

Revision for BKP 101

1. Where did Kinesiology originate from?
2. show what the following terms mean: anterior, posterior, ventral, superior, inferior, lateral, medial, proximal, distal, superficial, internal, external, dorsal
3. meridian massage
4. what are meridians, how many do you know, what is different with central and governing meridians?
5. What are NL points and how do you use them? We'll do a cycle.
6. locate all NE points, how do you use them to strengthen?
7. locate all NV points, how do you use them to strengthen
8. What is balancing the gates good for?
9. Emotional Stress Release, how do you explain it to a client, how does it work?
10. Talking meridian emotions
11. Auricular energy, visual inhibition
12. We'll do a time of day balance.
13. Re-visit your goals. What could be happening if "goals" shows up in unspecified age recession? How do explain goal setting?