General Discovery – What to do first?

**ASSUMPTIONS - you have cleared the space, you and intentions set.**

**Helpers in residence.**

**This section is more about ‘the moves’.**

**I add this in as sometimes pressing a point will set something off.**

**Starting up - Loo first. All watered and not hungry – blood sugar dips, you do not need to deal with in addition to whatever is ready to emerge.**

*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.

**\*Evaluate**

*Declutter* - what is not supposed to be there

*Reset* – back to ‘factory’ settings
*Restore* – the Way of the Tao – with daylight, time of year, their monthly cycle, life phase and sensible time management. Also [Life Recipe **(CLICK)**](https://heatherbrucehealing.com/life-recipe/) to be followed – nourishment for soul and heart ahead of body.

**1 - Checkers**

Depth of breath, neck movement, touching toes, waist mobility, Temperature - gun and with your WARM hands, tongue, their own ‘what is-the-matter’ parameters, and the perineal pullup – plus all the palpation . . - points.

At the beginning, all through during session – and at the end. All need to evaluate 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

Also with your and their hands if appropriate – the feet may be very chilly and they not be are Often their buttocks are. Or pubic bone.

General softness/how skin feels – belly

*Points* - see below

See *aorta*? Sometimes it is thumping away
*Diastasis* – gentle palpate- Discovery – how far down – in central line, and how many finger widths??

Obvious moles, scars,

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

They need also to feel as we will be undoing adhesions and they need to check how different – thus what this means and how they can improve their own healing at home (regardless of how long ago these happened).

**2 - Clearers**

Here after a loose assessment, we work out what is ready to depart, and is cluttering our involvement, YOU MUST BE CLEAR And have all tools as ‘in case’ ready for action.
The lustre bowls, copal and similar are at the ready – vibrational moves will be needed. We are so much more than the physical and the ‘instructions may also include aspects of others – and the locale – ready to be involved /move on.

REMINDER – We are all of the Light, some may have forgotten/need a gentle reminder.

[7 ‘L’s’ **(CLICK)**](https://heatherbrucehealing.com/7-ls/) **We always bring in Light from above** **NEVER the ‘mother earth’**.
*Soul star and Antakarana* (see meditation area) Also - three circles: (separate page on this).

*Intention* – their’s and your’s. Check [R.I.C.E **(CLICK)** .](https://gentling.heatherbrucehealing.com/r-i-c-e/)

Hands first. GENTLE – and above the skin maybe.
Pranic healing info – also from Richard Gordon’s Your Healing Hands.
Any of the **Gentle BioEnergerics** (Eva Reich), **Metamorphic Technique,** Iona Marsha Teegarden **(Jin Shin Do)** – all her work – start with *The Joy of Feeling* and her latest on Acupressure.

**3 - Soothers**

Be ready – often the most innocuous moves will open up into the biggest possible shift. I have found especially after Accident Recall. I seem to be developing a system on how to dive into the bottom of STUCK this way. We recycle through these [classifications of moves **(CLICK)**](https://heatherbrucehealing.com/classification-of-moves/) , as often a fixer after another fixer is all other therapists have done – and this shows in body/energy holding on to all as a reaction, We want a letting go.

**4 - Fixers**

What you think you are to do. Dropping all ego would be handy, as this is not up to you, us or even the person – the soul does the work. [(See more here – **CLICK)**](https://gentling.heatherbrucehealing.com/vibrational-tools/antakarana-meditation/). We recycle across not only - the body (rotisserie – front, back, sides, repeat) but what we are drawn to do. The physical checkers are more for ‘show’ so the person can see you know what you are doing (to a point) . This means a mirror to watch their tongue and maybe take pictures, so they have a record - at least start of session and the end of each. Were you an iris diagnostician you would be not relying on your eye-inner camera only.

**Settlers**

When we need to pause/go lateral – see more on the [classifications page **(CLICK)**](https://heatherbrucehealing.com/classification-of-moves/)

**Triage**
**Shock/cold/scars**

You evaluate as to what is most important.
Will need their co-operation – not their beliefs/ego attacking the let it go-releasing process.

**Points to press and what it means**

Poking establishes your ‘diagnosis’

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

If needling – may not be for some time - these are likely to shift.

|  |  |  |  |
| --- | --- | --- | --- |
| **POINT** | **WHAT TO DO?** | **WHY** | **WHAT TO DO ?** |
| **Lu 1** area | gentle bouncy | Shock retention  | St 24 Kiiko/Li 2 |
| **St 27** | Poke to start | Stuck Belly Blood indicator – for later | Watch it shift |
| **Liver 13** | Poke increasingly | General Sp upset | Diagnosis/how going |
| **GB 25** | Poke increasingly | General Ki yin | Diagnosis/how going |
| **CV 9** | Gentle resistance  | Can vastly change it (as a way in to talk Stuck Liver Qi: inner warring) | If needling – Liv 2 -check the change |
| **Below GB 34** 1 cun | Gently incr poke | Often be outrageous | Gall stones/pentup |
| **GB 41** (both) | Poke  | Dai Mai | Diagnosis/how going |
| **Bl 62** area | Poke (sorest area) | Spinal stuckness | Diagnosis/how going |
| **Sp4** (maybe) | 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 |
| **GV 15** | Sharp specific  | Past whiplash | Kiiko specific needle |
| **Men – in addition****Sp 4** | Fool around to find worst bit | A great indicator of their prostate. | Observe – is a great checker as with Pc 1 |
| **Cv2** | Increase pressure | Prostate (men only) | Diagnosis/how going |
| **Pc 1** | Increase pressure | Prostate (men only) | Diagnosis/how going |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Body areas**

You will be constantly checking – along with the pullup. As individual needs be.

**Sacrum**

Breaks felt – this will change radically as you go

As will the colours . . .

Puffy? How easily it shifts to bony

Veins – may need microbleeding.

**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 their own palpation skills

Light feather touch,

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

*(Close your eyes is usually a great start)*

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

Copal/lustre bowl/declutter aura however

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

Anxiety thread moxa
Pet available – clinic service dog??
Steam
Feed and water them

**Magic words – IT Depends**
You are there – you get to 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 – sequence is up to you.
Loose protocol.
Start at the beginning with each session - even if you saw them yesterday - life changes, ‘stuff’ surfaces.**

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

**Choices. .** .

Clear a level of ‘perverse’ Qi away . .

Start with P.V.
Maybe get all in readiness for change - [P.A.C.E.**(CLICK)**](https://heatherbrucehealing.com/p-a-c-e-and-undoing-fear/) if doing [Accident Recall **(CLICK)**](https://heatherbrucehealing.com/accident-recall/)
**Round and round** belly touching (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.

