

## Core Synchronism 2

### 1) Wave Pulses

- A. Fingers
- B. Toes

### 2) Chakra Synch

- A. Major (Anterior)
- B. Minor (Anterior)
- C. Major (Posterior)
- D. Major (Anterior/Posterior Together)

### 3) Birth Body Elemental Relationships

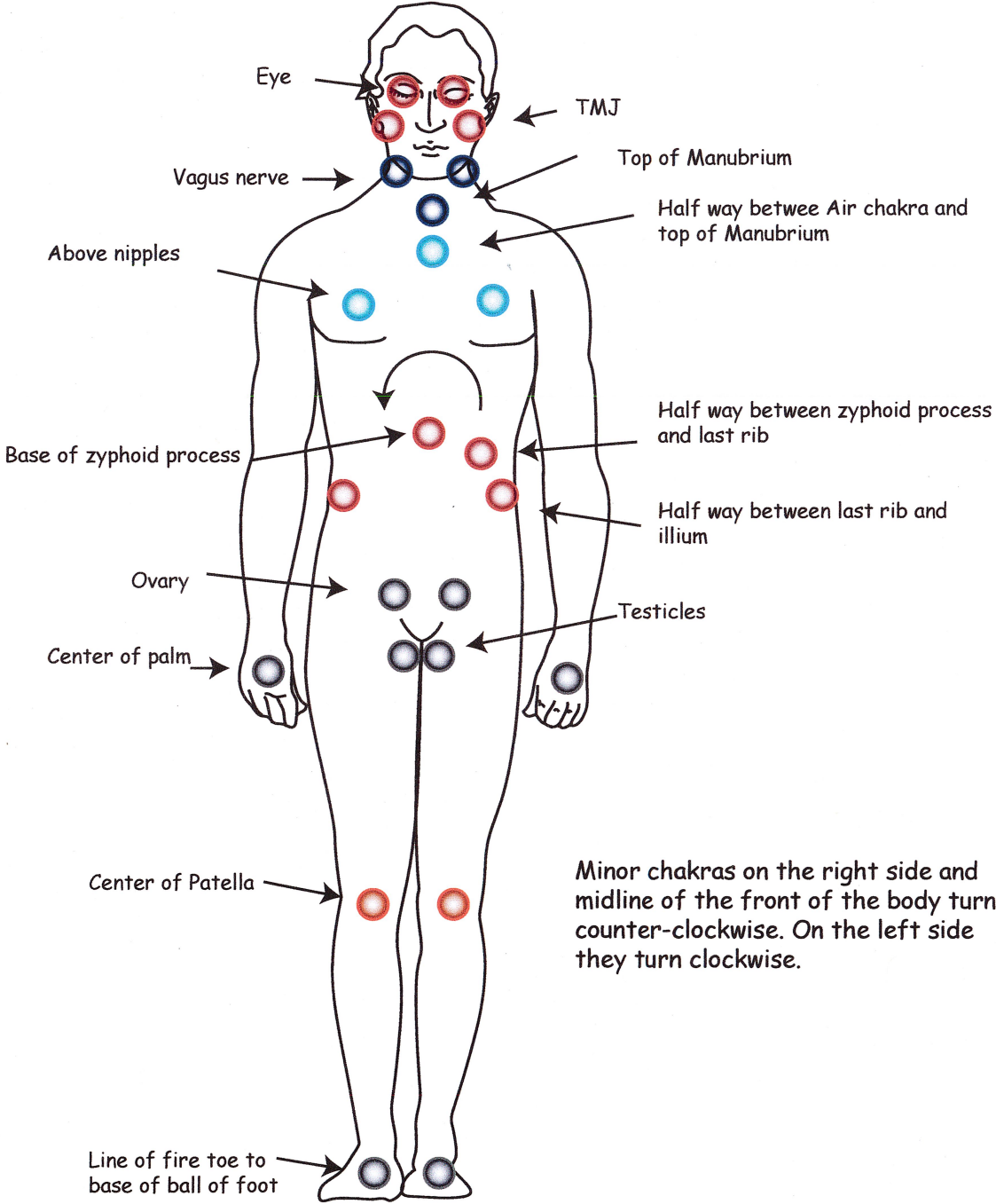
### 4) Triad Elemental Relationships

### 5) Spine

- A. Triad Spinal Relationships
- B. Triad Spinal Geometric Relationships
- C. Triad Spine to Triad Body Relationships
- D. Spine/ From Pulse Reading  
(check vertebral segments associated with  
element imbalance)

