



PE #13^{1/4}c Integration Of Organs X Crawl For Pain

Cross crawl provides integration of L / R hemispheres, which results in synchronicity for the best performance

We can also cross crawl meridians to bring integration between different organs and systems to ease pain and bring a synchronicity to their energetic and physiological function

Evaluation:

1. Check %Thy LE and polarity (can omit if you have already done these as a part of your pre testing process)
2. Put mode in circuit - IM unlocks
3. MAP points for meridian with fingers crossed -1st lock
Put in circuit
4. MAP points for 2nd meridian with fingers crossed - 1st unlock
5. Close circuit
6. Find emotion
(If working with pain. Client to assess pain 1-10)

Balance:

1. Cross crawl using associated meridian muscle (one from top and bottom if possible) until smooth movement is achieved
 - Both muscle movements must be in contraction then extension
2. Talk though connection between the two meridians and the emotion

Checking changes:

1. Re-check MAPs
 2. Check %Thy LE and polarity (if pre tested)
 3. Check emotion
 4. Check mode
(If working with pain. Client to re-assess pain 1-10)
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