

THE WOHLMAN METHOD FOR THE WHOLE BEING

DISSERTATION:

THE WOHLMAN METHOD FOR THE WHOLE BEING ABSTRACT OF THE DISSERTATION

The Wohlman Method for the Whole Person:
A body-centered method that frees
physical, emotional and creative
Dimensions of our Being

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This dissertation explores the various dimensions, as well as the personal and cultural impact, of a healing methodology I have been developing and refining over the last 30 years. In the words which follow, I illustrate and describe systems for liberating **physical, emotional and creative** energies stored [and once buried] in the landscape of our human body. Throughout this dissertation, the systems and working principles are clearly described, contrasted and compared with other healing modalities and therapeutic systems available in the world today. From what I have consistently experienced over and over again and witnessed hundreds and hundreds of times, I see that I have come across, un-covered and discovered a **streamlined pathway to healing** that frees blocked **physical** energies which have accumulated over time and become bound in the body – a pathway that is far swifter, longer-lasting and more efficient than many other methods I have come across – with accompanying liberation of **emotions** and awakening of latent **creative** abilities.

It is a joy for me to bring this tool to you, for all to utilize and enjoy!

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DEDICATION:

This thesis is dedicated to all practitioners of the healing arts who desire a more efficient approach to create swifter, long-lasting results with their clients – as well as to anyone with an interest in personal growth who is ready to learn a streamlined, body-centered method that facilitates **physical healing**, **emotional release** and liberating **creativity**.

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CHAPTER 1

PROBLEM FORMULATION:

SECTION 1.0 INTRODUCTION

In this day and age of increasing specialization, internet technology and modern advances in communication, humanity has become so *high tech* that there is a missing element in people's lives – the need for touch, for *high quality touch* – to be touched and met in body, mind and soul – to overcome a sense of alienation from ourselves and separation from each other, to re-connect with ourselves, with our deepest human longings and fullest humanity.

It is in addressing this problem of our times, so to speak, that I have developed a therapeutic method that connects the mind, the heart and the body – an approach that integrates some of the best of parallel therapeutic techniques that specialize in either a mental or emotional or physical approach separately, an approach that connects these together in such a way that **synergy** emerges, where “*the whole is greater than the sum of its parts.*” In the dictionary, one definition of “*synergy*” is “*a mutually advantageous conjunction of diverse elements.*” The point being, that by combining seemingly diverse elements together in a particular combination and configuration, these elements have greater impact upon the surrounding atmosphere together than they do apart.

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Another way of looking at this is through recent research which has taken place with respect to “*holographic*” patterning which shows up in our human body. What is *holographic* patterning? From experimental tests which have been performed on the human brain, it has been discovered, for instance, that any one part of the whole brain has access to the same knowledge that is stored in all other parts of the brain. If we extend this discovery to our entire organism, it would make sense that by freeing stored tension in various parts of the body, stored muscle memory and decisions which have been made at different times may once again rise to the surface and conscious awareness. What does this mean in regards to releasing old outmoded life patterns and embracing fresh ones which will sustain a whole new way of thinking, feeling and being – in our bodies and throughout our lives?

As I have been consciously developing this method over the last thirty (30) years (since 1973), I have found that I have been able to facilitate increasingly swifter and longer lasting shifts on all these levels described above. It is my hypothesis that this remarkable phenomenon is a result of my integrating key elements from these separate specialized techniques (which are excellent and effective in their own right) in a complementary manner that they have never been quite combined before:

By simultaneously reaching my clients through as many of the senses as possible – in particular, through their intellect, emotions, physicality, and the liberation of creativity – the **encoding** of new patterns of thinking, perceiving and expressing themselves is efficiently streamlined and maximized in their **muscle memory** in the shortest amount of time imaginable: Over and over again, and more and more, I have witnessed clients at the end of an hour or hour-and-a-half long session reporting having shifted old, outmoded patterns and ways they had been holding themselves, their mental, emotional and physical positions (postures) which they had been stubbornly [and often unconsciously – represented by the repetitive patterns in the muscular system] attached to for years and years.

