

St #6½a Cross Crawl

Crosscrawl enables us to both test for failure of integration in the body and to upgrade the performance.

Neurological balance

Brain / body connection / integration

- Left (logical) brain controls right side of the body
- Right (gestalt / creative) brain controls left side of body

Metaphysics

Where are you challenged to bring yourself together

Where in your life do you need more integration

Why do you feel fragmented, not whole

Bringing self together in an integrated way

Moving naturally toward goal

Getting back to your innate tendency

Tools / Resources

X Chart

Evaluation:

1. Find emotion
2. Do 10 contralateral steps - test (should lock)
3. Do 10 homolateral steps - test (should unlock)

Balance:

1. Balance if either are out
 - 10 contralateral - eyes top left
 - 10 Homolateral - eyes bottom right
 - 10 contralateral - crazy eyes
2. Put both arms out at sides then...
 - bring hands together...
 - interlock fingers...
 - bring up to forehead...
 - visualising bringing both hemispheres of brain together

Checking changes:

1. Check changes with 10x contra (should now lock) and 10x homo (should now unlock).

Note: finish on 10 contra

3. Check emotion
4. Check mode