturist*, Volume 38, Winter 2006

Through Heather’s work and research, she has concluded that when a person is truly healthy, then the conditions we see today such as fertility issues, cancer, heart disease, gastrointestinal disorders, etc do not exist. Her protocol for helping people achieve optimal health and healing is called, “The Gentling Way”.

Here’s the Protocol: *It Depends . . .*

You judge what is the priority in any given moment

No ‘diagnosis’ needed as you are clearing the body back to where it can resolve its own issues.

Something has stopped the natural healing process.

We are simply nudging out off ‘stuck’ mode.

Order? - *It Depends*

Please do not be rigid – everyone is different.

Check the intention for the session – and you decide the priority.

It will be – is the **shock** the most important to clear first?

Or the **cold**? (The navel cup may be all you do that session).

The navel cup does calm and settle – but still use the shock work even so.

(Scars come after these two).

Accident Recall – clearing what has gone before and what is also stymying the body and its return to the blueprint may also be your fist choice – see below

1. Clear blockages: Accident Recall - Shock, cold, trauma,
2. Release Stuck Liver Qi (diaphragm needs to move/full breathing to live well)
3. Moxa on sacrum to loosen the yang
4. Sacral/pelvic opening
5. Upper lymphatic drainage may decide to do fairly soon – (eg C section blocking all belly/chest/back circulation and holding in so much trauma – do work to set them up to win though- as above.)

6. Lower lymphatic
7. Scars - *It Depends*
8. Incorporate needles as necessary (MP and Xi Clefts of 8 Extras are the priority as the 8 Extraordinary vessels hold perverse Q I and need to let this go).

Pre-work – Kinesiology ‘PACE’ to get out of “Freeze” mode of Flight/Fright

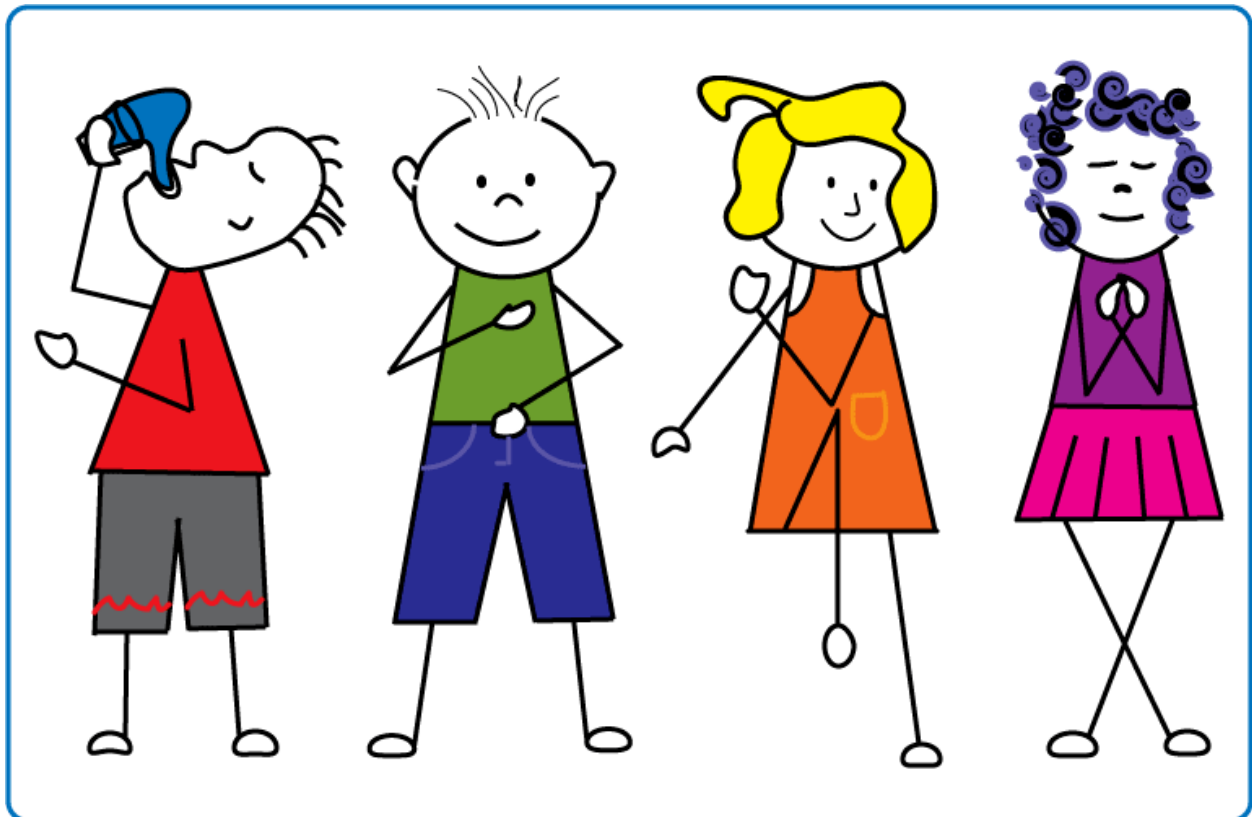
Look to more [here](#) and <https://blog.bulletproof.com/stephen-porges-the-polyvagal-theory-the-vagal-nerve-264/> (Polyvagal theory). Dr Stephen Porges

