

St #1 1/2b Fixations

Ideally vertebrae function independently as individual parts working together.
Fixation is when sections of the spine start working as a unit, jamming together, impinging nerve facilitatio to particular areas of the body

People with learning or co-ordination challenges frequently have fixations

Metaphysics

Stuck in one way of looking at things? Stubborn view of something

Stuck in a pattern - eg self worth

Inflexible, rigid, fixed ways of doing / seeing things

Stuck in a pattern that limits the range of quantum possibilities available to them

Not allowing yourself freedom to change - this is who i am, I can't / wont change

Balance

1. Mode in circuit
2. CL MAP for meridian - 1st lock
3. Find muscle on meridian-1st lock
4. Close circuit
5. Find emotion
6. Find VR points on muscles chart of correction points. Rub up and down either side of the spine. While rubbing talk through emotion and metaphysics

Checking changes

1. Check muscle is now locking
2. Check emotion
3. Check mode