What I’ve discovered is that once these “*no longer needed/no longer wanted*” patterns become conscious and a more ‘interesting’, new “*self-talk*” is spoken **OUT LOUD** -- while, at the same instant, corresponding muscles are being stretched and stored emotions rise to the surface -- the person can no longer return to the same old ways with quite the

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same consciousness ever again. What was once unconscious has become conscious, with the simultaneous awakening of a transformed consciousness from the inside out. From this place, desired change is inevitable on many levels of one's being, and one's Creativity naturally flourishes.

What are the essential elements behind what makes this approach to facilitating healing, personal transformation in communication and relationships and the freeing of one's latent creative abilities so effective? I intend in this study to find out.

SECTION 1.1

BACKGROUND OF THE STUDY FROM A TRANSPERSONAL PERSPECTIVE

One of the elements that make my healing approach so effective is the use of **affirmations** spoken out loud during the exact length of time the corresponding muscle group is being stretched on the client's exhalations. This sets up a **positive expectation** of a desired outcome on the part of the client, which also serves as an *anchor* so they can return to the muscle memory of recalling the specific sensations and locations that match the spoken statement. **NLP** (Neuro Linguistic Programming), the behavioural methodology connecting LIVE verbal communication with the physiology of the body, has originated this concept of anchoring. I find it is even more effective to first speak the affirmation **OUT LOUD** to the client, then to have them repeat it themselves (in their own words) so they can fully own the newly desired mental attitude and matching physical position within the landscape of their human body.

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Speaking about “*speaking affirmations*” out loud, it is of interest to this study that in Karl Pribram’s research on cognitive development, it was discovered that the same muscles in the speech centers in the body are activated by listening to a statement as in making the statement oneself. What this implies is that listening is an active process, and the encoding of new mental constructs within one’s muscle memory can happen as easily through listening actively as in speaking and participating in a more outgoing manner.

On a parallel level, the scientist and researcher Hans Selye, who was well known for his classic work around the nature of stress and its impact on people, conceived of the expression “*conscious proprioception*”, a term that means “*visualizing a desired outcome so it can more easily occur*”. One particular study on this subject that is of interest is one contrasting the success of two different basketball teams. One practiced as usual during the season, the other only visualized practicing. The team that visualized practicing together wound up being as good as the team that practiced all season. The value of visualizing an outcome before it occurs gives fuel for the fire of “the power of our perceptions makes all the difference how things turn out.”

The value of *conscious proprioception* on the part of a therapist is to set an intention that affects the outcome of the therapy. Other therapeutic modalities (and most body-centered therapies I have come across over the years) do not incorporate as much use of *verbal communication* as I do when releasing physical, emotional and mental stress patterns with clients. These methodologies utilize affirmations in the form of a therapist holding an *inner intention* which serves to establish a similar *positive regard* for their client, and encourage whatever communication that takes place to come out only when the client is ready to share what comes from inside themselves – rather than responding to verbal prompts from an external source.

In my experience, I find it is even more powerful within a healing treatment for the practitioner to do a combination of “drawing out” the client with intention and speaking to them out loud – especially when it is intuitively clear to the therapist that a particular verbal prompt will deepen their physical and emotional release and streamline the re-patterning of new mental ways of holding themselves, in their bodies and in their lives.

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In order to have the client fully own the new “self-talk”, I often say: *“Now say your own version of the words I just shared with you, make them your own and say it in a way that is true for you.”* I have observed that by having the **client actively participate** in the session in this manner, they become more focused and present and able to allow shifts take place more easily, more swiftly, and in ways that last longer than just having their body being worked on passively.

THE PRINCIPLE OF ACKNOWLEDGEMENT & REWARD:

One of the other key factors I have discovered which increase the confidence of a client’s transforming old, outmoded ways of perceiving and expressing themselves is the principle of “acknowledgement and reward”. What do I mean by this? Let’s say a client comes in on a regular basis, with a presenting complaint that they do not breathe and feel terrible. If, at the end of each session the client does breath and is therefore more able to access feelings they have been denying and suppressing for a long time, it is likely that will have an enhanced ability now to experience both pain and pleasure and memories and decisions they have been keeping to themselves (in the form of bodily tension) for some time. If I give them the verbal prompt of *“It’s safe and easy for me to take whole and complete breaths and feel my feelings fully”*, and then ask them to repeat this statement out loud themselves, my next step is to say something like *“Good! That’s it! Feel the strength and resonance in your voice as you say those words.”*

This approach of verbally acknowledging and rewarding a client’s progress, no matter how small or large, sets up a subconscious support system by having the client feel good about making a shift in a direction in which they may be unfamiliar. It is more likely, then, that the same client I described in the paragraph above will return more easily and more often to *“taking whole and complete breaths”* and feel good about feeling their feelings fully.