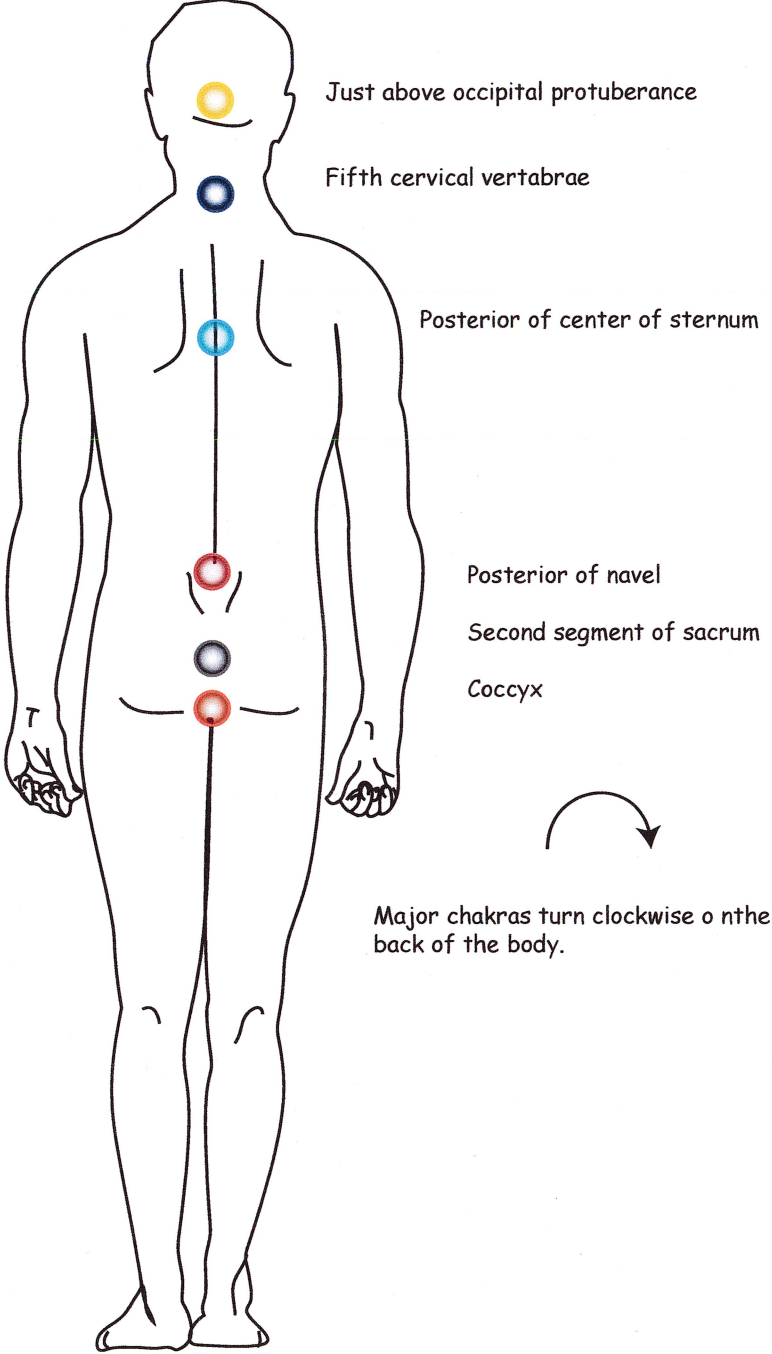
### 6) Full Cranial Hold/Core

# Minor Chakras

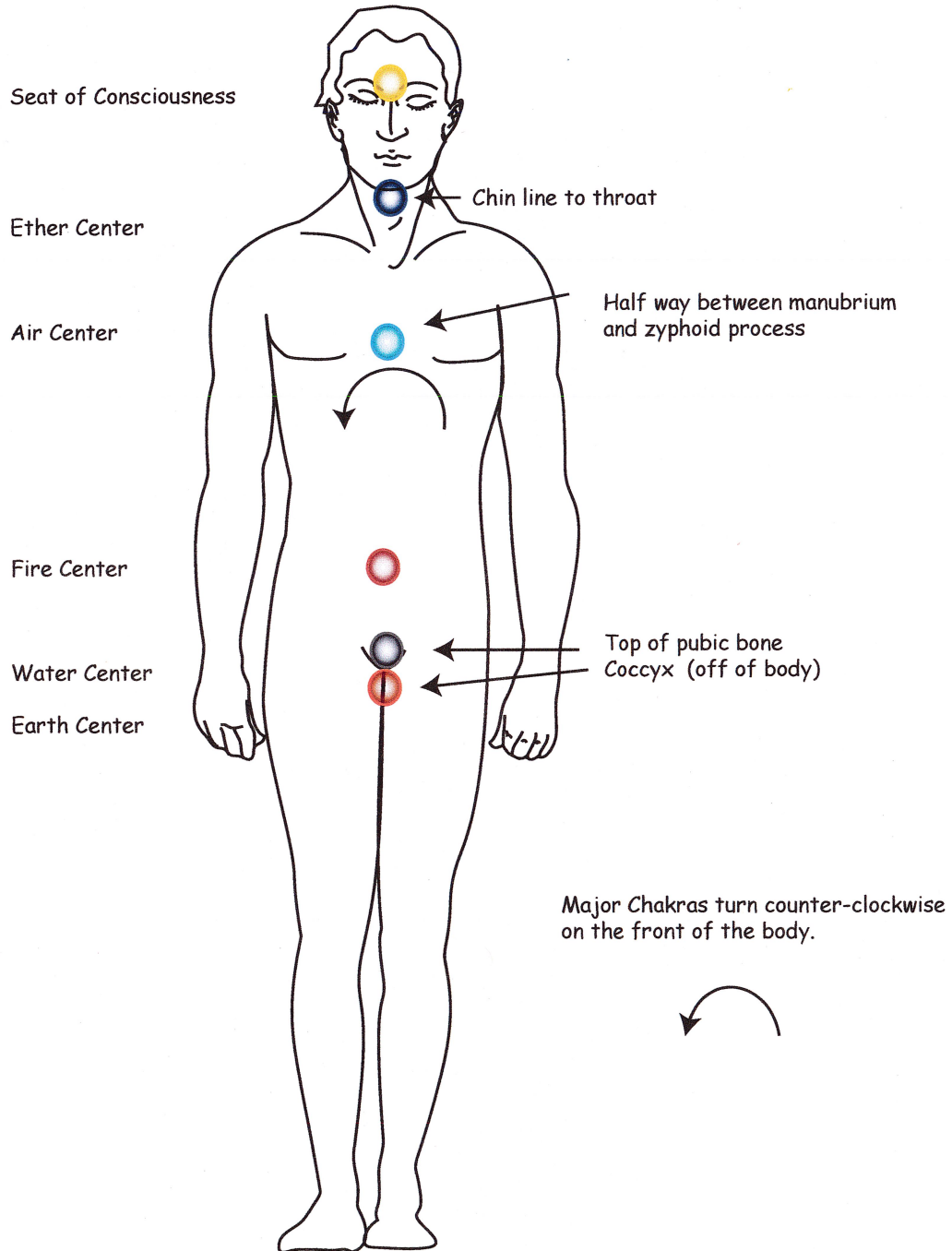


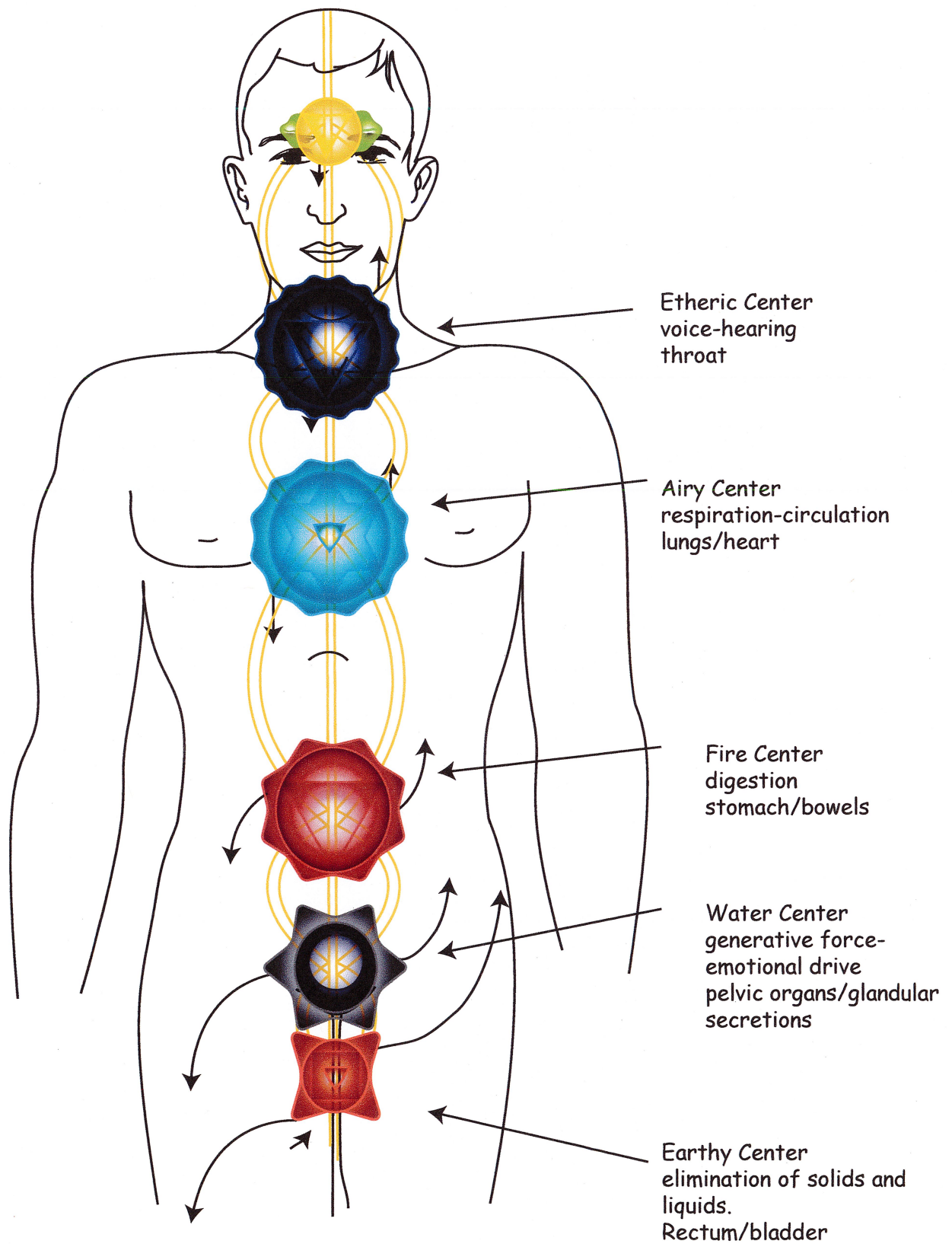
Minor chakras on the right side and midline of the front of the body turn counter-clockwise. On the left side they turn clockwise.

