



EI #2½a Cross Crawl For Pain

The Crosscrawl technique enables testing for both failure of integration of left and right movement in the body and also to upgrade performance.

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

- Left brain coordinates right body
- Right brain coordinates left body

This mode helps to integrate the pain

Metaphysics

Where are you challenged to bring yourself together

Where in your life do you need more integration

Metaphysics of L (male / logical hemisphere of the brain) R (female / creative hemisphere of the brain)

Why do you feel fragmented, not whole

Bringing all aspects of self together

Not resisting the pain and allowing it to integrate and be healed

IF PHYSICAL PAIN:

Evaluation:

1. Find emotion
2. Client to assess pain 1-10

Balance:

1. Crouch down into the pain causing position (often crouched)
2. Cross crawl out of this position until standing
3. Do a series of cross crawl sequences to fully integrate the movement

Checking changes:

1. Check emotion
2. Check mode
3. Client to re-assess pain 1-10

IF NO PHYSICAL PAIN

Evaluation:

1. Client may take on the position that the person might assume that represents them not achieving their goal - might be emotional/spiritual pain. Eg sat at desk doing a job they hate

Balance:

1. Crouch down into pain representing position
2. Cross crawl out of this position until standing, while thinking about the position in life which is causing you pain
3. Do a series of cross crawl sequences to fully integrate the movement

Checking changes:

1. Check emotion
2. Check mode

=====