Another example of where this same system of “acknowledgement and reward” has shown value in the course of human history is from a time over 500 years ago, when Michelangelo was being sent for the first time to meet with the Pope, as a

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young man. He was sent with a note which said something like: *“This man is one of the most sensitive and articulate and expressive of any that have come along – and if you treat him right, with kindness and caring and encouragement, he is likely to create some of the greatest works of art of our time.”*

This same principle of “acknowledgement and reward” has proven of value in bringing up children, as they learn to access new abilities, skills and confidence to learn more swiftly and easily. It makes such more sense to give a child such verbal prompts as: *“Good job! Well done! That was excellent!”* no matter how large or small their progress in developing themselves in a particular direction. It has been found that learning increases exponentially when children are encouraged with what they are doing right rather than where they are lacking. The same applies to giving verbal prompts, affirmations and guided visualizations within the course of a healing treatment. Progress is enhanced as a function of practicing this principle – both by client and practitioner.

Utilizing the principle of *“acknowledgement and reward”* as described above is another means of creating enough *safety* for the client that is easier for them to “move into the unknown” and embrace shifts in thinking, speaking and behaviour. The late Helen Keller, famous for being both blind and deaf who became a true “Miracle Worker” beyond all odds -- learning to communicate, speak and even create a school for the blind and deaf – has this to say about embracing change and trusting moving past secure, convenient, safe, old and all-too-familiar ways of being with ourselves and others in this world: *“Security is mostly superstition. It does not exist in nature, nor do children as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.”*

Taking this concept further, this *“active participation”* approach I have been just referring to above is one of the key areas which makes my method distinct from others. From what I’ve observed, the highly interactive, “audience participatory” dimension of my work is what lies behind its effectiveness. By encouraging clients to be as actively engaged in the

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therapeutic process as possible -- through their breath, sounds and voice – there are a maximized number of multi-sensory anchors (a term derived from Neuro Linguistic Programming which connotes a physical sensation in the body that occurs simultaneously with a fresh insight and moment of conscious awareness) which allow them to recall new states of mind, feeling and self-talk and thereby have longer-lasting results.

To bring this point home even more, take a look at what Hazrat Inayat Khan, the founder of the Sufi Order of the West, has to say about “*participation*” in his book entitled: “Mental Purification and Healing”, which is Volume IV of his series called “The Sufi Message”: “*It is not the spectator who will find the secret of the play, it is the player himself. That is where the joy is.*” [page 250.]

This brings up another point: How does one know whether their new **self-talk** is true? As I see it, rather than simply complying with repeating a made-up and fictitious/artificial series of words which would make no difference, people have an infinite ability to transform how they see and hold and express themselves. In practicing such a new personal mission statement in an attempt to embody the truth and wisdom underneath the words, how can one determine whether this will transform one’s very being and entirety of self-expression versus simply “going through the motions”?

From the same chapter in Hazrat Inayat Khan’s book on “Mental Purification and Healing” we have alluded to in the paragraph above, the Sufi master and wise wordsmith has this to say: “*If the reflection comes from the surface of the heart, it touches the surface; if it comes from the depth of the heart, it reaches the depth. Just like the voice of the insincere person: it comes from the surface and it reaches the ears. The voice of the sincere person comes from the depth and goes to the depth. What comes from the depth enters the depth, and what comes from the surface remains on the surface.*” [See Appendix...Motilal Banarsidass Publishers Bungalow Road Delhi India page 246, First Indian Edition 1989.]

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There has been a lot of research over the last few decades on the subject of positive self talk. **Positive Self Talk** is actually an extended affirmation, often longer than a sentence, and represents a Strongly Positive conversation one has with their own self. There is an Affirmation Handbook which explains this concept more in depth – to view it, visit: <http://www.io.com/~rga/posopen.html>

To augment the results during the course of a healing treatment, I often encourage speaking these *affirmations in rhyme*: A classic example is when I am stretching my client's shoulder away from their ear on their exhales. I typically say something like: *“Feel your shoulder drop away from your ear – giving you more room to speak your truth, more room for you to clearly hear.”* On my second stroke in this same area, I often say: *“Now say (either out loud or to yourself) after me...I feel my shoulder drop away from my ear – more room for me to speak my truth, more room for me to clearly hear.”* If there's a rhythm to it, it's catchy. And hey, research has shown that we people learn most easily when we're having a good time. Speaking in rhyme also is naturally integrated within the psyche as natural rhythms are such a key element of our body's nature.