# Major Chakras (back)

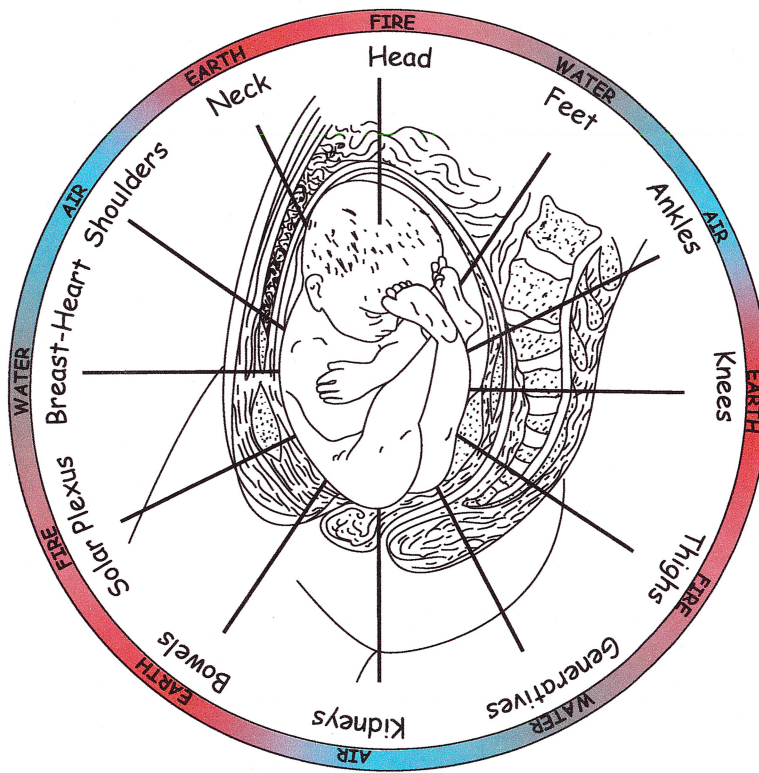


# Major Chakras



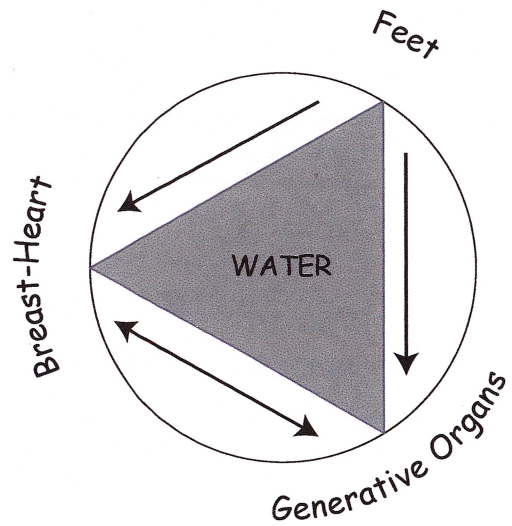
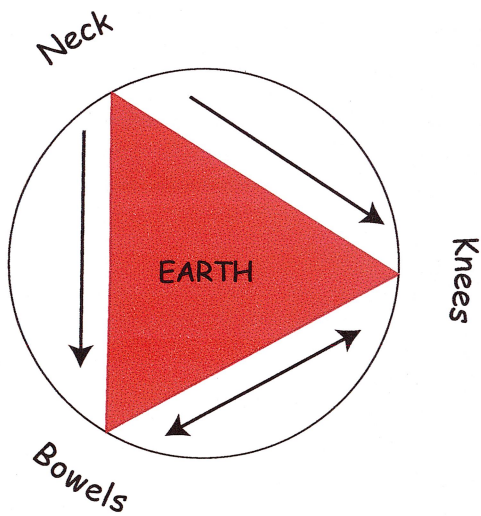
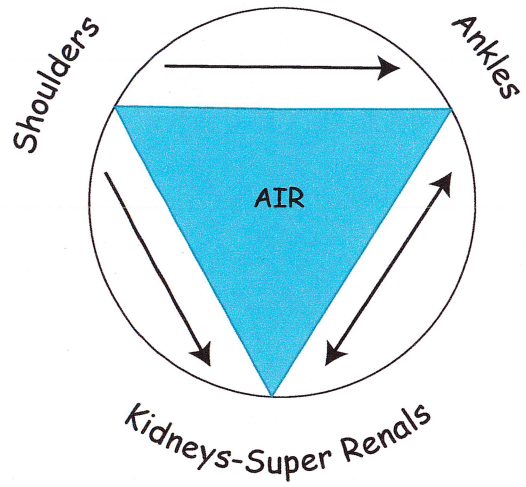
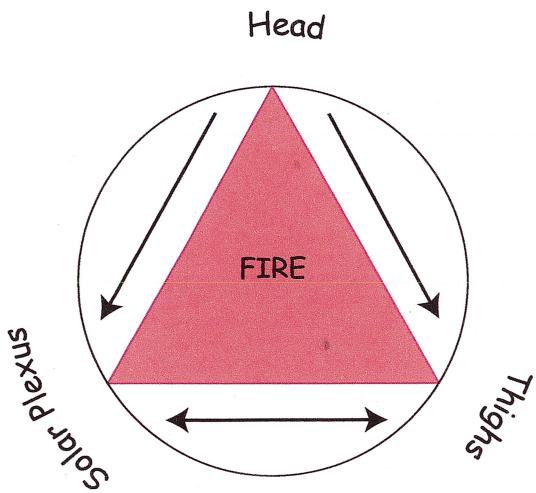


# Birth Body Elemental Relationships

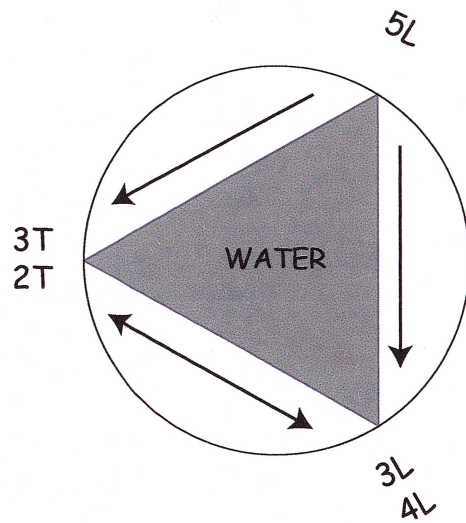
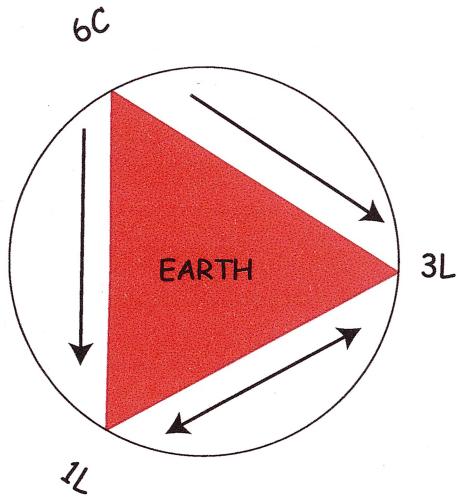
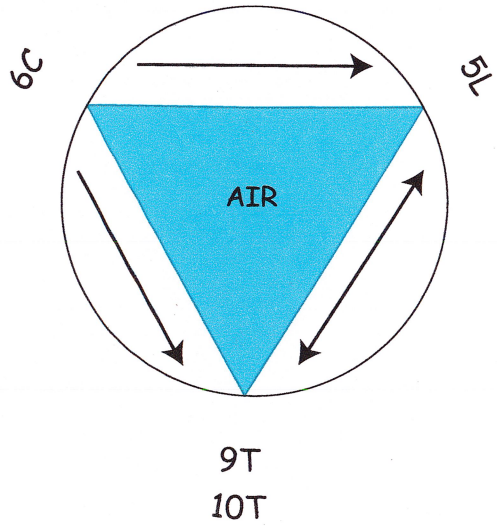
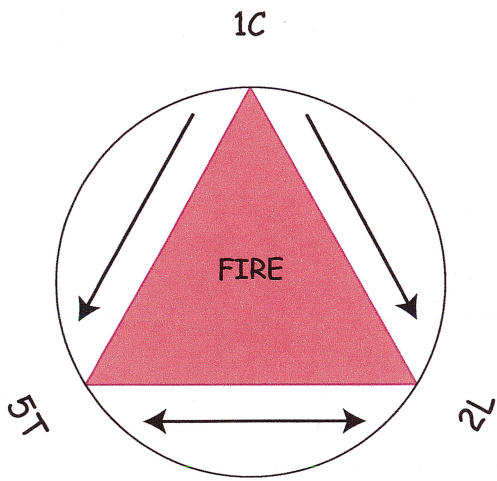




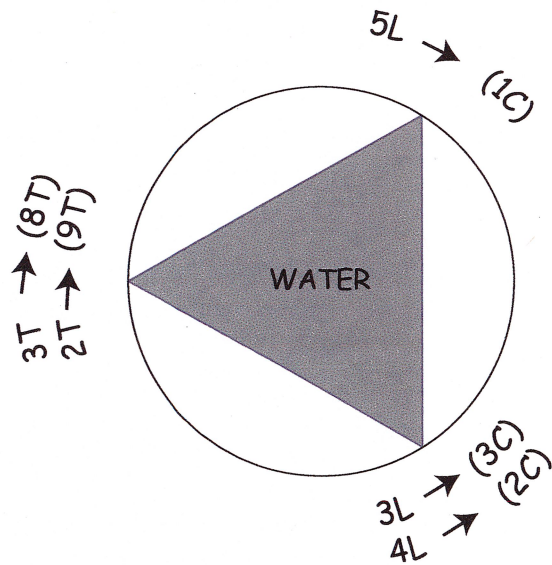
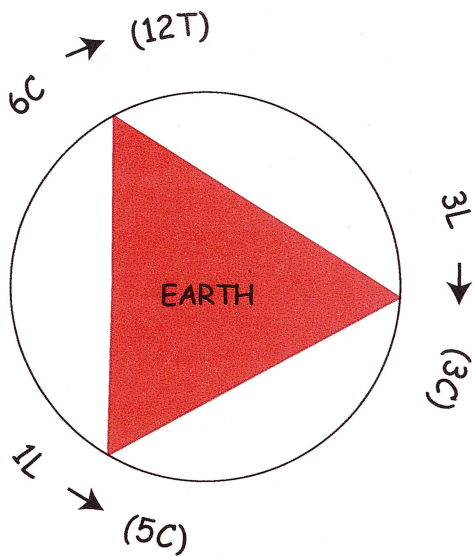
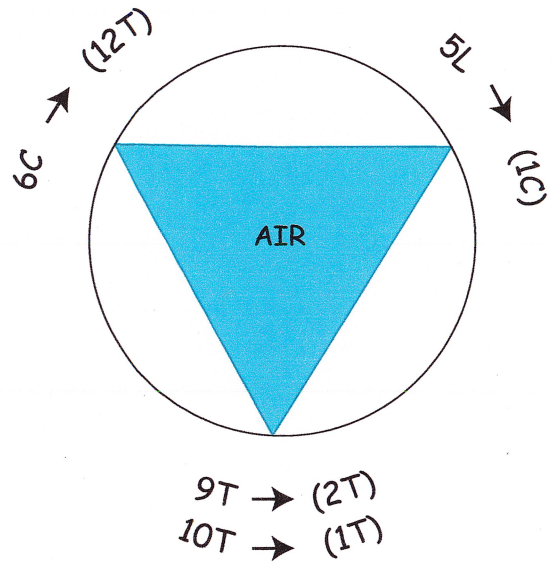
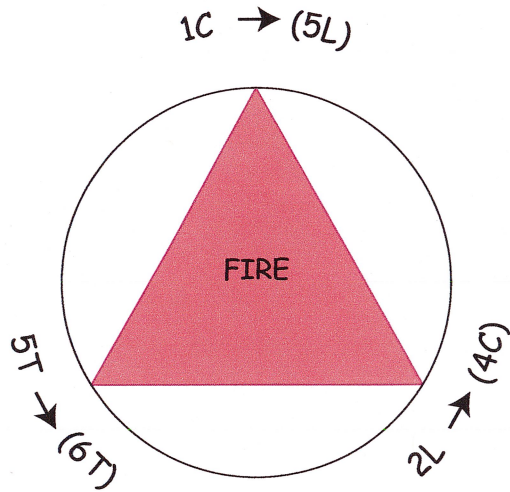
# Triad Elemental Relationships



