

St #5 Thie 14 Muscle Balance Fix As You Go (FAYG)

We can use muscles as indicators (as they are associated with specific meridians) to find blockages in the flow of qi. As we know, when qi flow is unimpeded, the body is in the best position to heal (physically, emotionally or biochemically) as well as being in the optimal position to achieve potential in life. This process is about finding the imbalances in the qi flow and using the FAYG process and using the reflex points to correct the imbalance/s in the qi.

Metaphysics

Clearing things as they arise rather than stock piling or sweeping things under the carpet.

Discuss metaphysics of each meridian which is out of balance.

Discuss the metaphysics of the reflex points e.g. NLs = letting go of toxicities

Tidy as you go - disciplines around small consistent habits (micro shifts beat macro breakdowns)

Pre-Evaluations

1. Demonstrate, Explain, Empower, Educate on your current definition of kinesiology.
2. Clear circuit IM - A muscle that you can turn on (lock) and off (unlock), bilaterally. Both in contraction and extension (Physically, emotionally, and biochemically (link back to triangle of health).
3. Test (and correct if needed) all pre checks - CV, Switching, Thymus, Ionisation, Dehydration.
4. Find a suitable goal for the balance (see BKP 101 for details).
5. Test "This is the best goal for now" IM lock = Yes
 - If IM unlocks check if there is something to add, delete, modify or discuss another aspect.
6. Discuss issues around the goal. Ask client "what tools, resources, traits, ways of being etc do you need to bring in to achieve this goal?"
7. Assess the client's % thymus energy and % stress around the goal.
8. Find the emotion and the dynamic involved with the goal. Ask the client to think about and discuss what this emotion & dynamic means for them in relation to the goal as you do the balance.
9. Do **pretests**: (While you keep the client thinking about / talking about the goal, check some of the pretest options such as):
 - Gaits
 - Auriculars
 - Switching
 - Ionisation
 - Central meridian
 - Visual inhibition
 - Cross crawl
 - Dehydration

Note: WE DO NOT BALANCE PRETESTS (These are **objective** benchmarks to demonstrate change, we will add to these as we progress through the course).

10. Do **preactivities**: Have the client demonstrate an activity (related to the goal) that is challenging or not easy to do, e.g. if pain is present, rate out of 10); show flexibility (forward and side flexion or a task related to the goal) etc.

NOTE: These are **subjective** benchmarks to demonstrate change, we will also add to these as we progress through the course.

Balance:

1. Evaluate & balance (if required) Supraspinatus (CV): Circuit locate NE, NL, NV, VR, ESR, Meridian, Nutrition, O/I. Spindles, Golgi Tendon Apparatus.
 - Find which of these causes the muscle to lock & stimulate it.
 - Check the muscle now locks and then challenge it.

2. Evaluate & balance (if required) Teres Major (GV): Circuit locate NE, NL, NV, VR, ESR, Meridian, Nutrition, O/I. Spindles, Golgi Tendon Apparatus.
 - Find which of these causes the muscle to lock & stimulate it.
 - Check the muscle now locks and then challenge it.

3. Start at **stomach** meridian and evaluate & balance (if required): Circuit locate NE, NL, NV, VR, ESR, Meridian, Nutrition, O/I. Spindles, Golgi Tendon Apparatus.
 - Find which of these causes the muscle to lock & stimulate it.
 - Check the muscle now locks and then challenge it.

4. Continue around the wheel in a clockwise direction testing each meridian indicator muscle in turn. If any muscle **unlocks** find the priority correction reflex point and balance as per above.

5. Complete the cycle with the fascia data muscles (Large Intestine)

Checking The Changes:

1. Check all previously unlocking muscles to confirm they now lock & ensure the client is aware of the changes
2. Check the goal is clear (IM locks)
3. Check the emotion is clear (IM locks)
4. Reassess % of Thymus & % Stress
5. Reassess pretests & pre-activities and draw clients attention to the change. Discuss what these changes mean to them in relation to the goal.
6. Say to client “now you are congruent with this goal, how might you be different and whats your first step to living this?”
7. Discuss possible home reinforcement