Within the system of NeuroLinguistic Programming (NLP), it has been discovered that different people have a preference for learning through *visual*, *acoustic* or *kinaesthetic* channels of perception -- seeing, hearing or feeling. The visual learners tend to move and speak quickly, breath shallowly, and are focused more on visual and mental images in their perception and expression. The kinaesthetic learners tend to move slowly, breath fully, and are more focused in their feelings and body sensations in their perception and expression. As far as listening and hearing is concerned, it is well known within the educational field today that children learn fastest though the use of rhyme and repetition. How common it is to see a child on the street or in the supermarket, singing over and over their favourite words to an advertising slogan they have heard on radio or TV.

“The unconscious loves rhythm and can remember information more easily through the use of rhyme”, declares Ascended Master **Saint Hilarion** (aka the **Apostle Paul**). Healing, to Hilarion, is all-encompassing and includes the healing of the physical body, as well as the healing of emotions, the mind and our Spirits. With that in mind, it is no

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wonder that he delights in sharing his wisdom and insights in the hopes of assisting us in raising our vibration and raising the level of the ‘collective consciousness.’ For more information on Hilarion, visit: www.SprtRainbw/hilarion.htm

STORYTELLING***AS*****A*****HEALING*****FORCE:**

The value of seeing oneself in “The Highest & Strongest Light takes many forms.” Here we see the connection between “reframing how one holds themselves, in their body, in their mind.” Strong Affirmations graduate to become POSITIVE SELF TALK, which becomes more and more of an ongoing conversation from oneself to oneself. In this way, one learns to practise what I often refer to as “*joyful discipline*” in consciously choreographing thoughts matching words matching deeds. Embracing the Heroic in LIFE, what matters more than fulfilling the purpose to why we have come here?

THE FOLLOWING IS AN EXAMPLE OF STORYTELLING AS THERAPY:

S*T*O*R*Y*T*E*L*L*I*N*G A*N*D V*I*D*E*O E*T*H*N*O*G*R*A*P*H*Y A*S
E*X*P*R*E*S*S*I*V*E T*H*E*R*A*P*Y

“There is something wonderfully therapeutic about telling one's story. I discovered just how much so after undertaking my research where I asked adults to tell me their stories about how they managed to get off the streets and reintegrate back into mainstream society. These were success stories - stories about people who had come a long way and who had triumphed over adversity. In my current research, I am asking young people about their stories of getting off the

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street. Part of this study utilizes narrative techniques and analysis, and a major part of this study will include video ethnographies. This workshop will discuss the therapeutic value of storytelling and engaging in research as a participant, and look at storytelling and video ethnography as expressive therapy.”

For more information on expressive arts therapies, visit: www.expressivetherapy.com

SECTION 1.2 STATEMENT OF THE PROBLEM – ALTERNATIVE APPROACHES TO HEALING: *

For much of human history, healing was largely conducted with a holistic approach. There is much evidence that earlier, vanished Middle Eastern and classical civilizations had a considerable store of knowledge about surgical techniques, pharmacopoeias and scientific approaches to diagnoses. The time and the depredations of millennia of wars and conquests have largely destroyed the great libraries of the classical world. It has taken five centuries since the Renaissance to begin to build our empirical knowledge up to the level that was once believed to be Universal.

From about the third century another set of circumstances took us a step backwards – the rise of Christianity and the systematic destruction of the repositories of natural medicine in the Druids, the midwives, the folklore and the old religions.

Medicine became the preserve of the few, based on ‘scientific’ principles of the humors (a misunderstanding of the methodologies of eastern traditional medicines) and applied without knowledge of the true working of the human body or of the causatives of ill health. People were bled to release the ‘bad humors’, poisoned with medicines laced with poisons and heavy metals and it is a testament to the inherent healing capacity of the body that our species survived at all.

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In the past three centuries, this began to change. The rediscovery of the major classical writings in the Renaissance led to a growing number of people willing to defy the suffocating church dogma and develop a basis for modern medicine based on empirical scientific enquiry.

