

The Warren Balance

by Warren Jacobs, MD

This is "The Warren Balance" , adapted from John Thie, D.C. and his wonderful book TOUCH FOR HEALTH, by Dr. Warren Jacobs.

A. Have the testee state his/her own name and test with an indicator.

Have the testee state that his name is one other than his/her own and test with an indicator. You should find strength with the truth and weakness with what is not true.

B. CENTRAL. Zip up (from the perineal body up to the bottom of the lower lip). Test. Zip down (from the lower lip down to the perineal body). The subject tests strong on the zip up. This signifies that you are ready to proceed to C. If the subject is strong on down and weak on up, the subject is overwhelmed by something in his/her life and the energy is reversed. This must be identified and corrected before proceeding further.

Ask: "What is too much for you in your life at this time?" To help the subject get from the general to the specific you may offer some choices as: career, money, personal relationship, health, or family. You may test each of these in turn to find which one makes a change in the person's energy. When you sense there is sufficient identification, have the subject make the statement: "Such and such is too much for me right now." Zip up and test with the indicator. It should be strong. Now you are ready to proceed to GOVERNING.

C. GOVERNING. Trace from the perineal body up the back over the head and down to the upper lip. If strong, proceed to D. If weak, this suggests the subject is overburdened. Ask: "What burdens you?", "What is difficult for you at this time?" First come with the general list: family, health, money, personal relationship, career, etc. When the general area is identified, get more specific. In the case money comes up, ask: "Money for what? Money for rent, clothing? Whose

clothing? Ah, money for clothing for the children for the new year at school that is just beginning." Have the subject state: "I am burdened with the task of providing enough money for clothing for the children to start the new year at school. This is my burden. If it truly is the burden, we find, on re-testing governing, that it now holds strong.

D. With Central and Governing energy flowing properly, we now proceed to see in what realm does the subject's primary difficulty lie.

Structural	- thumb to the index finger
Nutritional	- thumb to the middle finger
Emotional	- thumb to the ring finger
Circuits	- thumb to the little finger

Test the indicator while the subject places his/her fingers in the above positions. Where the weakness appears, identifies what approach we will use to make the balance.

E. If the weakness occurs when the subject touches thumb to middle finger, this suggests the problem is nutritional, and so we state:

1. This person is lacking something. Test.
2. This person is taking in too much of something. Test.

Now we must identify just what it is. We go from the general to the specific. This substance is a:

1. fat
2. protein
3. carbohydrate

If strong on protein, we next determine if the protein is of animal or vegetable origin. If animal, we test to see if it is beef, pork, or lamb, and so on. When the specific substance is identified, we have the subject state: "I would do better without beer" (for example) and test the indicator. Should the subject object, have him/her state: "Two glasses of

beer per day would not hurt," and test with the indicator.

F. EMOTIONAL Weak with thumb to ring finger

Now that we have Central and Governing flowing in the right direction and have identified the treatment mode, we are ready to check the muscles to see what needs correction. We begin in accord with the time of the day as 9-11 AM corresponds to Latissimus Dorsi (spleen). Refer to the chart taken from the book of John Thie, "Touch for Health", which appears on the next page. This will show you where to start after checking the time of the day.

Test each muscle in turn to expose weakness. If the weakness is bilateral, it is only necessary to rub the spine in a cranial-caudal direction in the vicinity of the neuro-lymphatic points for that meridian. Most often the weakness is unilateral and we then ask the question relating to the organ or meridian of weakness. The questions are as follows:

SPLEEN - What do you hate yourself for?

HEART - This is either an issue of LOVE or SURENESS (test each in turn to see which holds)

SMALL INTESTINE - What is good in my life that I am not enjoying at present?

BLADDER - What seems hopeless?

KIDNEY - What is my greatest fear?

CIRCULATION-SEX - What do I need to feel deeply satisfied?

TRIPLE WARMER - What has humiliated me?

GALL BLADDER - Who am I angry with?

LIVER - What distressed me and made me think less of myself?

LUNG - Who/what do I miss?

LARGE INTESTINE - What is it I do not like about but wish this did not trouble me?

STOMACH - Who do I feel sorry for?

G. After the specific answer is obtained for the question pertaining to the weak meridian, the muscle should test strong on retest - and instantly so as the subject acknowledges this connection that has heretofore been denied to consciousness. This is demonstrated by retesting at this juncture. Reinforcing measures are: 1. massaging the appropriate (and usually tender) neurolymphatic points and 2. tracing the meridian.

The muscles are tested in turn in keeping with the sequence as listed above. You may note that the lines of the meridians are not truly separate. Where one "ends" the next "begins". In reality, we have chosen to break this continuous energy flow into sections which we assign to the organ functions of the organism.

Upon completion of the 14 muscles - when all are strong we trace central and governing and invite the subject to sit up slowly as often there is a sensation of lightness or dizziness. Usually a pleasant relaxed feeling is reported by the subject. This completes the balance for the emotions.

H. CIRCUITS Should the subject weaken when touching thumb to little finger, this is suggestive of circuit energy imbalance. One should then determine utilizing an indicator muscle whether this is Tibetan Eight energy or some activity such as cross-crawl or even perhaps some sport activity such as jogging or some recreational activity such as dancing.

I. STRUCTURAL Should the subject weaken with thumb touching index finger, it is good to look for a structural problem. Should none be apparent, consider X-ray, C-T scan, and/or MRI. In the treatment consider referral to a chiropractor for manipulation.

THE WARREN BALANCE

IN SUMMARY :

1. Test with the name to see if the main switch is on.
2. Check CENTRAL and GOVERNING to make certain the energy is flowing in the proper direction.
3. Check the finger modes to see where the primary correction lies, whether structural, nutritional, emotional or circuits.
4. Test the remaining muscles in turn, beginning with the time of day appropriate muscle (that is if the mode is emotional).
5. Ask the question relating to the muscle found to be weak - moving from the general to the specific.
6. After identifying the specific emotion and its relation to the subjects life experience retest the muscle to see if it is now strong.
7. Reinforce by massaging the neurolymphatic points and trace the meridian.
8. Repeat for each weak muscle found.
9. Trace central and governing and have the subject sit up slowly.
10. The hug is optional.

* GOOD LUCK! *