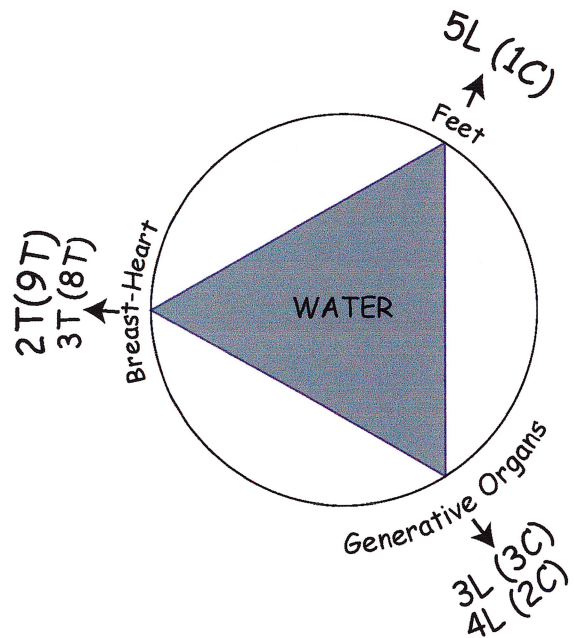
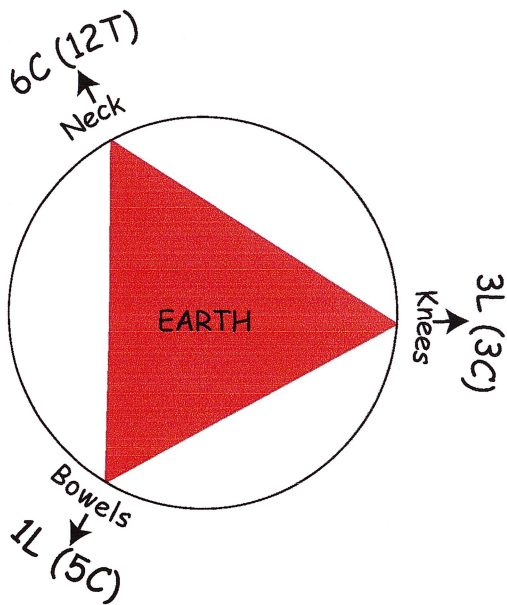
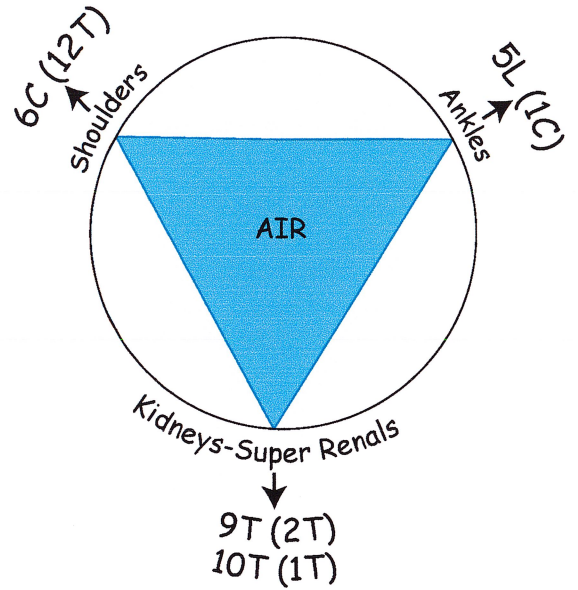
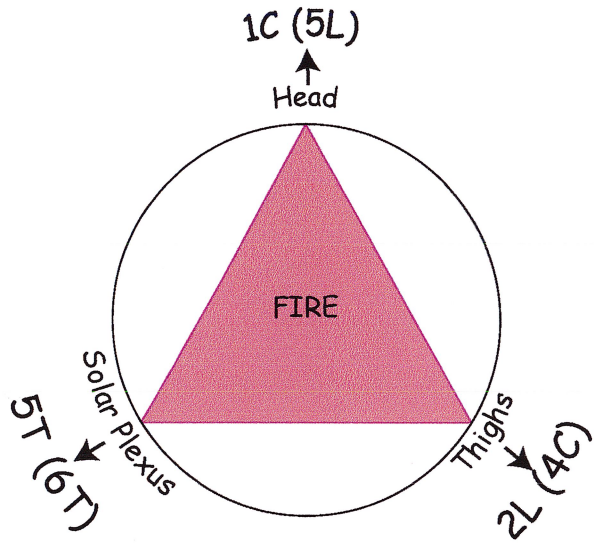
# Triad Spinal Relationships



# Triad Spinal Geometric Relationships



# Spine to Triad Body Relationships



Sequence From Element Wave Pulse Reading

# Air

Birth Body Synch

Ankles-Solar Plexus

Kidneys-Head

Shoulders-Thighs

Triad Synch

Shoulders-Ankles

Shoulders-Kidneys

Ankles-Kidneys

Triad Spinal Synch

6C-5L

6C-9T/10T

9T/10T-5L

Triad Spinal Geometric

6C-12T

5L-1C

9T-2T 10T-1T

Triad Spine-Triad Body-Triad Spinal Geometric

6C-12T-Shoulders

5L-1C-Ankles

9T/10T-2T/1T-Kidneys

Elemental Spine Synch

7C-10T

Sequence From Element Wave Pulse Reading

# Fire

## Birth Body Synch

Head-Kidney

Thigh-Shoulders

Solar Plexus-Ankles

## Triad Synch

Head-Thighs

Head-Solar Plexus

Solar Plexus-Thighs

## Triad Spinal Synch

1C-2L

1C-5T

5T-2L

## Triad Spinal Geometric

1C-5L

2L-4C

5T-6T

## Triad Spine-Triad Body-Triad Spinal Geometric

1C-5L-Head

2L-4C-Thighs

5T-6T-Solar Plexus

## Elemental Spine Synch

T9-Sacrum

Sequence From Element Wave Pulse Reading

# Water

## Birth Body Synch

Feet-Bowels

Generative-Neck

Breast/Heart-Knees

## Triad Synch

Feet-Generative

Feet-Breast/Heart

Generative-Breast/Heart

## Triad Spinal Synch

5L-3L/4L

5L-2T/3T

2T/3T-3L/4L

## Triad Spinal Geometric

5L-1C

3L-3C 4L-2C

2T-9T 3T-8T

## Triad Spine-Triad Body-Triad Spinal Geometric

5L-1C-Feet

3L/4L-3C/2C-Generative

2T/3T-9T/8T-Breast/Heart

## Elemental Spine Synch

L5-Sacrum-Coccyx

Sequence From Element Wave Pulse Reading

# Earth

## Birth Body Synch

Bowels-Feet

Neck-Generative

Knees-Breast/Heart

## Triad Synch

Neck-Knees

Neck-Bowels

Knees-Bowels

## Triad Spinal Synch

6C-3L

6C-1L

1L-3L

## Triad Spinal Geometric

6C-12T

3L-3C

1L-5C

## Triad Spine-Triad Body-Triad Spinal Geometric

6C-12T-Neck

3L-3C-Knees

1L-5C-Bowels

## Elemental Spine Synch

Sacrum-Coccyx-Perineal Floor



Sequence From Element Wave Pulse Reading

# Ether

Check Core Current Direction/Establishes Parasympathetic Response

Metatarsal Stretch/Cuboid Alignment/Minor Chakras Feet/Heels/ Minor Chakras + Heels

Core/Parietals/Occiput/1C + 5L/Sacrum/Coccyx/Perineum

All Major Joints\*

Sacrum with Lower Joints: ankles, knees, hips + pubic bones

Parietals with Upper Joints: wrists, elbows, sternum, scapula + shoulders + clavicles