This has led to a remarkable surge forward, which is quickening in pace to techno-medicine, but on the way, something was largely forgotten. People became to be treated as their diseases, not as whole persons with souls and minds as well as bodies. As medicine became more scientific, so this division became more marked. Natural remedies based on herbs gave way to chemical ‘copies’ which could be mass produced. A notion came about that herbal medicines were no longer to be used because ‘they had not been tested’. This totally disregards the millennia of human history.

Another movement took place, this time it was social conditioning. People began to place the whole responsibility for their healing in the hands of the doctors. They took chemical drugs and persevered with medicine, even if it produced bad side effects, because of this total trust in the wisdom of others They stopped listening to the wisdom of their own bodies and intuitions.

This process was hastened by the social changes in the western way of life. We became ‘mechanistic man’, as the author and speaker **Stuart Wilde** has named us. We lead lives far divorced from the way nature intended us to live. We get up and go to bed according to a mechanical clock, not our biological one. We live and work in buildings which may have no access to fresh air, natural light and the stimulus of changes in environment that keep our immune system on its toes. We have to work no matter what, so we rely on the ‘magic bullet’ approach to healing, rather than giving our bodies the rest and recuperation time they need to heal naturally. Further, we pump antibiotics into everything, even the animals we eat. Rather than being the reserved tool for fighting serious and chronic infections, antibiotics are given out freely – even to ‘cure’ viruses, which of course they cannot do because a virus is immune to antibiotics.

In spite of all the miracles of modern medicine, we do not seem to be getting healthier, just surviving ill health longer. People began to seek alternatives to living in drugged pain states or dependency upon chemical medications. We, the consumers of modern medical science, have started a quest to be well, healthy and happy.

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It is one of the ironies of the modern medical system that it traditionally pays for interventionist medicine but not preventative medicine. Consumers are now looking to change that attitude.

Remember: We are not here to be in competition with mainstream medicine but to work with it. This is why professions devoted to holistic healing are called **Complementary Medicine**.

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Some definitions of the philosophical differences between Complementary medicine and Allopathic medicine:

COMPLEMENTARY HEALTH: *

This covers a wide spectrum of therapies from the tactile bodywork modalities to naturopathy, homoeopathy and herbal medicine which have their roots in ancient wisdom. All have one thing in common. The practitioners generally seek to treat the whole person: body, mind, heart and spirit, not just the physical domain. The central philosophies of complementary health are:

- Treat the **Whole Person**
- Prevention
- Address the psychogenesis of health and disease

Complementary Health modalities are experiencing a growing acceptance in mainstream health systems. In Britain, homoeopathy and herbal medicine have long been accepted as legitimate branches of mainstream. The Queen attributes her continuing good health and vitality to the predominant use of homoeopathic remedies to address health issues and keep her fit for a demanding work schedule.

In Australia, a growing number of medical practitioners, specialists and nurses are now gaining qualifications in complementary health in order to increase their repertoire of answers to complex medical conditions. Natural medicine is now offered at degree level at private and public tertiary education campuses.

The main opposition to preventative and complementary health continues to be the chemical drug companies who use the power of the dollar to lobby against 'quackery' as consumers increasingly take the power for their own health into their own hands.

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On the website devoted to **Complementary & Alternative Medicine (CAM)**(<http://nccam.nih.gov/health/whatiscam>), there are a number of excellent descriptions contrasting and comparing the various forms which are emerging in this growing field. In the boxed-in areas below are answers [derived from this website] to the following questions:
[What is complementary and alternative medicine?](#)

[Are complementary medicine and alternative medicine different from each other?](#)

[What is integrative medicine?](#)

[What are the major types of complementary and alternative medicine?](#)

There are many terms used to describe approaches to health care that are outside the realm of conventional medicine as practiced in the United States. This fact sheet explains how the National Center for Complementary and Alternative Medicine (NCCAM), a component of the National Institutes of Health, defines some of the key terms used in the field of complementary and alternative medicine (CAM). A [dictionary of terms](#) that are underlined in the text can be found at the end of this fact sheet.

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What is complementary and alternative medicine?