See article <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108032/>

First – get into **PACE**

Make sure that YOU and the person are warm, hydrated and in a calm frame of mind.

1. Massage Kd 27 with one hand and place the other hand on the belly.
2. March in place and simultaneously place opposite hand on knee (Ex. Right hand, left knee)
3. Sit down, cross ankles, cross arms and interlock fingers then move hands down and up and the place hands against chest.



Moving OUT of feigning death (reptilian vagal response under fight or flight)

4. Move head side to side from the left and right and notice any tight neck muscles.
5. Have a drink of water, then lie down.
6. With your head facing forward, move eyeballs to the right and wait until you take a deep breath, sigh, or swallow. Then do the left side.
7. Sit back up and you should notice your head can move side to side more easily.

Clear blockages: Shock, cold, trauma, scars

1. **Accident Recall for shock/trauma** – The body holds shock and trauma in the cervical spine, specifically in neck extension. For example, when you hear shocking news, you may instinctively cover your mouth and pull back slightly. To fix past trauma and shock you've experienced throughout your life, you simply put your neck in flexion (releases trauma from Du channel).

Learn the short explanation and protocol here: <https://youtu.be/fl3MaInxMIM>;

Learn a detailed explanation here: https://youtu.be/SXwT2no_QS8

- **Start with** - ankles, heart/pelvic (Bao Mai reconnection), and asks if you've ever had a mammogram, root canal. These get cleared first – regardless of whether the circuits 'blow' or not. They should blow – and if they do not - we have a blocked in fight or flight/only works under trauma – and is very worn out whilst this is happening). THEN - any significant events – operations and infections/incidents. <https://heatherbrucehealing.com/accident-recall>
- **Steps**
 1. With patient lying down (no pillow), have them raise one arm up. Ask them to resist while you push the arm down. Then, ask them to think about something that upsets them. Test again. Then, ask them to think about something that makes them happy. Test again.
 2. Have person or someone else hold the ankle(s). Do muscle test with arm (usually strong). Then, ask patient to put their chin in the air (head back) and test again (their arm usually drops!).
 3. Fix with neck flexion (place left hand under neck, and right hand on forehead to move head up and down) about 7 times. This is NOT a chiro adjustment. Can do on anyone as long as their neck is not substantially 'out' – as they may have major 'spaced out'/messed with problems afterwards.
 4. Test again with neck extension and the arm should not drop.
 5. Have patient put one hand on lower body (Bao Mai) and you put one hand on the chest. Test. Correct.
 6. Drinking water all through this is needed for both participants.
 7. Also often a rest and a walk outside, maybe salted nuts - to 'bring them back'. This is a huge body adjustment – and they may never be the same (that is a wonderful ting).
Often people are really tired afterwards (rewiring in progress) –and may need a break of a week or so in between.
As an acupuncturist I may do the 4 Gates at the end of this to settle all.

