

## Checkers :

**Reminder - STRUCTURE DETERMINES FUNCTION**

**Master points and Luo** – clear storages

**Mu** – all for tsang – solid organ upsets

Intervertebral – (Esp sacral) - initial checker – then BI 62, GV 1 and repeat

**Hua Tuo** – as part of *fixing* . .

**GV 1** – insert and check again – this is not where we start!!

## Clearers

**Reminder - FLOWS MUST FLOW**

**P.V. and P.A.C.E. and Accident Recall.**

Likely GW hand movements – and moxa (esp sacral fan)

Also – cupping – navel/back – always upper first.

Always – recheck to see what did/did not move – shows where to head next to do so.

Simplest – start the GW works up – chest gouging SLQR belly rounds, Lymph upper/lower

## Soothers/Calmers

**Reminder – ENERGY FLOWS THOUGHT**

**Always** – feel into what is needed

May be as simple as being there – in presence

Sovereignty – we are aiming at their own alignment – clear the clutter.

## Fixers

**Reminder – THE BODY REMEMBERS EVERYTHING THAT HAS EVER HAPPENED TO IT**

Which system are we looking at?

I start you **on Xi Clefts** and some **Master Points**

## Settlers

**Reminder – THE BODY HEALS ITSELF - THE GENTLING WAY RESPECTS LIFE**

We let the body systems dictate – we are allowing life to work itself through