Complementary and alternative medicine, as defined by NCCAM, is a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.^{1,2} While some scientific evidence exists regarding some CAM therapies, for most there are key questions that are yet to be answered through well-designed scientific studies--questions such as whether they are safe and whether they work for the diseases or medical conditions for which they are used.

The list of what is considered to be CAM changes continually, as those therapies that are proven to be safe and effective become adopted into conventional health care and as new approaches to health care emerge.

Are complementary medicine and alternative medicine different from each other? Yes, they are different.

- **Complementary** medicine is used **together with** conventional medicine. An example of a complementary therapy is using [aromatherapy](#) to help lessen a patient's discomfort following surgery.
- **Alternative** medicine is used **in place of** conventional

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medicine. An example of an alternative therapy is using a special diet to treat cancer instead of undergoing surgery, radiation, or chemotherapy that has been recommended by a conventional doctor.

What is integrative medicine?

Integrative medicine, as defined by NCCAM, combines mainstream medical therapies and CAM therapies for which there is some high-quality scientific evidence of safety and effectiveness.

What are the major types of complementary and alternative medicine?

NCCAM classifies CAM therapies into five categories, or domains:

1. Alternative Medical Systems

Alternative medical systems are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States. Examples of alternative medical systems that have developed in Western cultures include [homeopathic medicine](#) and [naturopathic medicine](#). Examples of systems that have developed in non-Western cultures include traditional Chinese medicine and [Ayurveda](#).

2. Mind-Body Interventions Mind-body medicine uses a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms. Some techniques that were considered CAM in

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the past have become mainstream (for example, patient support groups and cognitive-behavioral therapy). Other mind-body techniques are still considered CAM, including meditation, prayer, mental healing, and therapies that use creative outlets such as art, music, or dance.

3. Biologically Based Therapies

Biologically based therapies in CAM use substances found in nature, such as herbs, foods, and vitamins. Some examples include [dietary supplements](#),³ herbal products, and the use of other so-called "natural" but as yet scientifically unproven therapies (for example, using shark cartilage to treat cancer).

4. Manipulative and Body-Based Methods

Manipulative and body-based methods in CAM are based on manipulation and/or movement of one or more parts of the body. Some examples include [chiropractic](#) or [osteopathic](#) manipulation, and [massage](#).

5. Energy Therapies

Energy therapies involve the use of energy fields. They are of two types:

- **Biofield therapies** are intended to affect energy fields that purportedly surround and penetrate the human body. The existence of such fields has not yet been scientifically proven. Some forms of energy therapy manipulate biofields by applying pressure and/or manipulating the body by placing the hands in, or through, these fields. Examples include [Qi](#)

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[Gong](#), [Reiki](#), and [Therapeutic Touch](#).

- **Bioelectromagnetic-based therapies** involve the unconventional use of [electromagnetic fields](#), such as pulsed fields, magnetic fields, or alternating current or direct current fields.

ALLOPATHIC (MAINSTREAM) MEDICINE:

This takes a more mechanistic view of the body and largely sees disease as a physical condition against which a war must be waged. The approach to diagnosis is based on a number of approaches and firmly grounded in science. This approach has yielded a great many beneficial discoveries that have led to remarkable advances in the treatment of some disorders and trauma conditions. The divergence, however, from the humanistic to the mechanistic view has increased reliance on technology alone and current advances are seeing a diminishing return for the effort expended. Resistance to antibiotics, the ability of virulent disease to mutate to survive autoclaving and the gradual build up of human intolerance to drugs are leading to radical rethinks of the existing interventionist philosophies.

In a term paper written by **David Rens** that can be found by visiting: <http://www.academon.com/lib/paper/30206.html> , we have a more in-depth look at the pathology of allopathic medicine. The abstract which summarizes the key points says: *“This paper discusses the topic of allopathic medicine or modern medicine. It examines how the allopathic approach to medicine has shown itself to be more kill than cure and how a change is desperately needed. It shows how modern allopathic medicine oppresses women and treats childbearing and childhood as a pathology and in general it takes a terrible toll with unnecessary and even dangerous techniques. It argues how modern medicine is in collusion with the*

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pharmaceutical and insurance industries to create a system of profit rather than health and how the only effective alternative is to turn back to natural cures, to proper nutrition and diet and a holistic approach to healing.”