2. **Cupping/Moxa for cold** – Cup umbilicus to remove cold, then do ginger moxa to restore yang qi: <https://heatherbrucehealing.com/navel-cupping-out-the-cold/>
3. **Calming anxiety**: <https://heatherbrucehealing.com/anxiety-sessions-thread-moxa>
(This may have been done FIRST as the person may be in too much distress).
4. **Needle scars** – superficial insertion along the border.
Look to much more Heather has on this in her [Transformative Healing online course](#)

5 - Undo Stuck Liver Qi

Learn how to do it here: <https://heatherbrucehealing.com/stuck-liver-qi-massage-does-so-much/>

6 - Moxa on sacrum to loosen the body - improve yang circulation

Learn how to do it here: <https://heatherbrucehealing.com/self-care/sacral-moxa/>

7 - **Sacral/pelvic opening** – (start optimally after moxa sacral fan above)

8 - Incorporate needles as required - I usually intersperse massage as I go.

Needle Liv-2 because everyone has Liver Fire.

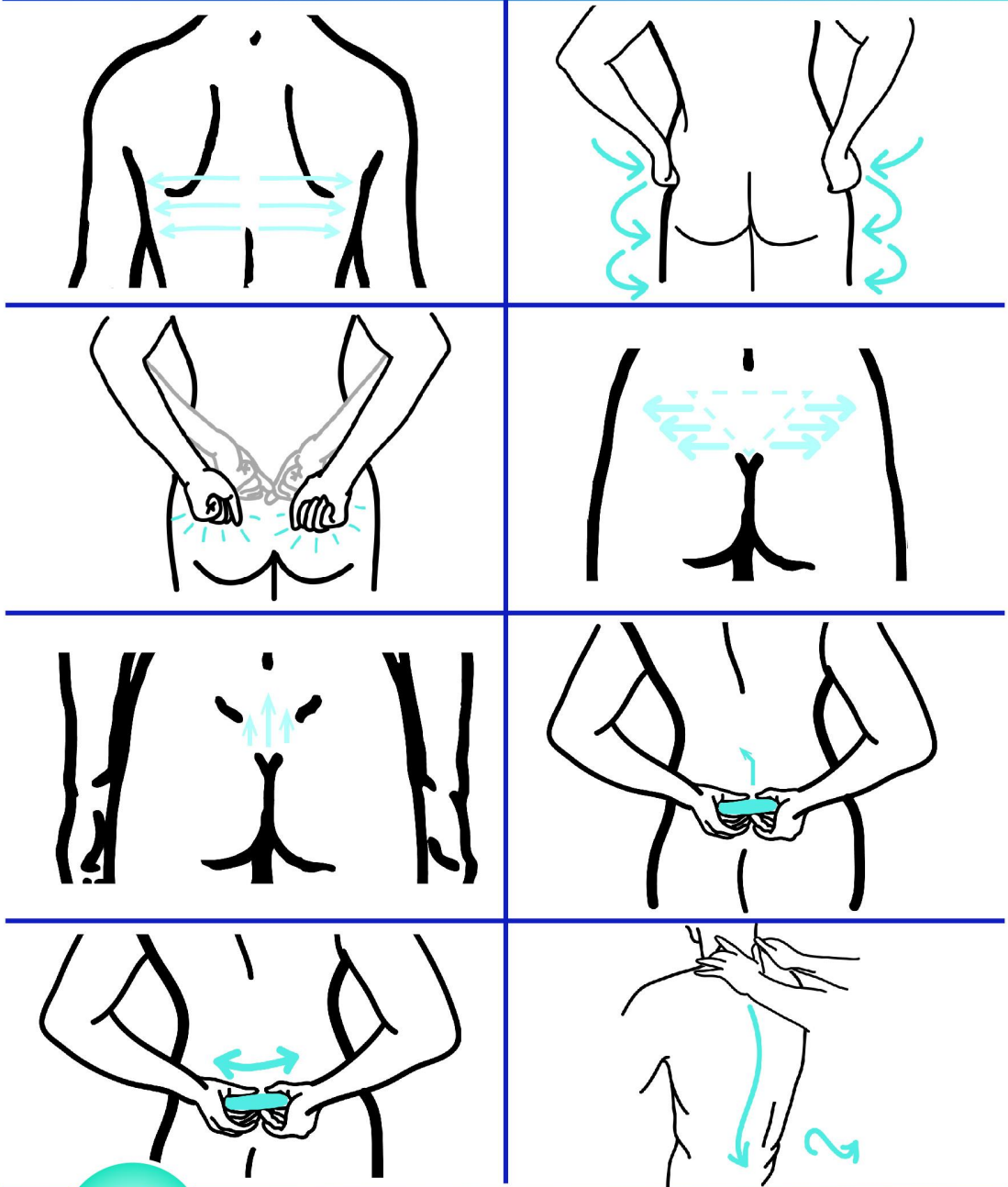
Extra Material:

