

Satvic Polarity

Treatment Sequence

Client face supine:

1. Cup the ears
2. Cup the eyes
3. Vagus nerve stimulation
4. Belly rock (neck, forehead, crown)
5. Hip to Shoulder cross-current
6. Hand to Foot cross-current
7. Hold the Feet
8. Hand to Foot cross-current other side
9. Hip to Shoulder cross-current other side

Client face prone:

10. Hip to Shoulder cross-current
11. Hold the Feet
12. Hip to Shoulder cross-current other side
13. Chakra balance on the back

Ending Manipulations:

14. Left hand under the head, right hand on the forehead. The fire finger and the water finger of the right hand are placed just lateral to the bridge of the nose. The air finger and the earth

finger of the right hand are on the frontal bone. The ether thumb of the right hand in on bregma.

15. Hands on the head/face. Fire fingers on the eyes, Water fingers on the cheeks, Earth fingers on the TMJ, Air fingers on the frontal bone, Ether thumbs touching at bregma.

Satvic Polarity

What Each Manipulation Does

Cupping the ears and eyes

Focuses the attention within which furthers relaxation and decreases sense stimulation from the outside.

Vagus Nerve Stimulation

This manipulation may be used in the beginning of the treatment or at the end of the treatment or both. If the client is extremely anxious, nervous, etc. you may wish to do this manipulation twice. This manipulation stimulates the parasympathetic nervous system. 90% of the parasympathetic nervous system is controlled via the vagus nerve. This manipulation is relaxing, centering, quieting, stimulates digestion, lowers body temperature, lowers blood pressure, lowers heart rate, lowers respiratory rate, increases mind-body and conscious-subconscious interaction, relaxes the neck, spine and shoulders. Healing takes place under the influence of the parasympathetic nervous system.

Belly Rock

Soothing, relaxing. Helps to balance all the elements with each other, increases mind-body and conscious-subconscious interaction. Treated pelvic imbalances, sexual blockages and menstrual difficulties.

Hip to Shoulder Cross-Current

Done on the front and back. Relaxing, stimulates the pelvis, shoulders, facilitates release of emotional and sexual blockages, good for back problems, helps left-right imbalances, good for recovery from strokes, helps coordination, helps left-right brain function.

Hand to Foot Cross-Current

Helps left right imbalances, facilitates energy flow to the extremities, can treat cold hands and feet, excessive introversion and migraines.

Holding the Feet

Grounding, balancing left and right imbalances, balances the foundation circuits of the whole body, opens up respiratory diaphragm, balances solar plexus, heart/lungs/breasts and feet.

Chakra Balance

Deeply relaxing, balances the chakras and the blood pressure (what affects prana, affects blood, good for back problems).

Two Ending Head Manipulations

Soothes and balances mental and emotional changes which have happened during the treatment, good for headaches. Stimulates the prana flow of the long currents (see the course human architecture for more detail).

If all five elements are compared to each other:

Ether 0
 Air +
 Fire +
 Water -
 Earth -

Comparing Air and Fire:

Fire is + and Air is -

Comparing Earth and Water:

Earth is + and Water is -