Medical Intuitive **Carolyn Myss**, in her book on “Sacred Contracts – Awakening your divine potential” has some interesting things to say on this subject: In the chapter entitled: “Healing Challenges of the Archetypal Wheel”, she has a section called: ‘The Alchemy of Timeless Healing.’ In it, she states: *“ Change takes but an instant’, goes the old Hebrew proverb. It’s the resistance to change that can take a lifetime. Within the energy fields of your mind, heart and willpower, you can transform the lead of physical matter – the dense energy content of your memories, history, attitudes, beliefs and life experiences – into gold. Just as the alchemists of old sought to find the touchstone that would allow them to convert base metals into precious metals, you can use your understanding of archetypal influences to plumb the deeper meaning and purpose of the events of your physical life. Forgiveness, for example, melts the “lead” of painful memories into the “gold” of understanding. Conversely, knowing that you should forgive, but choosing not to, adds lead to your psyche and spirit, which eventually accumulates dead weight in the cell tissue. Lead is any form of unfinished business such as hatred, bitterness, unrequited love, or regret, that contributes harm to your body as well as to your spirit. The more unfinished business, or history, you have, the heavier your load will be.”*

WELLNESS: *

Wellness is a philosophy for healthy living, underpinned by a philosophical perspective which recognises that all living forms possess a self-regulatory, inherent ability for self-healing. This inherent ability, or Vital Force, operates in an intelligent, orderly fashion. Natural healing approaches to health care are aimed at supporting and enhancing the body’s own ability to heal itself. The term came into being in the 1980s when there was an acknowledgement that mainstream medicine was not providing all the answers. The concept of ‘wellness’ is a driving force behind the philosophies of many complementary health modalities and, increasingly being accepted by mainstream health.

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For more information on wellness, visit this web site: www.wellness.com

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SECTION 1.3 PURPOSE OF THE STUDY

The purpose of this study is to uncover, discover and elucidate the essential elements that make WMHP such an effective body-centered therapy – also to provide a streamlined pathway for fellow holistic practitioners to become more multi-dimensionally skilled to reach their clients on more levels, with greater sensitivity and impact.

SECTION 1.4 IMPORTANCE OF THE STUDY

This study is important in presenting an approach to **physical** and **emotional** healing, improving **mental communication** and inspiring **creativity** – insights and practical techniques are documented and described to assist fellow practitioners of the healing arts to become more effective with their clients.

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SECTION 1.5 SCOPE OF THE STUDY

BASIC METAPHYSICS *

The *Prime Universal Law* states that: “*Thought controlled by intelligence is the most powerful energy source in the Universe.*”

Everything in the Universe (as far as our understanding of physics, metaphysics and consciousness can determine) is made up of the same matter and operates under the same set of laws. What makes us different from the *things* we treasure and use is our power to control our own experience from our thoughts. Thoughts have a form of their own. Like radio waves, invisible light and many other energy patterns, they have different wavelengths. When you understand how it works, you have unlimited access to the power grid - without the utility bills!

All thoughts are created and transmitted at high speeds but our emotions can vary the frequency and speed. If we become locked into heavy emotions like anger, denial and melancholy, we slow the operation of our thoughts. Have you ever noticed that when you are in crisis the same patterns repeat endlessly in your head? What happens when you experience *lightening* emotions such as love, happiness and peace? You feel better and get a *buzz* out of life. This is because you have decreased the wavelength and increased the frequency of the *thought forms* you are transmitting, therefore they move faster and your personal energy *signature* also changes.

Where do these transmissions go? Out to the *Universe*. There is a power *Source* in the Universe which takes all our thoughts and reflects them back to us in the form of experiences, answers to our spoken (and unspoken) requests and material goods, much in the same way that radar and sonar waves get *bounced*. You can gain access to this *Source* at any

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time. It is at once outside of you, inside you and *is* you. You are just one small part of a much greater whole. You don't need wires, transistors or frequency modulators. All you have to do is gain real control of your thoughts and expectations for yourself. You have the potential to increase your personal power immensely by changing the way you think about yourself and the experiences you create for yourself. You will bring abundance and healing into your life by creating a *focus* and *intent*. This is like setting the beam of your transmitter (your *thought forms*) much as you set the controls on your radio or TV. *You are what you think you are!*

This may sound incredible to those of you who use (mainly) only the senses in the 'real' world. The techniques in this book will help you to use the 'unreal' senses you possess in order to create the future you want. Don't believe me? Have you ever operated on *gut feelings* or *hunches*? These are the intuitive senses you possess which warn you when the person you are with *speaks with a forked tongue*. They can put in your mind the thought of the person on the other end of the line an instant before the phone rings. You have become a receiver of their *thought forms*.

