

Short Cut Balancing

by Marjorie Ragon

Out of chaos comes clarity.

Out of complexity comes simplicity.

Necessity is the mother of invention.

And thus evolved the short cut balance.

There are usually advantages and disadvantages to any modality. It seems to me that the only disadvantage of the short cut balance is that it is not appropriate for a skeptic.

I started doing the short cut balance out of necessity--the necessity to simplify, save time, save energy for myself and the testee, and to enable me to test without a surrogate. The fact that untestable muscles can be tested with the short cut method is an added advantage.

Have you ever had a weak muscle become strong after rubbing the wrong neuro-lymphatic or running the wrong meridian? Did that happen because your intent was so strong and focused? Is our testing ritual a way of convincing the logical and analytical left brain that this procedure really is logical and thus true and effective? And if we believe it enough that we don't need the complete (sometimes complex) ritual, can we dispense with some of the ritual? I think so.

The procedure is very simple, and it can be done on an elementary, intermediate or advanced level. Your knowledge, experience, ability and creative imagination will determine your level.

Procedure for Short Cut Basic 14 Muscle Balance

1. Get a good indicator muscle.
2. Say the word--that is, name the muscle you want to test and test the indicator muscle. If weak, do the Touch for Health corrections for the muscle you named.
3. Retest the indicator muscle saying the name of the muscle you just balanced.

4. Test all 14 muscles in this manner.

That's all there is to it!

After you have learned how to whiz through the 14 muscles, you can incorporate other techniques in your testing. The following are just a few suggestions for expanding the basic balance.

1. Test all 42 muscles.
2. Chart the test results and correct with the wheel or the 5 elements.
3. Pause lock the weak muscle response and use the finger modes to determine the correction.
4. Test a muscle for under energy and over energy by naming the muscle and testing the indicator from contraction (for under) and then from extension (for over).
5. Test each of the meridians for under energy and over energy by naming a meridian and testing the indicator muscle from contraction and then from extension.
6. Name and test some "untestable" muscles such as the following eye muscles:

Superior rectus

Inferior rectus

Lateral rectus

Medial rectus

Superior oblique

Inferior oblique

Use finger modes to determine the corrections.

7. To get a good indicator muscle, apply Rick Utt's method of getting a clear circuit.
8. Use my short cut of Rick's clear circuit method by saying "north pole" for

testing from contraction, and "south pole" when testing from extension.

9. Use an x finger mode while you name and test each alarm point for unintegrated meridian energy. Correct with Marjarobics.

10. Experiment by using **your** own knowledge and favorite techniques in your **own** way to let the short cut balance meet **your** needs.