

## **St#5 Yin Balance - One Point**

### **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 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. Do a 6 muscle assessment according to the Ko cycle (Heart, Lung, Liver, Spleen, Kidney, Circ Sex)

4. Go to the first yin unlocking muscle, after any locking muscle, in a clockwise direction, following the arrows of the Ko cycle.
5. Circuit locate NE, NL, NV, VR, ESR, Meridian, Nutrition, O/I. Spindles, Golgi Tendon Apparatus to confirm priority balancing point.
6. Continue to hold this point while re-testing all other unlocking muscles. These should now lock, showing that your 'one point' correction will move energy to balance all other meridians / muscles.
7. Do the balancing action/stimulation, eg NEs, NLs or NVs etc.

### **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