

### Penetrating Flow - In-Depth Testing:

- 1) **Overall Vitality:** Energy localize Mingmen (opp navel).
- 2) **Penetration of Feelings:** Client's hand resting on clavicle and covering throat. Second hand on top. Use Circ Sex test.
- 3) **Mental Penetration:** Energy localize sides of jaw or bend pointer finger over top lip and curl thumb under chin.
- 4) **Vitality of Womb and Ovaries:**
  - a) Lay flat hands over 2<sup>nd</sup> Chakra with thumbs touching the belly button and fingers forming a downwards triangle.
  - b) Leave thumbs at navel and point fingers straight down.
  - c) Keeping hands where they are, curl fingers under palms and push in.
- 5) **Depth:** Lay one hand on the 2<sup>nd</sup> Chakra then, starting on either side of the body, caterpillar-walk your other hand across to the other side of the chakra.
- 6) **Reasons Penetrating Flow Won't Hold:** test areas of the circuit that you intuit may be weak.

1.	3.	4b	5.
2.	4a.	4c	6.

### Activating Penetrating Flow

- 1) Hold PP with both hands, gently stretching the neck, whilst *client places flat hands on 2<sup>nd</sup> and 2<sup>rd</sup> chakras.*
- 2) **Belt Flow.**
- 3) **Mingmen:** stretch, massage & bounce
- 4) *Client holds middle fingers at pubic bone.* Place middle and fourth fingers over frontal NVs whilst forming a circle with thumb over index finger. Hold for ≤ 3 mins.
- 5) *Client holds LV12s (groin).* Place thumbs at inside of eyebrows (BL2) with fingers over TW NVs. Hold ≤ 3 mins.
- 6) *Client moves hands up 3" to ovaries.* Place palms on soles of feet and push in at K1s.
- 7) *Client places hands on 2<sup>nd</sup> and 3<sup>rd</sup> chakras.* Sedate Kidney.
- 8) **Anchor and Wander** PF by using any weak area as an anchor.
- 9) Place one hand under sacrum, one hand on 2<sup>nd</sup> chakra. ≤ 3 mins.
- 10) Hook up 2<sup>nd</sup> chakra and fourth chakra by holding with flat hands and gently rocking.
- 11) **Figure eight** the body.
- 12) **Pull energy down legs** several times.

1.	4.	7.	10.
2.	5.	8.	11.
3.	6.	9.	12.

