

MOVES – LL I Do not go through this as a protocol. **DRAFT/unfinished**

Classification of moves – Checking, Clearing, Soothing, FIXING and settling – please cycle through and often – esp the lymph jiggles, clearances and the offering of water - tepid – they will get thirsty all through this -offer loo and also ply them with magnesium on skin all through these moves. Offer salted nuts/cheese/snacks – non sweet.

Set the room and yourself up - with ways to divert and transform, clear as needed.

ALWAYS Setting them up to win.

Warm hands.

No fingernails – you may be clipping them alternate days.

It is more useful if you keep returning to undo the layers – *jiggles, round and rounds, shakey's* and *chest gouges* and *lymphatics* in between 'moves'

Gentle rocking of hips.

Deep breaths – wait for these – or lead them into with your breath.

The entire session is to flow:

Keep your hands on if possible as you move them around – or you move around the body.

Must have done at least one round of *peritoneal untangling (D.E. twist)* as part of the belly work leading into this first.

Must have had a loo break – just before this as we will be going on as far as possible when we get serious. The initial moves - likely still need to empty first.

Assumed that all is set up for these deeper (Mercier inspired) moves.

To work on the front, we work on the back and vice versa.

The C section and other abdominal incursions scars are to be dealt with sensitively – as the body DOES remember all that has happened before.

The clearing and soothing – and checking – must be interspersed between fixers.

I use the *ovarian whirlpools* and then *uterine rake* gently to gauge how we are going – after much of the usual belly soothing (after some self or done to – *SLQR* and *sacral clearings* - from the Selfing workshops. (Remember - we teach them – and *bash bash* and *chest gouging* – so we need to get flows flowing BEFORE we start being intrusive . .

1 - Ovarian whirlpool

Always do lightly to evaluate what is happening in the lymph and underlying tissues.

In men this may be completely clogged - especially in on the left hand side.

Start on left side – gently see how far there you can go before resistance.

Right side maybe entirely different.

If there is an appendix/hernia scar – may need to have done **adhesion breaking** first.

2 - Uterine Rake

If there is a scar – esp C section – this is different, depending what is under your fingers.
 A tipping/rolling action. Lightly first – see how deep you can go
 Start central – three moves across the pubic bone.
 We all are different and when you move the Qi/lymph on the sacrum this will radically change. This we are going for onion layering . .
 Rotisserie – front, back, front, back, etc. . .

3 – Taking leg for a walk

We are moving lymph and the adhesions that radically bind up the pelvis.
 Usually I don't do this for first check in – will be at least not till second or third front layer.
 This move completely shits everything.
 review the GB channel – and the fact that we store so much resentment/angst in our bodies
 HERE (GB) and rage/pent up everything – this may need a gentling. .
 The bash/bash on the outsides of the legs.

If stuck – and you get little movement – all resistance.
 Stop.
 May need an intermission.
 Do whatever massage you can to unlock the glut/upper leg connundrum.
 More lymph flushes will help.
 More work on the sacral attachments and the actual round and rounds on the sacrum may also release. Now is a perfect time to steam. And journal.

Hence we do these as intensives and hours long.

An investment in getting to the bottom of what is stuck and holding the body hostage.
 The vibrationals/toning, drumming etc all have their place.

If you have not done so – **sacral moxa fan** – preferably outside and not cold – and straddling a chair – and the **SLQR** again – and see what changed - should be vastly easier.

Short cut . . .

Acupuncture interval

The Liver Qi is easiest moved with needles – **Liv 2** always my 'go to' and when combining acupuncture – the second run of **yin back shu** and all undoing of the intervertebral spaces, **GV1** if needed and the outer foot master points – all locations – will have been loosened off first ideally

Also **GB 34, GB 41** has to be happy.

If you get to here – one side is usually completely stuck.

That is stop everything and needle time.

On their side – to gentle this - start with **GB 29** and **31** – as well as **GB 41** if still tender.
 Use a Sp point (usually **Sp 6**) on leg to balance Stems and Branches.
 could be **Sp 8** if you have not done the **Stuck Belly Blood work** on them prior to this.

I do all the structural work last as the Stuck Belly Blood is holding considerable sway as to what CAN move.

Maybe do some lymph gouging in the side that is uppermost.

If totally resistant and you feel to – esp if they already have major structural issues maybe add in at least several **GB 30's** (3 inches in).

These may only be in 5 minutes.

Makes such a difference!

Such validation.

Allows you both to see how effective acupuncture is.

Take out needles and continue with the movement.

Back to hands on.

When you are doing these three moves seriously (as in deeply) after the leg walking – you repeat the uterine rake. It should be vastly easier. You can go deeper with no upset.

Get them up – as it is a shock if you do all of this work – so much structural shifting happens as the adhesions have no need to be – and you need to allow them to settle into the new body – and often there getting vertical gets the loo break again – we store so much fluid where there is heat (emotional life residue). Often it may mean – if very large breasts (one maybe called rage, and one fury) that there was in one attendee's case - a drop of TWO cup sizes overnight – she was rapt!!!