8. Protocols & System Strategies

“General Session” through the years

PIERRE PANNETIER 1977
Head Cradle, Vagus Nerve
North Pole Stretch
Tummy Rock
Foot flex/extend
Foot Rotation
Ankle contacts/cuboid
Toe and leg stretch
Wrist flip
Finger stretch
Thumb web & elbow
Abdomen arm or 5 ptd star
Occiput/forehead
Side to side cranial
Umbilicus/third eye
Brushing off
Hug “thank you”

LAURENCE WEISS 1979
Parasymp NS
Base of skull/forehead
Tummy rock
Foot movements (both)
Hand movements (both)
Elbow/diaphragm
Clavicle/diaphragm
Occipital ridge release
Ganglion of impar
Shoulder/leg
Sacrum/occiput
Chakra balance
Scapulae release
Face & head contacts
Crown
Third eye/umbilicus
Brushing off

RICHARD GORDON 1982
Head Cradle
North Pole Stretch
Tummy Rock
Foot brushing
Foot lean and pull
Inside heal press
Outside heal rotation
Toe pull
Foot knuckle rubbing
Flexed foot tendon press
Cuboid/ankle rotation
Occiput release
Thumb web/forearm
Finger pull
Clavicle/solar plexus rock
Hand and foot balance
Hip rock/shoulder (5 star)
Forehead/navel
Crown spread
Spinal charging
Center charging
Brushing off

MARUTI SEIDMAN 1984
Three head cradles
Light neck rub
Alternate shoulder rock
Five pointed star
Foot session
Hip session
Arms & hands
Back session
Chakra balancing
Head cradle
Brushing off
Big hug

ALIVE POLARITY 1985
Occipital head Cradle
Trapezius release
Auricular balance
Hand contacts
Diaphragm reflex (arm/elbow)
Tummy Rock
Feet: short leg, reflexes
Ankle rotation
Calves/knees
Gluteals/shoulders
Hamstring release
Spinal double S
Kidney balance
Parasymp balance
Scapulae release
Light rocking perineal
Five Pointed star
Six pointed star
Occipital lift
North pole stretch
Occipital rocking
Brush off

JOHN CHITTY 1988
Pulses carotid & ankle
Head cradle, assessment
Occipital ridge release
4th ventricle CV4
Head balance 3 dimensions
Stimulate feet, deep breathing
Toe pull
Foot reflexology
Hallucis/hip rocking
Diaphragm releases
5 pointed star
6 pointed star
Parasymp (hip shoulder)
Deep perineal
Sacrum occiput balance
Occiput third eye balance
Brushing off

SCOTT ZAMURUT 1996
Supine Position
Head Cradle: Sensing the Tide
Release O/A Junction
Shoulder Rock
Respiratory Diaphragm Reflexes
Foot Reflexes
Tummy Rock
Five-Pointed Star
Prose Position
Sacrum/Occiput Rock
"Jacob's Ladder"
Heel Points/Sacrum
Sacrum/Occiput: Sensing the Tide

"Manipulations, various routine movements, thrusts, pulls, jerks, lacking in any intelligent recognition of the actual condition at the site of desired movement, as it may be apprehended by a trained tactile sense, is mere tinker ing.”
–William Garner Sutherland

"When the wireless charts are once studied with an open mind and it is understood how Nature built these fields in intrauterine life, then it becomes a fascinating and an easy art to prove by practice.”
–Randolph Stone (II, 5, p 17)

Technique cannot be taught by demonstration of a series of manipulations. This can be acquired only by the student having his fingers... alongside those of the instructor.
–William Garner Sutherland, Contributions of Thought, p. 1