

## 14 Muscle One Point Balance Using Wheel Rules

### Pre-Evaluation:

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.

### Evaluation:

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 accordingly.
  - 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 accordingly.
  - Check the muscle now locks and then challenge it.
3. Now do a 12 muscle assessment according to the order of the Horary clock / wheel.
4. Chart the unlocks / imbalances onto the wheel diagram.
5. Evaluate the patterns from each lock (beaver dam, squares, triangles, midday midnights).
6. Tally up how many times each meridian shows up as being the correction in the pattern (ie the first unlock after the lock in the pattern). The meridian which shows up the greatest amount of times, will generally be the correction point. To confirm this...

7. Hold the priority mode while simultaneously testing the indicator muscle for the meridian/s which showed up the most amount of times in your evaluation. The one that is the priority will lock when tested while holding the priority finger mode.

### **Balance**

1. Circuit locate the reflexes (NLs, NVs etc) from the priority meridian found in evaluation to determine which reflex locks.
2. Do the balancing stimulation for that reflex correction.

### **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