Bowen Therapy results are profound

by Hali Fitzpatrick
Professional Bowenwork Practitioner

My life completely changed over a year ago after my grandson had a Bowen Therapy treatment. The results were so amazing that I knew I had to become a Bowenwork Practitioner.

Developed in the 1950s (by the late Tom Bowen from Geelong, Australia), the Bowen Technique is a unique form of neuromuscular repatterning that works primarily through the nervous system on both structural and energetic levels. The technique is noninvasive and completely safe for everyone.

A Bowen treatment consists of gentle, rolling movements and can be performed through clothing. These stimulations activate a systemic response so powerful that a few minutes pause is observed to allow them to be integrated. A pattern of movements and pauses continues throughout the treatment. The rhythm is soothing and frequently patients fall asleep at least once during the session.

During a Bowen session the body is allowed to re-orient to a memory of a previously healthy state or an original blueprint of health. Bowen moves are made at key structural points in the body that the brain uses as natural reference points to determine its posture (a lot of these points refer back to significant structures embryologically and developmentally). Therefore, moves at these precise points have a huge effect on the way that the body holds itself.

A few factors are important. Firstly, if a Bowen therapist were to do many moves without pauses, the effect would be greatly minimized (with Bowen "less is more.") Secondly, if the person is not relaxed or comfortable, the primitive areas of the brain that are involved with the co-ordination of movement would not be able to 'hear' and process this distinct information to its benefit.

I decided to become a Bowenwork Practitioner because of my grandson, Dominick. He is 3½ years old and was diagnosed with autism last year. My husband and I have custody/guardianship of him and he has lived with us since birth. As is common with autism, Dominick has multiple delays, sensory issues, anxiety, transitioning problems and is almost completely non-verbal. That being said, he also has some amazing gifts.

Initially I became a Reiki Practitioner in 2009 because of how calming Reiki was for Dominick and me. Then in early 2010, a co-worker mentioned Bowen Therapy to me. She put me in touch with an instructor who asked me to bring

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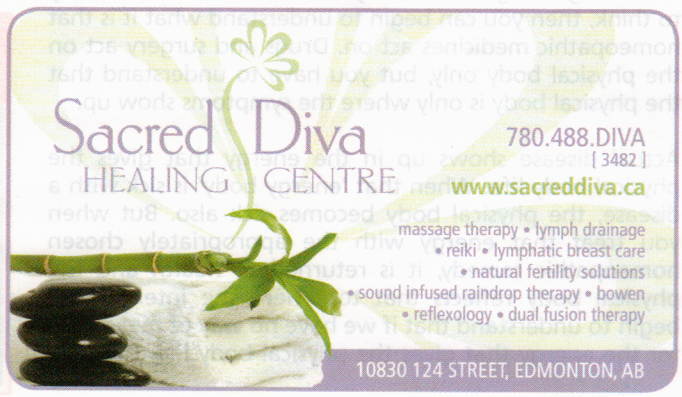
Dominick to her next class as a model to show students 'Baby Bowen'. There I was astounded by the results just a few simple moves had on him - he went from being anxious and agitated to completely relaxed and calm almost instantaneously.

I was also wearing a wrist brace from a repetitive motion injury and after the instructor did a few moves on my hand and forearm, the pain was gone and I was able to keep the brace off. (Bowen does not work that fast for everything of course; my injury was painful but minor). I was hooked, took my training and became a practitioner in September 2010.

Dominick regularly seeks out Bowen now and the benefits have been amazing. The results I've seen with other conditions are just as wonderful. I have clients with fibromyalgia, chronic pain, patella femoral syndrome, motor vehicle accidents, sports injuries, pregnancy, TMJ, headaches, stress, anxiety, IBS, Parkinson's and strokes. It also helps with musculoskeletal problems such as back and neck pain, scoliosis, carpal tunnel syndrome, as well as migraines, digestive and elimination complaints, colic in babies, respiratory problems (including asthma) and more.

Benefits are usually apparent within two sessions, even when long-standing conditions are being treated. Bowen results are lasting and profound.

Hali is a Professional Bowenwork Practitioner, Certified Reiki Practitioner and is completing training to be a Certified Reflexologist. Reach her at Sacred Diva Healing Centre, 780-488-DIVA (3482) and www.sacreddiva.ca

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