**Gentling Way Moves check list – beginnings**

**WDCD**

 **Classification?**

**What Why? Where from? (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

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**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

**BACK**

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

**FRONT**

More rounds in between Clearance HB Clear/S After each belly move

Lymph & jiggles Clearance/settling HB Clear/S Often

Prostatic drainage Vastly important JV/HB Clear /F Almost at end of session