

The Wheel Balance

1. Check for permission.
2. Check for Clear Circuit Indicator Muscle (IM)
3. Check pre checks – switching/hydration/Central Meridian
4. State the Goal and check bi-lateral IMs (muscles should unlock)
5. Do some pre evaluation – 0..... 10 (stress, pain, flexibility, energy, etc.)
6. Check and Balance Central (Supraspinatus) and Governing (Teres Major)
7. Check and Only mark “ - “on Wheel chart for unlocking muscles.
8. With an IM, use light touch on alarm points and determine which meridians are over-energy. Put a + on your chart.
9. Look to **see if you have a Wheel pattern: beaver dam, triangle, or square. If not, use the midday/midnight law to find the meridian closest to the current time of day.**
10. Do the correction. Retest and challenge.
11. Recheck all the other unlocking muscles; if not all corrected correct them.
12. Then recheck alarm points and any pre-evaluations.
13. Check the goal statement (muscles should stay locked).

Five Elements Balance

1. Check for permission.
2. Check for Clear Circuit Indicator Muscle (IM)
3. Check pre checks – Switching/Hydration/Central Meridian
4. State the Goal and check bi-lateral IMs (muscles should unlock)
5. Do some pre evaluation – 0..... 10 (stress, pain, flexibility, energy, etc.)
6. Check and Balance Central (Supraspinatus) and Governing (Teres Major)
7. Check and Only mark “ - “ on 5 Elements chart for unlocking muscles.
8. Test Alarm Points. Mark a + for the over energy meridians.
9. Look for **First YIN under-energy CLOSEST/AFTER, ANY over-energy meridian going clockwise** (using Shen or Ko cycle)
10. When more than one possibility, hold the correction point of the likely under energy meridian and re-check other muscles to see if they correct with the correction point of that potential priority muscle.
11. Do the correction. Challenge.
12. Recheck the other muscles; if not all corrected, then correct them.
13. Recheck alarm points, goal and any pre-evaluations.