

## 5-Element One Point Ko or Sheng Cycle Goal Balance

### 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
  - 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. Ask the client to consider and discuss what this means for them in relation to the goal as you do the balance.
11. Firstly test & correct (if necessary) Central (Supraspinatus) & Governing (Teres Major).
12. Do a 12 muscle **assessment** marking any unlocking muscles with a minus sign on the 5 element chart (also note whether left, right or bilateral unlocks).
13. Now lightly touch each alarm point as you test the IM and note down any that unlock & mark them onto the 5 element chart as a plus sign. This shows the over energy pattern.

## **Balance**

1. Assess (from each over energy) how many 'moves' it takes for the over energy to get to the under energy using the following rule:
  - The **“first yin under energy after any over energy following the Sheng &/or ko cycle to find the shortest distance possible”**.

Remember these additional rules:

- **Sheng only speaks to Sheng** (unless they are married)
  - **Energy always travels fastest in its own house.**
2. Circuit locate any correction point on the meridian that you have assessed is the likely **one point** and test its corresponding muscle (which should lock if it is the correct balancing / reflex point, if it does not lock move to the next most likely balancing / reflex point). This step is to confirm the meridian, you will test the exact reflex point required in the next step. Then test all the other unlocking muscles to see if they all lock as this one meridian will move energy to balance all the other meridians.
  3. Once this is confirmed and demonstrated to your client, CL all reflex points of the priority meridian eg NL, NV, NE etc (using the priority muscle) to see which one locks it.
  4. Stimulate the required balancing / reflex while discussing the emotion, goal/issues & the metaphysics of the reflex & priority meridian.

## **Checking The Changes**

1. Check all the under energy muscles now lock
2. Check all the unlocking alarm points now lock
3. Check the goal
4. Check the emotion is clear
5. Reassess % of Thymus & % Stress
6. Reassess pretests & pre-activities
7. Say to client “now that you are congruent with this goal, how might you be different and whats your first step to living this”
8. Discuss possible home reinforcement

**NOTE:** For step 2 of the balance, you can use the priority mode instead. See demo video for details.