

# “How did he do it?”

When I ponder over the power of the Bowen Procedures, **the Thoracic Procedure** always comes way up on top of the list.

This procedure really challenged me to “trust the technique”. One to four Upper Back stoppers, Respiratory Procedure supine and then the neck moves out of order and No. 5 and 6.

Way back when I was still struggling to make “heads or tails” of this new modality I made an impassioned plea to Ossie “Please, tell me. What am I doing here?”

Patiently as ever, he said, “The Upper Stoppers and Respiratory supine act as barriers. When you perform the neck procedure normally, a positive relaxation of the neck follows, however, when the neck procedure is performed out of order it creates a negative charge that travels down the spine, hits the barrier and spreads throughout the chest cavity

Right! I could grasp that concept and sure enough when clients arrived in acute pain in one or other side of the upper torso, **the Thoracic Procedure alone** worked a treat.

Then some years later, in one week, two fourteen year old girls presented with severe cases of scoliosis. Once again I consulted Ossie. “What do I do this time?”

“This is the protocol Tom Bowen used” he said

- Week 1 Balance the body
- Week 2 Thoracic left
- Week 3 Thoracic right
- Week 4 Thoracic left
- Week 5 Thoracic right and finally
- Week 6 rebalance the body.

Then leave it for a month, and keep repeating until the spine has corrected.”

So this is the plan I followed for almost a year. Sure enough both girls spines corrected and now ten years later they have remained so.

As I write I am presently seeing a seven year girl, a thirty-five year old keen horse woman and a sixty-three year old lady using the same protocol, all are progressing very well.

I ponder, Is it any wonder, “**How did Tom Bowen do it?**”

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*Look at Belle’s hands. This rebalance after only the first round of Scoliosis Procedure*



*Thoracic Procedure*



*Procedure 2*



*Procedure 3*



*Procedure 4*