

## 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

Parasym 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  
Parasym 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  
Parasym (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  
*Prone Position*  
Sacrum/Occiput Rock  
"Jacob's Ladder"  
Heel Points/Sacrum  
Sacrum/Occiput: Sensing the Tide

*Surveying handouts from Polarity classes of earlier times, we find many versions of the “General Session.”*

*"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 tinkering."*

*-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*