Print out these and pop on walls!



Beginning Qi movement - anyone can!

Move Your Qi and Lymph: reminders



www.heatherbrucehealing.com.au

© Heather Bruce 2018

Lymphatic drainage – get the fluids flowing/damp gone

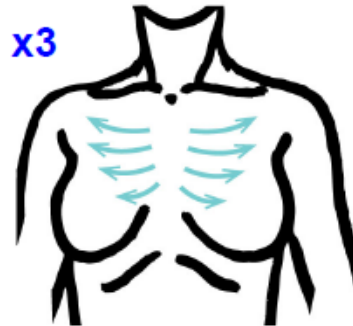
Initial Belly Care

Reminders:

Look at your tongue.
Perineal pull-ups.
Abundant body-friendly water.
Not full or empty stomach
(belly happy).

**Slow
Gentle**

x3



LHS First

Alternate
sides
3 sets



x9

Slowly
around
belly
perimeter



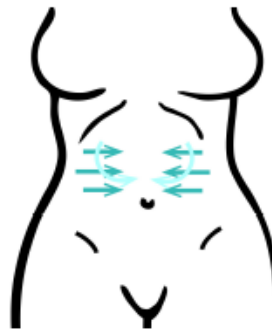
x9

Very
slow,
very
light
touch



x3

Very light
touch



x3

Squish
together
with
edges of
hands



Repeat both gently
throughout

**5
seconds**



In
between
each
move

1x



www.heatherbrucehealing.com.au

© Heather Bruce 2018

Men's work – especially all structural and urogenital upsets cleared.

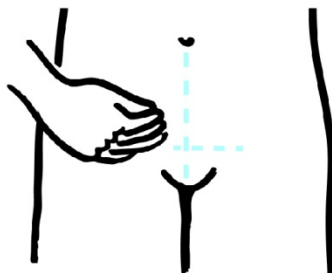
Prostate Drainage: <https://heatherbrucehealing.com/prostate-drainage>

Men's Moves

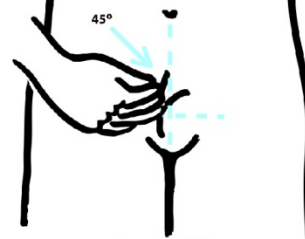
Essential: •Warm hands •No fingernails •Gentle to begin •Gradually gain depth
Do NOT try to move 'bits under fingers out of the way - tubes etc belong there!!!



A few sets RHS very gently, then LHS x3
Gradually increase depth. Repeat a few times.



What your little finger aligns with - the pubic bone



Start RHS

- Follow 45 degrees into centre line, and with no fingernails
- all in a row, gouge outwards at least 3 cm repeat 3x

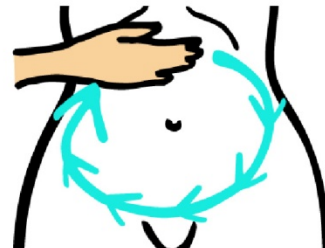


Repeat on LHS

- may be very different & more painful initially - go slowly



Repeat these 2 moves alternating sides 2x more times



www.heatherbrucehealing.com.au

© Heather Bruce 2018