

PE #8c NL Wheel / Massage

Massaging NLs appear to unlock lymph energy flow in the muscles and related organs. It gives a real energy boost.

Metaphysics

Letting go what no longer serves in relation to the goal

Release toxicity from self & life

Shifting a toxic thought, person, belief

Cleansing

Self support / fortification

Metaphor relating to the specific meridian (starting point) found in evaluation

Evaluation:

1. Mode in circuit - IM unlocks
2. Test (1st lock)
 - Balance B - Wheel
 - Balance C - Top to bottom
3. For balance B - CL MAP for meridian - 1st lock. Then - Find muscle involved - 1st lock
5. Close circuit
6. Find emotion

Balance B - Wheel

1. Vigorously rub NL points
 - Firstly for CV
 - Next GV
 - Lastly start at the NL for the muscle found via in evaluation and continue around the whole wheel.

Checking changes:

1. Check emotion
2. Check mode

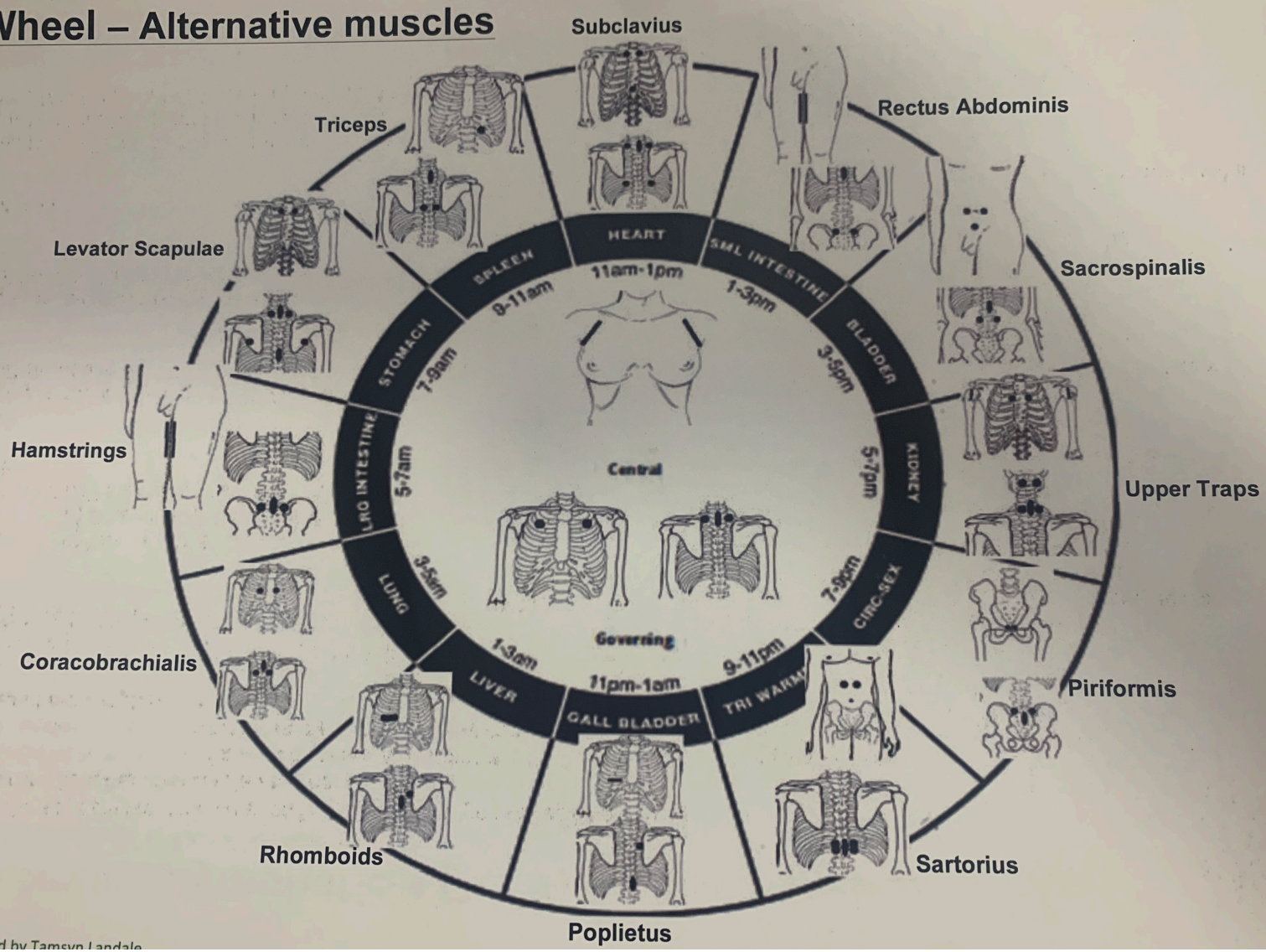
Balance C -Top to Bottom

1. Test whether to balance lying down or standing up
2. Start at top body (see chart) and work downwards vigorously rubbing NL points

Checking changes:

1. Check emotion
2. Check mode

Wheel – Alternative muscles



4. Neuro- Lymphatic Reflexes - continued

ICPKP Neuro-Lymphatic diagram

Balance C

Evaluation C:

1. Assess energy level on a scale of 0-10.

Balance C:

1. Start with the NL for central (supraspinatus), then governing (teres major). Massage each for 20-30sec.
2. Work down the body (see diagram) massaging each reflex in turn for 20-30sec.

Checking the changes:

1. Reassess energy level 0-10.

