

Switching

This technique is used to correct neurological disorganisation or electrical scrambling integrating the brain and body or body-mind. It gets the body mind connected and talking to each other. If the brain is unable to communicate with body then feedback will be inaccurate leading to confusion and co-ordination issues. This is why it is called switching on. It is like tripping a switch or electrical circuit in your house and needing to reset the switch at the meter box.

This technique can be used anywhere and anytime. We suggest you do this technique on yourself several times a day.

Switching on is highly beneficial for:

Therapists to be switched on before working
Clients

Before learning, starting homework to ensure brain is integrated

After learning to help integrate information

Stumbling over your words

Feeling foggy, confused, unable to think, mental blocks, being able to clearly communicate, feeling tongue tied etc.

Dyslexic tendencies

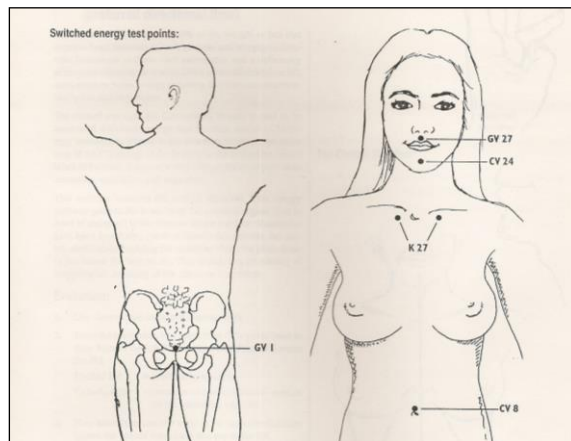
Poor hand writing

Some examples of the different switches are:

Up/Down switching relates to looking up and then down, going up stairs, getting p and b confused.

Left/Right relates to getting left and right confused, d and b

Front/Back relates to reversing a car, looking in a mirror. Writing going up or down the page.



Up/Down:

Hold navel(CV8) and rub upper(GV27) and lower lips(CV24).

Left/Right Switching:

Hold navel (CV8) and rub below collar bone/breast bone Junctions both sides (K27)

Front/Back Switching:

Hold navel (CV8) and tailbone (GV1)
This technique relates to brain integration via different acupuncture meridian points and their corresponding systems in the body.