Elemental Spine Synch

T1-C7, C7-C6, C6-C5, C5-C4, C4-C3, C3-C2, C2-C1, C1-Occiput

Core/Parietals/Occiput Thru T1 as a group

C1-L5, C2-L4, C3-L3, C4-L2, C5-L1, C6-T12, C7-T11, T1-T10

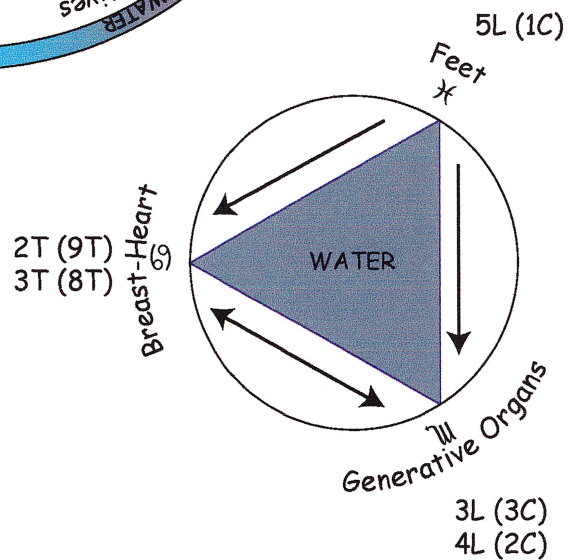
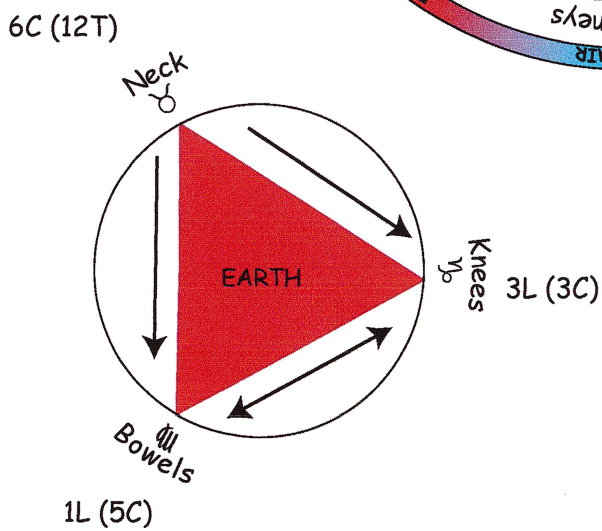
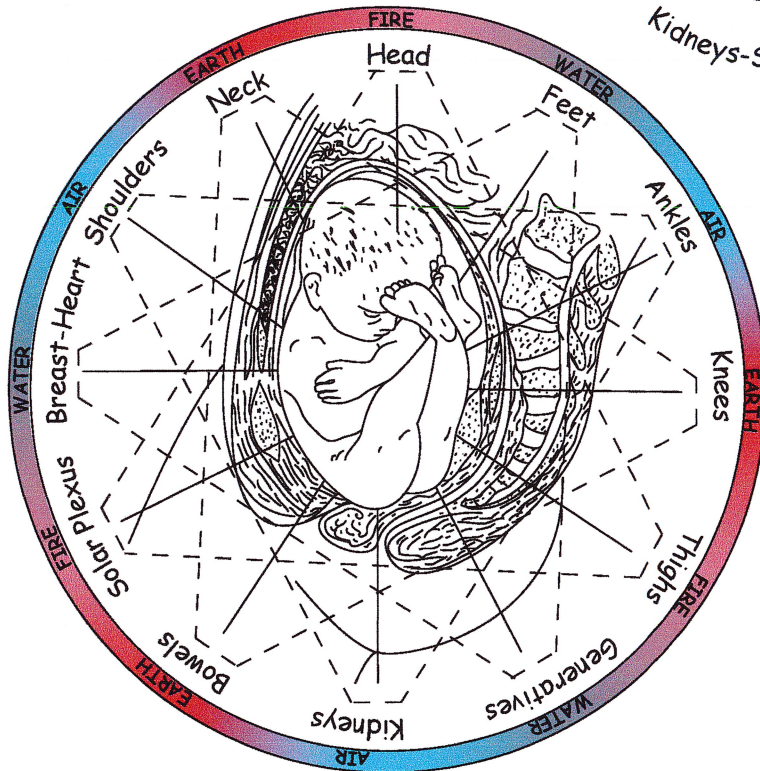
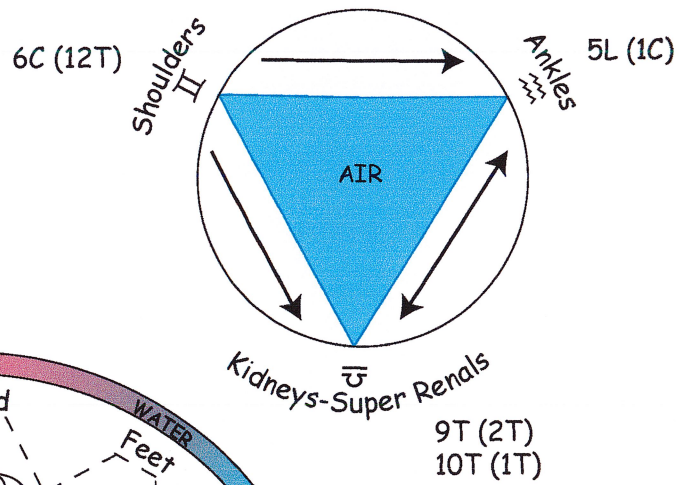
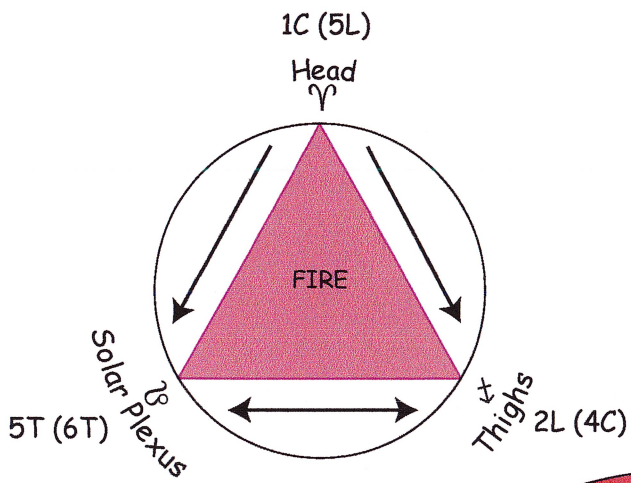
Synch C1-T1 as a group with T10-L5 as a group

Throat Synch-Anterior/Posterior (including major/minor chakras)

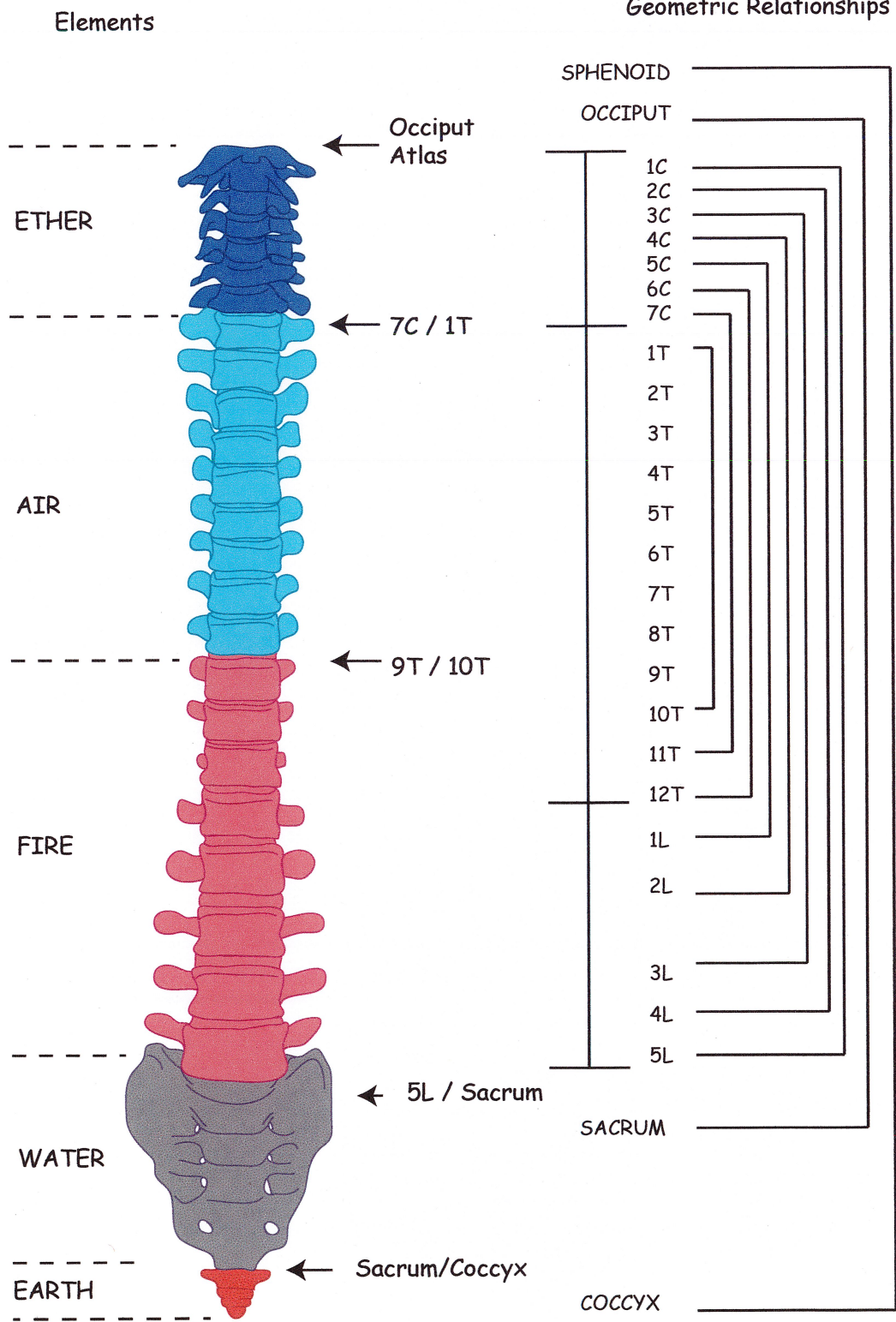
All Head and Facial Bones with Parietals (Include Brain Sequence from Core 3)

Full Cranial Hold

Neutral Formula to Ethmoid/Follow Core + Ethmoid to Functional Still Point



# Element Field Intersection



NOTE : Synchronize occiput to C1 for everyone.

# CHART OF EFFECTS OF SPINAL MISALIGNMENTS

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4). Misalignments of spinal vertebrae and discs may cause irritation to the nervous system which could affect the structures, organs, and functions listed under "areas." The effects listed are conditions or symptoms that may be associated with malfunctions of the areas noted.

Vertebrae	Area	Effects
1C	Blood supply to the head, pituitary gland, scalp, bones of the face, brain inner and middle ear, sympathetic nervous system.	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, annesia, chronic tiredness, dizziness.
2C	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	Sinus trouble, allergies, pain around the eyes, earache, fainting spells, certain cases of blindness, crossed eyes, deafness.
3C	Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne, or pimples, aczema.
4C	Nose, lips, mouth, eustachian tube.	Hay fever, runny nose, hearing loss, adenoids.
5C	Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, throat conditions such as sore throat or guinsy.
6C	Neck muscles, shoulders, tonsils.	Stiff neck, pain in upper arm, tonsilitis, chronic cough, croup.
7C	Thyroid gland, bursae in the shoulders, elbows.	Bursitis, colds, thyroid conditions.
1T	Arms from the elbows down, including hands, wrists, and fingers; esophagus and trachea.	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands.
2T	Heart, including its valves and covering: coronary arteries.	Functional heart conditions and certain chest conditions.
3T	Lungs, bronchial tubes, pleura, chest, breast.	Bronchitis, pleurisy, pneumonia, congestion, influenza.
4T	Gall bladder, common duct.	Gall bladder conditions, jaundice, shingles.
5T	Liver, solar plexus, circulation (general.)	Liver conditions, fevers, blood pressure problems, poor circulation, arthritis.
6T	Stomach.	Stomach troubles, including nervous stomach: indigestion, heartburn, dyspepsia.
7T	Pancreas, duodenum.	Ulvers, gastritis.
8T	Spleen.	Lowered resistance.
9T	Adrenal and supra-renal glands.	Allergies, hives.
10T	Kidneys.	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.
11T	Kidneys, ureters.	Skin conditions such as acne, pimples, exzema, or boils.
12T	Small intestines, lymph circulation.	Rheumatism, gas pains, certain types of sterility.
1L	Large intestines, inguinal rings.	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias.
2L	Appendix, abdomen, upper leg.	Cramps, difficult breathing, minor varicose veins.
3L	Sex organs, uterus, bladder, knees.	Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains.
4L	Prostate gland, muscles of the lower back, sciatic nerve.	Sciatica; lumbago; difficult, painful, or too frequent urination; backaches.
5L	Lower legs, ankles, feet.	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps.
SACRUM	Hip bones, buttocks.	Sacro-iliac conditions, spinal curvatures.
COCCYX	Rectum, anus.	Hemorrhoids (piles), pruritis (itching), pain at end of spine on sitting.

