



St #1½c Specific Neuromuscular Reset

This technique **relieves tension and pain in sore muscles and joint areas** that have been **overworked**. Works by re-setting the connection between mind and body. Pain and miscommunication between mind and body. Resetting the neurones in the muscle. Use a surrogate muscle to test any injured muscle.

Metaphysics

Start again, a fresh start
If you had an opportunity to start again, what would you do
Recalibration - reboot - restart
Are you over worked
Completing cycles vs lots of loose ends

Evaluation

1. Mode in circuit
 2. Body scan with hand - 1st lock. (If working with pain scan pain site 1st)
 3. Find exact borders of area looking for locks to indicate involved area
 4. Close circuit
 5. Find emotion
- (If working with pain. Client to assess pain 1-10)

Balance:

1. Stroke in different directions to find which way causes the UL
2. Then stroke in the opposite direction which causes a lock.
3. Firmly stroke with pressure in the locking direction several times while discussing metaphysics.

Checking changes:

1. Tap the area to challenge with two fingers - if it now locks check changes. if UL repeat process on that involved area
 2. Check emotion
 3. Check mode
- (If working with pain. Client to assess pain 1-10)