General Discovery – What to do first?

**Starting up - Loo first**

Warm? – correct this and have on hand what will assist.
(Including a heater even if it is summer)
Comfy? Pain – pillows in abundance for under knees/belly when prone
No draughts. Esp from air conditioning vents.
Hydrated? – Give water and offer (straws) all through. Tepid ideally

**Markers during session - so all can see progress**
Head side to side (PV to start with)
Deep breath – diaphragm – also general pain in body to be able to breathe deeply
Pull up – Sp Qi marker – also general tissue integrity – both sexes

Tongue – colour, moisture, fur, movement

Temp – maybe with non contact thermometer – belly/bum/feet

General softness/how skin feels – belly

Points - see below

See aorta? Sometimes it is thumping away
Diastasis – gentle palpate
Discovery – how far down?

**Scars** – all over – specially in trunk/belly
All are important
Belly ones - ask permission - some can’t stand touch . . do these first.

**Triage**
Shock/cold/scars

You evaluate as to what is most important.
Will need their co operation – not head attacking process. However that is.

**Points to press and what it means**

If needling – may not be for some time - these are likely to shift.
Poking establishes your ‘diagnosis’

May needle eventually, or still use this as markers in your sessions.

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| **POINT** | **WHAT TO DO?** | **WHY** | **WHAT NEXT?** |
| Lu 1 area | gentle bouncy | Shock retention  | St 24 Kiiko/Li 2 |
| GV 15 | Sharp specific  | Past whiplash | Kiiko specific needle |
| Liver 13 | Poke increasingly | General Sp upset | Diagnosis/how going |
| GB 25 | Poke increasingly | General Ki yin | Diagnosis/how going |
| Cv2 | Increase pressure | Prostate (men only) | Diagnosis/how going |
| Pc 1 | Increase pressure | Prostate (men only) | Diagnosis/how going |
| GB 41 (both) | Poke  | Dai Mai | Diagnosis/how going |
| Bl 62 area | Poke (sorest area) | Spinal stuckness | Diagnosis/how going |
| Sp4 | Find sorest area | Lower belly/prostate | Diagnosis/how going |
| GB special | Increasing press | Gall stones/crud | Diagnosis/how going |
| Co 9/immune/10 | Area - poke | How immune reactive | Needle |
| Liv 14 | Poke | Liv harmony | Diagnosis/how going |
| GB 24 | Poke | GB distress | Diagnosis/how going |
| Sp 21 | Increase pressure | General Sp Luo upset | Diagnosis/how going |
| Ki 27/26/24 | Increase pressure | Home in self | Diagnosis/how going |
| Ki 25 | Increase pressure | Ki Yin | May needle at end |
| CV 17 | Increase pressure | Central chest Qi | Diagnosis/how going |
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**Body areas**

You will be constantly checking – along with pullup.

**Sacrum**

Puffy? How easily it shifts to bony

Veins

Breaks felt

**O.S.L.** placement

Keep checking this as it shifts dramatically – often after a breath – when releasing

Also – all moves will move this = Living Ligaments.

**Scars** – especially belly ones.

They are to feel them also.
Light back of finger nail scrape – general area above and below.
And on top of . .
Teach them palpation skills

Light feather touch,

Roll over and then deeper into layers.
Put your brain in your fingertips.

**May need to** – prior to anything else – may come in in a mess.
Or – they may need to get something ‘off chest . .’

Copal/lustre bowl/declutter aura however

Undo trauma – Aura Soma/other essential oil/toning/whatever you do
Garden walk (into nature)

Anxiety thread moxa
Pet available??
Steam
Feed them

Magic words – IT Depends
You are there – you get o evaluate where to start/what order.
Remembering that Qi has to flow.
Lymph will get all flowing – and they need to keep being hydrated - sip water- offer constantly. Must be tepid and straws – they may need to pee often as we are moving fluids esp if/when we get what is blocking moving.

**Starting**

Stuck Liver Qi
Sacral Moxa Fan
Cup navel (and moxa/ginger/salt).

**Choices. .** .

Start with P.V.
Maybe put in P.A.C.E. if doing Acc Recall
Round and round (a good getting-to-know-you-today beginning)

**Foundational Moves**

Lymph – when we get that flowing – all shifts.

Free the diaphragm - gentle beginnings and gradually increase pressure and the angle you are moving through – initially straight across the skin. As you get deeper and further in – may end up gouging under the diaphragm to undo adhesions.

May need to go to SLQR to get this moving – or SMF or bash, bash – get them moving in GB and Liver Qi prior to getting in couch. Bum pummels also.

**Reconnecting** – visceral/gut movement
Living Ligaments – structural response to deeply held upsets.

These are not the first ones you go to ‘fix’

But the sacral area and the O.S.L. are constant check ins.
Eventually tip of tail bone and the Allcock’s canal points will become friends with you also.

Even if a repeat visit – always check in from the beginning again. Things move.

**Record** – and get them to have a list of what has changed/focus for them this visit.