

Switching On Your Senses

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I first heard about Dominance Profiles in Dr. Paul Dennison's workshop. It made sense to me that we can shut down for certain activities or switch-on.

In our Swiss dialect we have different sayings that express how people have a balancing effect on us:

- you made my day
- you got me started
- thanks to you . . .

Working with people especially in helping professions, I realized that we can have our




senses supporting our work or making it a strain.

Here is the procedure:

1. Pretests
2. Think of a situation that is rather difficult and test the senses and the heart.
What is switched on (high gear) ?
3. Now think of a situation you enjoy, that makes you happy, and test the senses and the heart.
4. Now balance the senses for both situations.

Corrections:

Find the Priority sense and choose the active or passive exercise

	<u>active</u>	<u>passive</u>
1. EYES	Temporal Tap and 	Close eyes and relax.
2. EARS	Unfold the ears = (Thinking Cap)	Listen to music, or somebody hums a song for you.
3. NOSE	Nose 	Imagine the smell of a rose (or some- thing else that has a pleasant smell).
4. MOUTH / TONGUE	Tongue 	TMG and ESR.
5. TOUCH	Touch somebody, hug, or muscle test.	Allow to be touched.
6. LEGS / FEET	Cross-crawl	Hold feet or imagine roots.
7. ARMS / HANDS	Arm lengthening	Feel the energy between your hands.
8. HEART	Draw colorful hearts ev. Heart Integration	Imagine hearts that give you your own big heart.