

## Gentling Way Moves check list – beginnings

### WDCD

What	Why?	Where from?	Classification? (C/C/S/F/S)	When
Setting the scene	Safety	Common sense	Clearing/S/F/S	Before, during, after
Stuck Liver Qi	Qi has to move	As above/acupuncture	As above	At all stages - revisit
Flicking off	Move stagnancy	As above	Clearing/S/F/S	After all SLQR etc
Lymph – chest	Start lymph flows	HB	Clearing/S/F	Beginning and throughout
Lymph – upper	Release diaphragm	JV	Clearing S/F	Repeat whenever you feel to
Lymph – lower	Release lower body	JV	Clearing S/F	As above
Sacral moxa fan	Flows to flow	HB	Clearing S/F/S	Before sacral work
Sacral wakeups	Begin Du Mai flows	HB	Clearing/F	Often, prior to all deep belly
Buttock easing	Release lower body	HB	Clearing/F	Part of sacral easing
Bum gouging	As above	HB	C/F	As above
Bl 35 – open cervix point	Release cervix	HB	F	Release pelvis/orgasms/babies

---

### Self soothing

Pull up	Check central Qi	HB	Checker	Often, esp before moves
Check points? Temps	Base line needed	HB	Checker	Start, middle, finish
Rounds	Above, clearing	HB	Clearing/S/F	As above
Small rounds	Belly soother	Arvigo	Clearing/S/F	After initial large/whenever
Jiggles	Encourage lymph	HB	Clearer/S	As needed (often)
Diastasis	Check	Arv/HB	Check/S/F	In sequence - belly
Aorta OK?	Adhesion removal	Arv	Clear/F	As above

Peristalsis encourager	Get flows going	F	In sequence - belly
Upper soothing	As above	S/F	As above
Lower soothing	As above	S/F	As above

## Foundational

What	Why?	Where from?	Classification?	When
Checking points	Base line	HB	Checking	Start and finish
Chest gouging	Clear lymph	HB	Clear/S/F	Start and often
Cupping Navel	Qi flow/Yang Rescue	HB	S/F	Beginning
Moxa prep/usage	Yang Rescue	HB	F	After cupping navel
Revision lymph	Flows must flow	HB	Clear/S/F	Often
<b>BACK</b>				
Points to check	Baseline	HB	Clear	Start and finish
Gua Sha	Clear stuck cold	All East Asian sources	Clear/F	Start of back, as needed
Point percussion	Clear stuck Qi	Martial arts (C.P. China)	Clear/F	Any stuck muscular
Heart chakra open	Flows to flow	HB	Clear/S/F	In sequence: beg/ mid
Flank gouging	Open chest	HB	Clear/F	In middle of work
SLQR as needed	Always deeper	HB	Clear/S/F	As required
Flicking off/settling	Move it on	HB	Clear/S	As above
Lead into – sacral	Flows to flow	HB	Clear/F	Near beginning
<b>FRONT</b>				
More rounds in between	Clearance	HB	Clear/S	Bet each belly moves
Lymph & jiggles	Clearance/settling	HB	Clear/S	Often
Prostatic drainage	Vastly important	JV/HB	Clear /F	Almost at end of session