



Visionary Craniosacral Work ® LLC Milne Institute
Intuitive & Technical Exams
Guidelines for the Student

It is of course natural to be nervous. Hopefully this will disappear a few minutes after you begin working on us, and your Nagual - your intelligent unconscious - that lives in your heart and your hands, takes over the session from your nervous mind!

For both sessions, we will begin by sitting with you and talking together. Each teacher will explain the simple 'rules' for the session.

For the intuitive, you must use a technique or techniques from the 7-class VCSW® training, and see and touch the teacher in a deep way. It could be a single technique, or ten techniques, The student chooses this.

The duration of both sessions is from 60 - 90 minutes.

For the technical session, you must use minimum 7 techniques to minimum 7 areas of the teacher's body -

- 1 - make a contact with an arm or a leg, or two arms, or one arm one leg
- 2 - make a contact with a contact with the pelvis or sacrum
- 3 - a contact with the belly, lumbar spine of psoas muscle
- 4 - a contact to the heart or diaphragm
- 5 - a contact with the neck, in some way
- 6 - a contact with neurocranium
- 7 - a contact with viscerocranium.

You choose the *sequence* of the seven.

You choose the duration of the contacts.

You need to show skillfulness with light, medium and deep touch.

You need to show technical skill, be peaceful, present and act so that the teacher feels safe. You must not keep hitting the table by accident.

Your exam sessions may also be a form of 'supervision' or 'tutorial.' The teacher may make suggestions, corrections or improvements that they sense will help you in your skill development. Normally, students appreciate this, & it does not create a difficulty.

These are some technical red-lines.

The *real* red line is, can you be calm and deep and see and touch both of us in a clear way?

Can you be well rested and not leave your sense of humor at home?

Can you form a relationship with each one of that allows you to be with us, as if we were both friends and clients, and not so much, that we are 'Examiners'!

We look forwards to seeing you soon,