

Reconnecting - Revision prior + the sequence (Light, all working in/from), connective tissue, fluids, adhesions, scars, DO IT)

What	Why?	Where from?	Classification?	When
<b>SETTING UP TO WIN</b>				
P.V.	Undo stored shock	Kinesiology	Clear	Ideally x2 daily ongoing
P.A.C.E.	Clarity	Kinesiology	Clear	Same
Acc Recall	Release	Kinesiology	Clear	Weekly till cleared
<b>GOALPOSTS</b>				
Check Lu 10	HH correction?	Chiro (JV)	Check	To fix HH if needed
Temps & points	All to see what	HB acup	Check	Starting points
Find scars/sensitivity	Starting points	HB	Check	Starting points
Check adhesions	Starting points	HB	Check	Starting points
Check sacrum integrity	Starting points	HB	Check	Starting points
Breathing - how & where	Starting points	HB	Check	Starting points
<b>MOVES</b>				
Peritoneal untangling	as it says	Arvigo/Don EP	Clear/Fix	End of belly soothing
Jelly belly wobble	Hold/shake legs	Arvigo	Clear/fix	After peritoneal move
Diastasis	Check & fix	Common sense	Check/fix	In sequence/soothing
'M' move	Clear aortic adhesions	Arvigo	Fix	In sequence/soothing
Clearing diaphragm (lymph)	Start visceral flows	JV/HB	Check/clear/Fix	All through the work
Visceral placement	Slide & glide for life	JV	Clear/fix	In sequence/soothing
HH correction	Move St down	JV	Clear/fix	After much SLQR etc
Ileo cecal valve	Allow gut to work	JV	Clear/fix	As above
Adhesions	Check to	JV	Clear/fix	As above
Scar bridging	Open the gates	Carole Rogers/HB	Clear/fix	Any time
Advanced sacral	Enhance life flows	HB/WDCD/general	Check/clear/fix	In sequence
Microbleeding	Clear the Qi flows	HB	Clear/fix	Any time