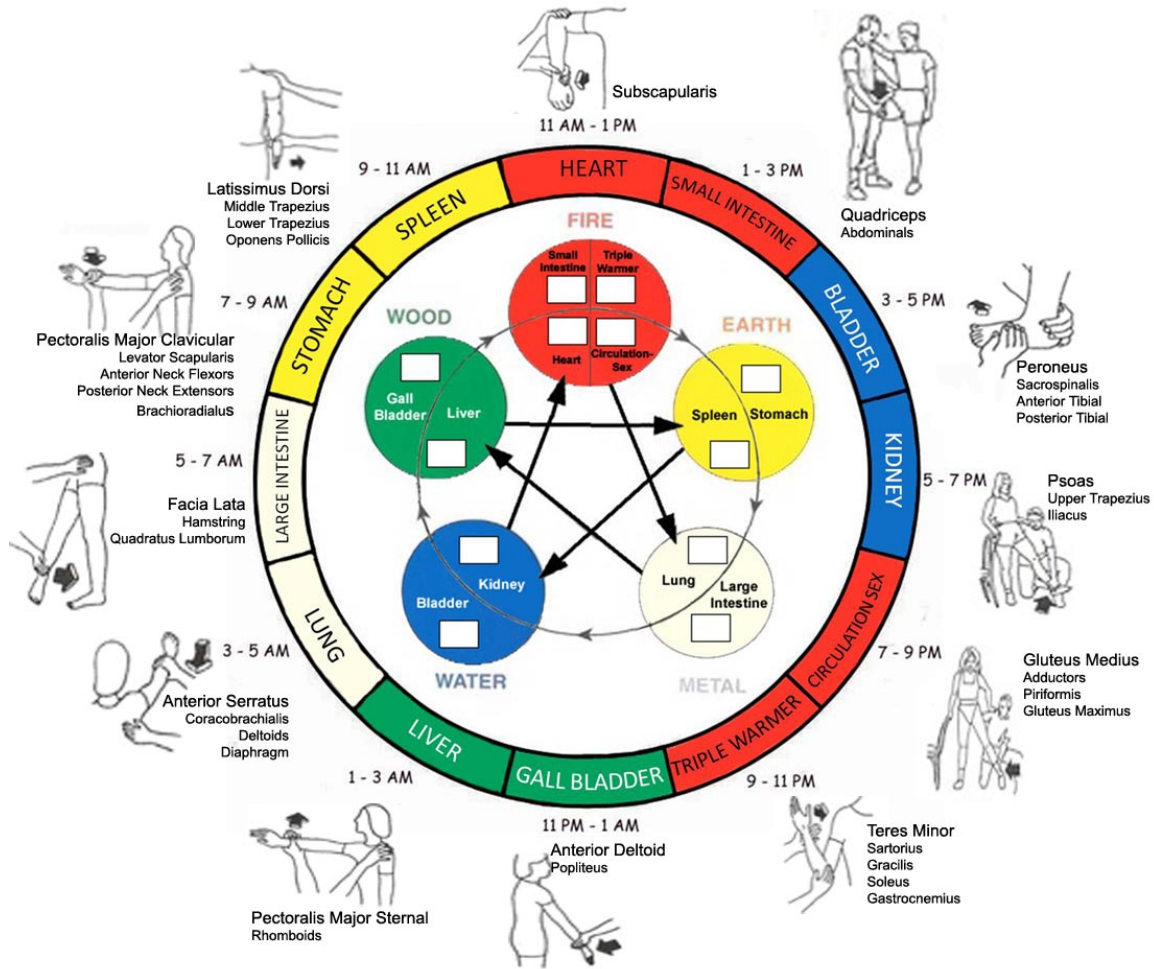


Supraspinatus
Central



Teres Major
Governing



Five Elements Balance

1. **Do PreChecks:** Clear Circuit Indicator Muscle – Hydration – Switching – Central meridian
2. **Set a Goal.** (Positive, Present time, First Person, Realistic, Measurable. What you want, not what you don't want.)
3. **Find the Emotion.** Also do some **Pre evaluation:** 0 10 (stress, pain, flexibility, energy, etc.)
4. Check Supraspinatus and Teres Major. Balance if needed.
5. Test only the other muscles – marking with a minus (-) on the chart as they unlock.
6. Test Alarm Points – marking with a + on the chart for the over energy meridians
7. Look for **First YIN under energy CLOSEST/AFTER, ANY over energy meridian going clockwise** (using either Shen OR Ko cycle)
8. When more than one possibility, hold the correction point of the likely priority under energy meridian and recheck other muscles to see if they correct with the correction point of that under energy muscle.
9. Do the correction. Challenge.
10. Recheck the other muscles and if any still unlock, then balance them. Recheck alarm points and any pre evaluations.

GOAL: _____

EMOTION: _____ **EVALUATION:** 0 1 2 3 4 5 6 7 8 9 10