For further explanation of the conditions shown above, and information about those not shown, ask your Doctor of Chiropractic.

■ Ether  
 ■ Air  
 ■ Fire  
 ■ Water  
 ■ Earth

Core Synchronism 2  
Treatment Sequence  
(an Example)

- 1) Wave Pulse Reading
- 2) Core Current Direction
- 3) Feet
  - A. Metatarsal Stretch
  - B. Cuboid Alignment
  - C. Minor Chakra Synch
  - D. Heels Synch
  - E. Chakra + Heels Synch
- 4) Major/Minor Chakra Synch (anterior)
  - A. Majors
  - B. Minors
- 5) On Side:
  - A. Major Chakra Synch (posterior)
  - B. Major Chakra Synch (anterior/posterior together)
  - C. Diaphragms (anterior/posterior together)
- 6) Core/Parietals/Occiput/Atlas-L5-Sacrum/Coccyx/Perineal Floor Synch
- 7) Birth-Body Synch
- 8) Triad Synch
- 9) Triad Spinal Synch
  - Triad Spinal Geometric Synch
  - Triad Spine to Triad Body to Spinal Geometric Synch
  - Elemental Spine Synch
- 10) Core Current

## Core Synchronism 2

What are your goals for a treatment: Find the circuit in the body that is not connecting that is causing the finger/toe element to be dead or off. Track down in the element where it's not working and re-synch; then address the specific things the client came in for.

### WAVE PULSES

- A. Fingers
- B. Toes

Hold the digits of the hands or feet, one at a time. Feel for the wave pulse of each digit individually to see if there is opening and closing movement. If there is a lateral to medial movement, move on. You are looking for one or more digits' elements that are not moving. If two digits seem close in movement, you can check them against one another. Decide which seems worse. To verify your findings, check the wave pulses on the limbs (fingers/toes) that you haven't already checked.

You may feel any of the following:  
a weird buzzing, electrical sensation,  
quietness,  
deadness,  
coldness,  
uncomfortableness in your own body parts, etc.

Generally 99% of the time you will find the same element out on the toes as the hands. If all wave pulses are moving, feel for one that seems sluggish or slower than the others.

Add Elemental Hand Chart here

## **CHAKRAS**

Get in the habit of checking them on the body. This will make future Core work easier for you. Chakras can be off in the following ways: slow moving/sluggish, hold the chakra to amp it up; dead chakra, connect it to another chakra to jump start it; or reversed spin, stop it with your intent and it should immediately correct itself.

**Major/Minor (Front) - see chart**

Begin at the feet and travel superior up the body until you've checked all major and minor chakras. **Major chakras spin counter-clockwise on front of body. Minor chakras spin: counter-clockwise on client's right side and clockwise on the client's left side.**

Feet (minor) - bottom center of foot.

Knees (minor) - center of patella.

Hands (minor) - center of palm.

Testicles (minor) - slightly lateral to midline; off the body, just inferior to the Earth Center.

Earth Center (major) - midline; off the body at coccyx/perineal floor.

Water Center (major) - midline; at top of pubic bone.

Ovaries (minor) - lateral and slightly superior to the Water Center.

Fire Center (major) - midline; at the umbilicus.

Spleen & Liver-gallbladder (minor) - half way between last rib and ilium, level with the Fire Center but on the sides of the body.

Stomach-Spleen-Pancreas (minor) - lateral, half way between the xiphoid process and the last rib on client's left side.

Solar Plexus (minor) - midline; base of the xiphoid process.

Air Center (major) -midline; halfway between manubrium and zyphoid process.

Breasts (minor) - lateral to the nipple line and very slightly superior to the Air Center.

Thymus (minor) - midline; halfway between the Air Center and the top of the manubrium.

Manubrium (minor) - midline; at the notch of the manubrium.

Ether Center (major) - midline; chin line to throat.

Vagus nerve (minor) - find Ether Center, go lateral on both sides of the neck.

TMJ (minor) - TMJ joints on lateral sides of face.

Eyes (minor) - on eyes.

Seat of Consciousness Center (major) - midline; at the 3rd eye.

Add Minor Chakras Chart here

Add Major Chakras (back) Chart here

**CHAKRAS continued ...**

**Major (Back) -- see chart**

**Major Chakras spin clockwise on the back side of the body.**

With client on left side, check chakras on the back.

Earth Center - midline; at the coccyx.

Water Center - midline; at the 2nd segment of the sacrum.

Fire Center - midline; posterior of navel.

Air Center - midline; posterior of center of the sternum.

Ether Center - midline; at C5.

Seat of Consciousness Center - midline; just above occipital protuberance.



## Major (Front/Back Together)

With client on left side, match up the front and back location of each major chakra. The front should spin counter-clockwise as the back spins clockwise. The rotation of the spin should be coordinated. If it's not, stop it with your intent and it should immediately correct itself.

Add Birth Body Elemental Relationships Chart here

## BIRTH BODY ELEMENTAL RELATIONSHIPS

The birth-body elemental relationships share the benefits of balance and the burdens of imbalance. The further an organ is out of its natural cavity, the less optimal its function. To feel an organ, deepen your intent and follow a nearby skeletal structure.

### Head to Kidneys

Very rarely will you find the kidneys and adrenals in. Synch head bones to each other and to the Core. Hold in full pause in open and close phases.

parietals	lateral/medial
frontal	anterior/posterior
occiput	posterior/anterior
temporals	distance between mastoid tips decreases/increases body of temporals rotate anterior and laterally/body of temporals rotate posterior and medially
sphenoid	anterior/posterior
Core	inferior/superior

Synch kidney/adrenals to themselves and to the Core. Hold in full pause in open and close phases.

kidney/adrenals	posterior/anterior
Core	inferior/superior

Synch kidney/adrenals to bones of head and to the Core. Hold in full pause in open and close phases.

**Feet to Bowels**

Synch feet to each other and to the Core. Do full pause in open and close phases.

Feet                   externally rotate/internally rotate  
Core                   inferior/superior

Synch bowels to self and to Core: ascending, transverse, and descending. Do full pause in open and close phases.

Bowels               posterior/anterior  
Core                 inferior/superior

Synch feet to bowels and to the Core. Do full pause in both open and close phases.

**Ankles to Solar Plexus**

Synch ankles to each other and to the Core. Do full pause in open and close phases.

ankles               externally rotate/internally rotate  
Core                 inferior/superior

Synch solar plexus to the Core, and other things in the vicinity. Do full pause in open and close phases.

ribcage             externally rotates/internally rotates  
organs              posterior/anterior

Synch ankles to solar plexus and to the Core. Do full pause in open and close phases.

ankles               externally rotate/internally rotate  
solar plexus       posterior/anterior  
Core                 inferior/superior

### Knees to Breast-Heart

Synch knees to themselves and to the Core. Do full pause in open and close phases.

knees	posterior/anterior
Core	inferior/superior

Synch breast-heart to self, to the Core, and other things in the vicinity. Check one thing and keep adding until you have all of them synched together. For bronchitis, asthma, and cough, add the thoracic diaphragm, shoulders, and clavicles. Hold in full pause in open and close phases.

heart	posterior/anterior
ribs	lateral/medial
lungs	posterior/ anterior
Core	inferior/superior .

Synch knees to breast-heart and to the Core. Do full pause in both open and close phases.

### Thighs to Shoulders

Synch thighs to themselves and to the Core. Do full pause in open and close phases.

thighs	externally rotate/internally rotate
Core	inferior/superior

Synch shoulders to themselves and to the Core. Do full pause in open and close phases.

shoulders	externally rotate/internally rotate
clavicles	lateral/medial
scapulas	posterior/ anterior
sternum	posterior/anterior
Core	inferior/superior

Synch thighs to shoulders and to the Core. Do full pause in the open and close phases.

**Generative to Neck**

Synch generative to itself and to the Core. Do full pause in open and close phases.

pubic bones	lateral/medial
hips	lateral/medial
ovaries	posterior/anterior
uterus	open: posterior and slightly inferior close: anterior and slightly superior
penis	inferior/superior
testes	inferior/superior
prostate gland	inferior/superior
perineal floor	inferior/superior
Core	inferior/superior

Synch neck to itself and to the Core. Do full pause in open and close phases.

neck tissues	lateral/medial
vertebrae	posterior/anterior
Core	inferior/superior

Synch generative to neck and to the Core. Do full pause in the open and close phases.

**Add (4) Triad Elemental Relationships Chart**

**TRIAD ELEMENTAL RELATIONSHIPS --- CHART 4**

The Triad Elemental Relationships are three body structures that share the benefits of balance and burdens of imbalance amongst them. Follow the charts, beginning with the body part that shows open arrow moving away from it.

