

This technique is performed as a self help technique or as a pre-check before a 'kinesiology balance' is performed. It balances any 'scrambling/switching' of the energy pathways that is often present when the body is in the 'stress response'.

'Switching' is common if you have dyslexic tendencies, you muddle your words or thought processes or you find reading tiring. It can also be a helpful technique to calm and balance the system if you are struggling to sleep. There are three parts to this technique that work on energy flow from side to side, up and down and front to back.



Part One:

Supports the coordination and flow of energy from side to side, helping to balance tendencies to get 'd' and 'b' muddled up.

Place one hand over the navel. Place two fingers and thumb from your other hand either side of the breast bone (sternum), between the collar bone and first rib. Whilst keeping the hand that covers your navel still, rub the points under your thumb and two fingers vigorously in a side to side motion for 20-30secs. You will need a pressure that allows you to move the skin over the tissue below rather than rubbing the skin. Swap hands and repeat Add visual the challenge - bring in eye movements, taking your eyes from side to side ensuring you keep your eyes open and right to the extremities of your visual field.



Part Two:

Supports the coordination and flow of energy up and down the body, helping to balance tendencies to get 'p' and 'b/d' muddled up.

Place one hand over the navel. Place two fingers and thumb from your other hand either side of the top and bottom lip below the nose and above the centre of your chin. Whilst keeping the hand that covers your navel still, rub the points under your thumb and two fingers vigorously in an up and down motion for 20-30secs. You will need a pressure that allows you to move the skin over the bone below rather than rubbing the skin. Swap hands and repeat.

Add visual the challenge - bring in eye movements, taking your eyes up and down ensuring you keep your eyes open and right to the extremities of your visual field.



Part Three:

Supports the coordination and flow of energy from front to back/back to front, aiding reverse parking using mirrors, supports the adjustment between long and short distances and helps to balance any past or future trauma.

Place one hand over the navel. Place two or four fingers from your other hand over the coccyx. Whilst keeping the hand that covers your navel still, rub the points under your two or four fingers vigorously in an up and down motion for 20-30secs. You will need a pressure that allows you to move the skin over the bone below rather than rubbing the skin. Swap hands and repeat. Add visual the challenge - bring in eye movements by taking your eyes from focusing on a point directly in front of you to somewhere far in the distance (repeat several times before swapping hands and repeating again). Now use the reflection of a mirror to do the same on points behind you.