

HEALING FROM AN ENERGETIC PERSPECTIVE WITH BOWEN

TRUSTING the INTELLIGENCE and BOWEN



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The Innate Intelligence

Our bodies are dynamic entities in a continual state of change. Orchestrating the body is an innate intelligence or self-healing mechanism which uses signs and symptoms as a means of communication. It is important to understand that this intelligence has its own way of functioning according to its own parameters and, for us to establish dialogue or communication; we must first learn to 'listen'. Sensation is the language of the body.

The 'bodymind' is formed from a complex interrelationship of heredity together with a myriad of considerations of the personal physical, emotional 'mental' environmental and spiritual history. This very personal and original history or biography is held as our memory. When an individual has been exposed to constant stress or experienced trauma, these memories are usually stored in areas of the body which have been literally 'shut off'. These areas may be numb, resulting in a lack of sensitivity, or the response may be heightened or hypersensitive.

Tension in the body masks sensation, the communication channel. Similarly as stimulæ become familiar, awareness of sensation diminishes. Pain also

causes muscles to contract blocking the responsiveness of tissue; however it does provide a 'shout' and encourages awareness of areas in need of attention. Emotions also motivate and integrate the body. They are not a nuisance to be discharged, however if they are denied their proper physical expression this leads to a state of anxiety where the person also becomes desensitized with the unexpressed emotion trapped in the body and manifesting as physical sensations.

The Subtle Anatomy Component

Over the years researches have searched for 'memory' within the physical form. Modern researchers now regard 'memory' as possible without cells, that is, memory endures whilst cells don't. It is considered that the body-brain is the physical substrate of the mind which has yet another 'immaterial substrate'. Exploring some of the ancient traditional philosophical concepts related to the bodymind, we begin to see how the physical form represents a reflection of all levels of the subtle energy fields of man. This underlying 'energy body' includes the meridians, chakras and levels of the human aura.

The meridians, which carry the 'chi' energy through the body, whilst not visible to the naked eye, can be felt by the trained hand and indeed clients can often feel sensations along a meridian after a Bowen move. Each meridian and chakra is associated with particular mental and emotional components, thus the study of the subtle anatomy of

man can direct the practitioner to underlying causative factors related to their client's dis-ease. Similarly, being aware of the muscle links to the various meridians enhances our understanding of the language of the sensations.

The Healing component

An aspect of healing is to provide an environment where the client feels 'safe' and supported without the pressure of the alertness required for survival. That is to provide an environment conducive to a calm state where the body can find its own natural rhythm, allowing the time for rest and integration of new information to the body.

Following a Bowen move, the client will most often experience sensations somewhere in the body. When one is able to observe these sensations with equanimity, that is scan the body's sensations and observe with acceptance whatever is experienced, this simple observation of the sensations begins the clearing from the bodymind of any current or potential psychosomatic diseases. Hyper or hypo sensitive areas can be brought into a balance through touch and body scanning which both relax muscle tissues, increase blood flow, and generally equalize attention to include all sensations.

As one observes the sensations with equanimity layers of memory can surface into consciousness. While quite often people will consciously recall situations from their past, one doesn't have to have conscious recall of the particular mental

content being cleared nor does one have to know its relationship to the physical body. Simply having awareness of the sensations and observing them with equanimity commences the healing process. When change and release do occur it is initiated via the inherent intelligence at the appropriate time and place, it cannot be forced. Encouraging the client to become aware of their own body and the need to 'listen' to the body are all important considerations.

On a deep spiritual level we literally hold ourselves apart from our true selves via these memories which are stored as contractions in our cellular consciousness. A truly relaxed body allows deep connection to our essence and provides true presence and vitality through the physical form.

Recognising the existence of an inherent self-healing mechanism, this presentation explores the innate intelligence of a person as it relates to the subtle anatomy systems of

man and links the sensations of the body as experienced during a Bowen treatment as a direct means to support this intelligence.

Links between these sensations, disorders presenting in the bodymind, the physical and subtle anatomy of the body, including muscle/meridian, chakra, and reflex area aspects will be explored as too the role of awareness and observation of sensation and their relation to 'memory' and healing will be explored.

The photo attendants from left to right are: Helen Westway, Instructor Michael Quinlivan, Wendy Agars, Kerin Skinner, Judy O'Farrell, Instructor Karen Hendrick, Joy Bright, Instructor Debbie Ross, Michael Rekow, Marjorie Maitland, Harumi Yamauchi, Kay Sheather, Cate Blanchard, Sammy, Helen Cotter and Richie Oliveri.