## **FIRE**

Synch Head bones to Solar Plexus, Core.

Synch Head bones to Thighs, Core.

Synch Solar Plexus to Thighs, Core.

Hold in full pause in open and close phases as you synch each elemental relationship.

## **AIR**

Synch Shoulders to the Ankles, Core.

Synch Shoulders to Kidneys/Super Renals, Core..

Synch Kidneys/Super Renals to the Ankles, Core.

Hold in full pause in open and close phases as you synch each elemental relationship.

## **EARTH**

Synch Neck to the Knees, Core.

Synch Neck to Bowels, Core.

Synch Bowels to Knees and, Core.

Hold in full pause in open and close phases as you synch each elemental relationship.

## **WATER**

Synch Feet to the Breast-Heart, Core.

Synch Feet to Generative Organs, Co

Synch Breast-Heart to Generative Organs, Core.

Hold in full pause in open and close phases as you synch each elemental relationship.

Add (5A) Triad Spinal Relationships Chart here

### **TRIAD SPINAL RELATIONSHIPS --- CHART 5A**

The Triad Spinal Relationships are the body parts that are being supplied with neural juice from the spine. These relationships share the benefits of balance and burdens of imbalance among them. Follow the charts to synchronize the three spinal relationships that are connected to the same element.

Landmarks to help you find your hand placements:

Just off the base of the occiput; the first protuberance is C2. Slightly superior in the indentation is C1.

Inferior tip of the scapula, if standing or sitting = T8, if lying down,

because the scapula rolls superiorly = T7.

Find the end of the floating rib and follow to the spine = T12.

Umbilical straight through the body = L2.

Superior portion of hip, follow the arc posteriorly to the spine = junction of L5/base of sacrum.

Top of SI joint, straight across = L5

Eliminate confusion between C7 and T1. Put three fingers simultaneously on C6, C7, and T1, have the person turn their head. C7 moves.

### FIRE

1C to 5T base of the occiput; find T7 and count up 2 vertebrae.

1C to 2L base of the occiput; umbilical straight through is L2.

5T to 2L find T7 and count up 2; umbilical straight through is L2.

### AIR

6C to 5L find C7 and count up 1; arc of hip and go to midline of SI joints

6C to 9T/10T find C7 and count up 1; find T7, count down to 9/10.

5L to 9T/10T arc of hip, go to midline of SI joints; find T7, count down to 9/10.

### EARTH

6C to 3L find C7, count up 1; umbilical straight through, down 1.

6C to 1L find C7, count up 1; umbilical straight through, up 1.

1L to 3L umbilical straight through, up 1, umbilical straight through, down 1.

### WATER

5L to 2T/3T arc of hip at midline of SI joints; spine of scapula straight through = 2, then down one for 3.

5L to 3L/4L arc of hip at midline of SI joints; umbilical straight through =2, down 1 =3, down 2 =4.

2T/3T to 3L/4L      Top of spine of the scapula, straight across = T2,  
down 1 = T3. Umbilical straight through = L2,  
down one = L3, down 2 = L4.

Have client on left side. Open phase: all spinal segments move posterior; Core moves inferior. Close phase: all spinal segments move anterior; Core moves superior. Hold in full pause in open and close phases.

Add (5B) Triad Spinal Geometric Relationships Chart here  
Add Spine charts in this section too.

### **TRIAD SPINAL GEOMETRIC RELATIONSHIPS --- CHART 5B and Spine Charts**

The Triad Spinal Geometric Relationships divide the spine itself into polarity relationships that share the benefits of balance and burdens of imbalance. Follow the chart, to synchronize each of the three geometric spinal relationships that are connected to the same element.

Your synchs will not hold if you do not look at the spine and synch the Triad Spinal Relationships and the Triad Spinal Geometric Relationships.

#### **FIRE**

1C to 5L      base of occiput; arc of hip and go to midline.  
5T to 6T      find T7, count up to 5 and 6.  
2L to 4C      umbilical straight through = L2. Occipital base first  
protuberance = C2, down 2 = C4.

#### **AIR**

6C to 12T      find C7, count up 1; tip of floating rib, across = T12.  
5L to 1C      arc of hip, go to midline of SI joints; base of occiput.  
9T to 2T      find T7, go down 2; superior spine of scapula, straight

across = T2.

10T to 1T find T7, go down 3; superior spine of scapula, straight across, go up one.

### EARTH

6C to 12T find C7, count up 1; tip of floating rib, across.  
1L to 5C umbilical straight through, up one; find C7, up two.  
3L to 3C umbilical straight through, down one; occipital base down one.

### WATER

2T to 9T umbilical straight through; find T7, down 2.  
3T to 8T superior spine of scapula, down one; find T7, down one.  
5L to 1C arc of hip, to midline of SI joints; base of occiput, slightly superior.  
3L to 3C umbilical straight through, down one; base of occiput, down two or first protuberance down one.  
4L to 2C arc of hip, to midline of SI joints, count up 1; base of occiput, or first protuberance.

Have client on left side. Open phase: all spinal segments move posterior; Core moves inferior. Close phase: all spinal segments move anterior; Core moves superior. Hold in full pause in open and close phases.

Add (5C) Triad Spine to Triad Body Relationships Chart here

### **TRIAD SPINE TO TRIAD BODY RELATIONSHIPS --- CHART 5C**

The Triad Spine to Triad Body Relationships synchronize the spinal neural source to the body part. These relationships share the benefits of balance and burdens of imbalance. Follow the chart, to synchronize each of the three spinal parts to their body part within the same element. Client can lie on back or left side.



## **FIRE**

Head to C1                      Synch all bones of the head to C1 and the  
Core (parietals, frontal, occiput, temporals, sphenoid).

Solar Plexus to T5              Synch Solar Plexus to T5 and to the Core.  
Thighs to L2                      Synch Thighs L2 and to the Core.

Hold in full pause in open and close phases.

## **AIR**

Shoulders to 6C                  Synch shoulders to 6C, Core.  
Ankles to 5L                      Synch ankles 5L, Core.  
Kidneys-Super Renals          Synch kidneys-Super Renals  
to 9T and 10T                      to 9T/10T, and to the Core.  
Hold in a full pause in open and close phases.

## **EARTH**

Neck to 6C                        Synch neck to 6C, and to the Core.  
Knees to 3L                        Synch knees to 3L, Core.  
Bowels to 1L                        Synch bowels to 1L, and to the Core.  
Hold in a full pause in open and close phases.

## **WATER**

Feet to 5L                         Synch feet to 5L, and to the Core.  
Breast-Heart to 2T/3T          Synch Breast-Heart to 2T/3T, Core.  
Generative Organs                Synch Generative organs to 3L/4L, Core  
to 3L/4L  
Hold in a full pause in open and close phases.

## Functional Still Point

Apply a small amount of Insight (Neroli + Tuberose) to Third Eye Center.

Synch the Ethmoid to the Core. Open phase: Ethmoid moves posterior; Core moves inferior. Close phase: Ethmoid moves anterior; Core moves superior.

Do several full pauses in both open and close phases to create a functional still point. You may notice a 90+ second cycle, then things may feel a little sporadic. From that activity, the Core should settle down so that you can hardly feel it. This is the functional still point, a place of deep relaxation and opportunity for healing.

## Ether

Sequence From Element Wave Pulse Reading

### Feel the Core

#### All Major Joints

**Sacrum with Lower Joints:** ankles, knees, hips, pubic bones. Client on side, synch paired joints to each other before synching to the sacrum and to the Core. Hold in full open and close phases.

sacrum / Open: body moves posterior; coccyx moves anterior.

coccyx Close: body moves anterior; coccyx moves posterior.

ankles externally rotates/internally rotates

knees posterior/anterior

hips externally rotates/internally rotates

pubis Open: distance between pubic bones increases

Close: distance between pubic bones decrease

Core inferior/superior

**Parietals with Upper Joints:** wrists, elbows, shoulders, clavicles, sternum. Client on back, synch each paired joint to itself, to the

parietals, and to the Core. Hold in full pause in open and close phases. When synching wrists and shoulders together, have client hold them at midline so you can synch each pair with one hand.

parietals	lateral/medial
wrists	externally rotate/internally rotate
elbows	externally rotate/internally rotate
shoulders	externally rotate/internally rotate
clavicles	lateral/medial
scapulas	posterior/anterior
sternum	posterior/anterior
Core	inferior/superior

### **Elemental Spine Synch (client on side)**

**Synch each Elemental Spinal Relationship listed below.**

Do full pause in open and close phases.

All vertebrae	posterior/anterior
occiput	body of occiput moves posterior/anterior base of occiput moves inferior/superior
Core	inferior/superior
T1 to C7	C4 to C3
C7 to C6	C3 to C2
C6 to C5	C2 to C1 (atlas)
C5 to C4	C1 to Occiput

### **Parietals to Occiput through T1 as a group**

With client on left side, left hand parietals and occiput; right hand on atlas through T1 vertebrae.

parietals	lateral/medial
occiput	body of occiput moves posterior/anterior base of occiput moves inferior/superior
all vertebrae	posterior/anterior
Core	inferior/superior

Do full pause in open and close phases.

**Synch each Spinal Segments to its Geometric Relationships listed below.**

all vertebrae    posterior/anterior  
Core                inferior/superior

C1 to L5

C2 to L4

C3 to L3

C4 to L2

C5 to L1

C6 to T12

C7 to T11

T1 to T10

Do full pause in open and close phases.

**5C to Throat Synch (client on back)**

One hand cupped under the cervical spine; other hand cupped over the top of the throat. Synch paired structures to each other first. Do full pause in open and close phases.

