



THE  
NIDANA  
COLLECTIVE

## **Electrical 2c Command Points**

### **Metaphysics**

Going with the flow / blocking the flow

Where are you stagnant

What is the 'control switch' in your life you need to adjust? One point that will have multiple outcomes?

Where in your life / relation to the goal, do you need to be in command?

What is the 'magnetic pole' you need to put in place to organise some smaller things in your life?

Look at the individual metaphysics for each meridian / organ / function / element and whether it is yin or yang. There are MANY resources available - start with BKP 101.

Look at metaphors for the specific command point -

- **Sedation** - needing to release / let go of / calm energy, emotion etc
- **Tonification** - needing to bring in / fortify / enhance energy, emotion etc
- **Source** - focussing on the metaphysics of the organ / function
- **Horary** - focussing on the metaphysics of the element
- **Luo** - Harmonising / balancing partnered energy in your self or your life
- **Fire, earth, metal, water, wood points** - focussing on the associated element (see below)

### **5 element metaphysics -**

Wood: New beginnings, birth, the initial spark, transformations.

Fire: Rapid surging up and goal creation in life, passion.

Earth: Maturing into self, action-based.

Metal: Breaking down, aging, letting go of patterns that no longer serve.

Water: Death, end of the old to then allow us to move into the new (rebirth).

### **Tools / Resources**

- Toothpicks or biro
- Crystals

-----

### **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
  - Polarity
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
  - 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 around the goal
  - % stress around the goal
8. 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
  - Polarity

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

9. Have them demonstrate an activity (related to the goal) that is challenging or not easy to do, also have the client rate their stress level out of 10 .

**NOTE:** These are **subjective** benchmarks to demonstrate change,

10. Find the emotion and the dynamic involved with the goal. Ask the client to think about and discuss what this means for them in relation to the goal as you do the balance.

-----

#### **Balance:**

1. Do a 14 muscle fix as you go process:
  - When a muscle unlocks - use the charts in your ICPKP app BKP 105 element 1 to circuit locate the command points on the associated meridian to see which one causes the muscle to lock.
  - You can also CL the points on the chart and then confirm on the body.
2. Muscle test whether to use a biro, toothpick, crystal or your fingers to stimulate the command points bilaterally for approximately 20 seconds
3. Discuss emotion & relate the point's metaphysics (eg source, horary etc) to the goal as you work through each required point.

-----

#### **Checking changes**

1. Check the goal
2. Check the emotion is clear
3. Reassess % of Thymus & % Stress
4. Reassess pretests & pre-activities
5. Say to client "now that you are congruent with this goal, how might you be different and whats your first step to living this"
6. Discuss possible home reinforcement