5C                    posterior/anterior  
all vertebrae    posterior/anterior  
throat              anterior side at midline moves posterior/anterior  
soft tissue on sides of neck moves lateral/medial  
Vagus chakras    lateral/medial inferior/superior  
Ether chakra      posterior/anterior  
manubrium        posterior/anterior  
thyroid            posterior/anterior  
hyoid              posterior/anterior inferior/superior  
Core                inferior/superior

**Throat Synch - Anterior/Posterior**

Same hand position as above. Synch anterior/posterior sides to each other, then add to the Core. Do full pause in open and close phases.

throat            anterior surface moves posterior/anterior

posterior surface moves posterior/anterior  
Core inferior/superior

### **All Head and Facial Bones with Parietals**

**Parietals to all head bones: frontal, occiput/atlas, temporals, sphenoid.**

Synch paired structures to themselves first, then synch to parietals and the Core. Do a full pause in open and close phases.

parietals lateral/medial

frontal anterior/posterior

occiput open: body moves posterior, base moves anterior/  
close: body moves anterior, base moves posterior

atlas posterior/anterior

temporals synch temporals to each other first

open: body rotates anterior and laterally as distance  
between the mastoid tips decreases/

close: body rotates posterior and medially as distance between mastoid  
tips increases

sphenoid rocks anterior/rocks posterior

Core inferior/superior

**Parietals to Facial bones: lacrimals, nasal, zygomatics, external maxillae, internal maxillae, vomer, vomer/sphenoid/coccyx, palatines.** Synch all paired structures to themselves first, then synch to parietals and the Core. Do a full pause in open and close phases.

parietals lateral/medial

lacrimals arc laterally/arc medially

nasals lateral/medial

zygomatics open: lateral and slightly inferior  
close: medial and slightly superior

external maxillae lateral/medial

Reposition client's head to upper corner of the table for mouth work.

Synch each bone to parietals and Core with more time on \*'d items.

\* internal maxillae lateral to open (distance between your fingers on the teeth increases)/medial to close (distance between fingers on the teeth decreases)

\* vomer Open: tip of your finger moves inferior/posterior;  
bottom of finger moves superior/anterior.

Close: tip of your finger moves superior/anterior;  
bottom of finger moves inferior/posterior.

\* sphenoid to vomer helps the nose recenter itself. Next, add in the coccyx with your intent. It should move exactly like the vomer.

palatines Open: externally rotates in an arc to shoulder.

This arc is more dramatic than the lacrimals.

Close: internally rotates in an arc to center.

Synch each side to the Core separately, but together with your intent.

Add the hips in.

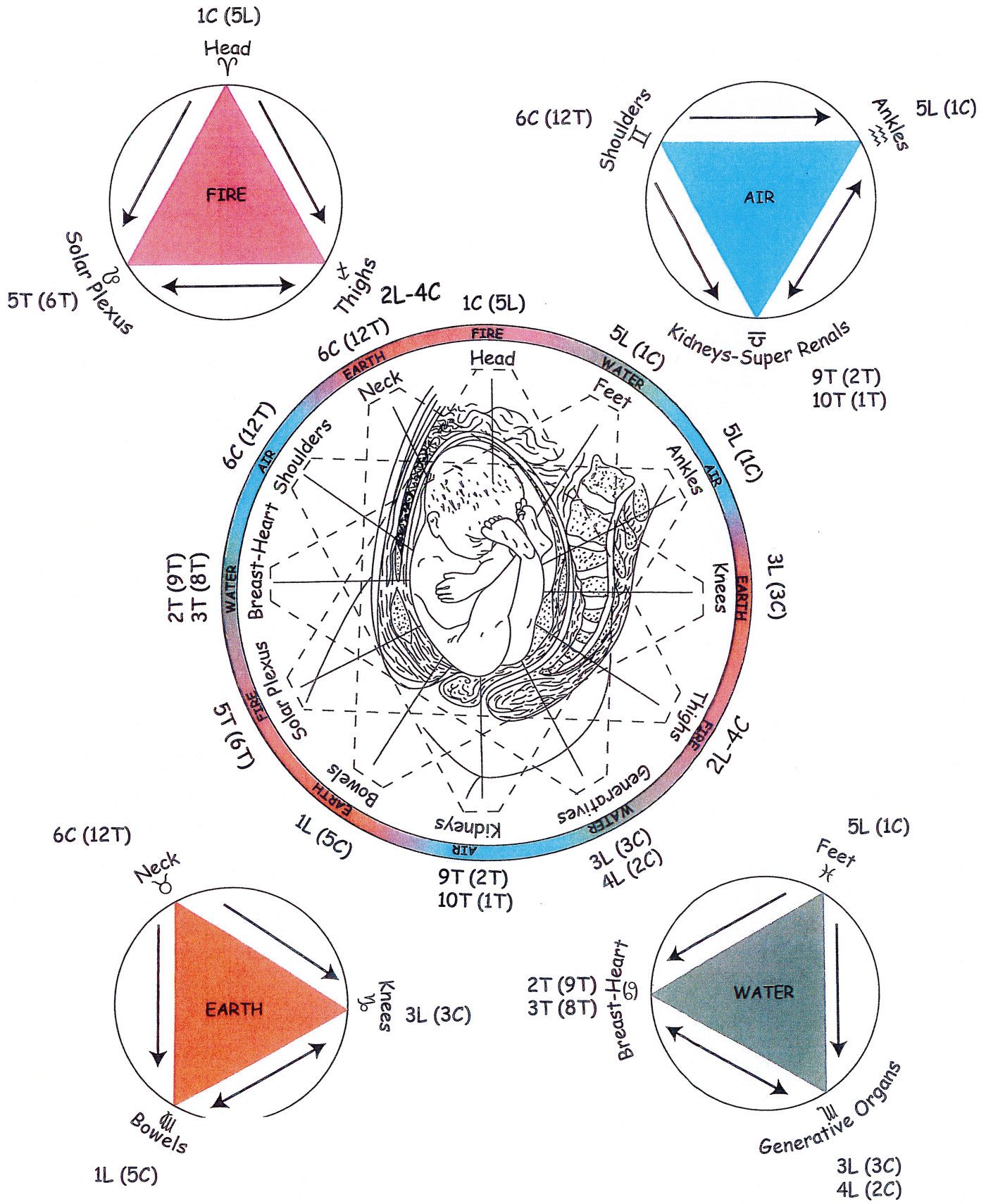
mandible inferior/superior

\* ethmoid add drop of Insight Essential Essence to ethmoid  
posterior/anterior

\* vomer/ethmoid Synch these bones together.

### Functional Still Point

With thumbs on Bregma, follow the Core inferior and superior. Do full pauses in both the open and close phases. See how quiet you can get it. You may notice a 90+ second cycle, then things may feel a little sporadic. From that activity, the Core should settle down so that you can hardly feel it. This is the functional still point, a place of deep relaxation and opportunity for healing.



# Birth Body Elemental Relationships

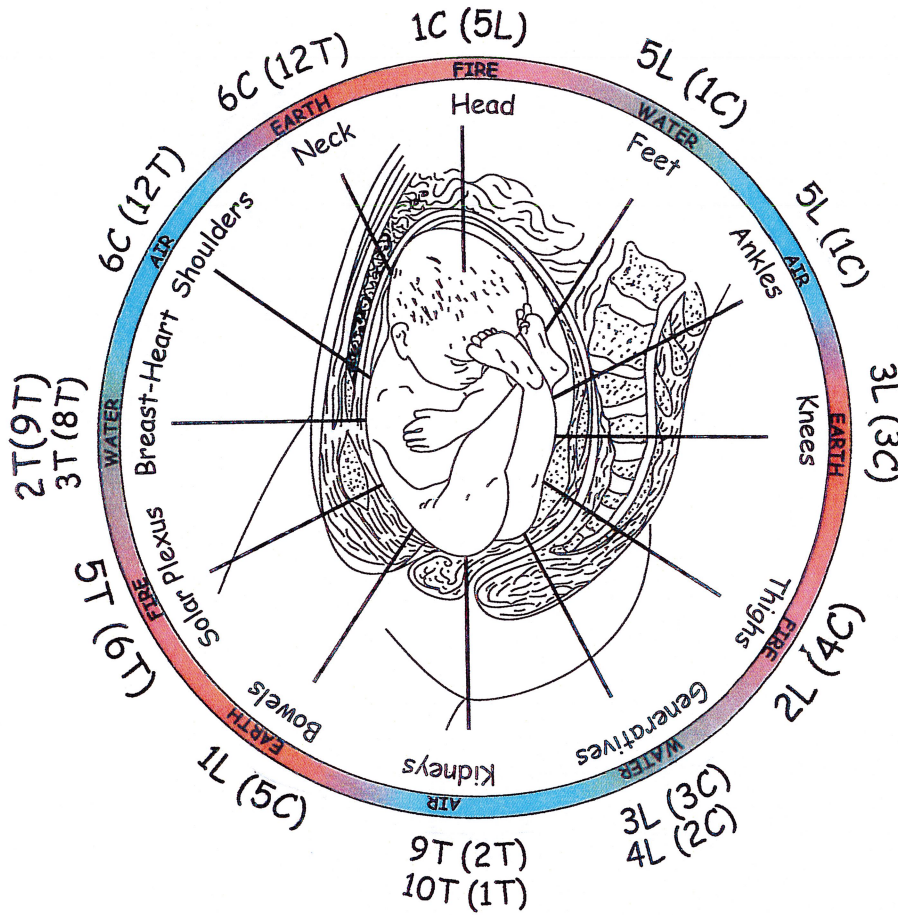


Illustration by Ashlee LaVine  
Copyright 2002 Robert Stevens