To succeed in any goal, you need to operate from self-awareness, self-esteem and your *truth*. What is your *truth*? It is what you really want to create in your life and live by. It is different from your *beliefs* (which may or may not be true). We all learn *beliefs* from our culture, education and experiences. Our *truths* can only come from a deep love and respect for ourselves. They come from the spiritual being you are on the inside. You gain *power over yourself* by knowing yourself. When you live in your *truth* you create a channel through which events and experiences flow evenly. Move out of your *truth* and you get blocks, conflicts and ill health.

Power is not something that you get from having a managerial position, wearing the 'right' clothes or conforming to a set of 'rules'. I always think the word 'rule' implies *imposed power*. I prefer to use 'guidelines' which allow the adult in all of us to become empowered by making responsible judgments according to the circumstances. All societies have laws and we must operate under them. Your *power* allows you to add something to the rule of Law – discernment. This is the measure of a truly powerful person.

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You also have a *responsibility* under the *Prime Law*. You should only use the *power* you have for good and not to force issues and events. You cannot have any real control over the life and development of another person. People who have real *power* have no desire to control others. We all have a dark side, we could all become *control freaks* or even worse, powers for harm like Hitler and Idi Amin. With *power* comes a set of guidelines for responsible personal conduct and a need for ethics.

How do you achieve limitless supplies of *power* that you can use to assist your clients? The answer is simply to change the polarity of your thoughts from negative to positive. This activates the *Universal Law of Attraction and Radiation* to work in your favour. Unfortunately for many of us, this is not always so simple a process as it seems. It is one thing to understand what one must do and another entirely to change the thought patterns gained from a lifetime of social conditioning. To achieve this takes a dedicated effort to monitor every word we say and think about ourselves and the unspoken signals we send out through body language and our energy field transmissions. Negative thoughts implant *impositions* and *limitations* on our destinies. We are what we think. Think positive!

Impositions are the negative thoughts that are implanted into our minds as attempts at control. Sometimes this is done with the purest of intent but it is still harmful to our development. Because *impositions* either come from others or from our ego rather than our *True Self*, they are not *truths*. They are something which is alien to the real *us*. They do not make us better or more successful, they actually have the reverse effect. In our attempts to break the control, we are often goaded into rebellion. The energy we waste on this negative action could be better spent on moving forward. We can achieve anything we set our mind to.

Limitations are the untrue beliefs we and others place on our abilities and expectations. These restrict us and prevent us from realizing our true potential. The tragedy is that so many people accept these as the truth and use them as excuses not to change. We often adopt these beliefs to keep ourselves inside our comfort zone. It is only when we realize that there are no limits that we accept that the comfort zone is, in fact, a prison.

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When we first break out of the expectations that have been imposed unjustly upon us, we often feel guilty at disappointing others through choosing not to conform. You cannot afford to accept the shackles. You have a life and business to build. It takes courage to break the mould but, once released, we realize that life is much better without the restrictions.

You cannot make yourself a better or more successful person by constant self-criticism, self-sabotage or denials. Any attempted self improvement technique based on negatives is bound to fail. More than that *impositions* do. Have you ever tried to lose weight or stop smoking by denying yourself something and stating negatives? I rest my case. The key to change is in your desire to make positive changes in your life, your belief in yourself and your abilities to do so.

It also takes a certain amount of honesty in the way you look at yourself. You must also do yourself justice and resist being judgmental about your current actions. Would you punish a child for making errors while learning to talk or walk? Of course not, adventures in life seem amusing and uplifting when we look at babies. Apply the same gentleness and love to how you observe your own efforts to change and learn. Nobody ever learned to play a musical instrument without a few *bum* notes. Your mind is also an instrument which has tonality and resonance. Learning to set it singing takes time, practice and love.

For more information on the Universal Laws and on metaphysics, visit:

Longshaw, Amy *Letters to the Universe*

Wilde, Stuart *The Force*

Dr. Wayne Dwyer *Real magic*

Gary Zukov *The Dancing Wu Li Masters. Chapter One*

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AFFIRMATIONS:*

The *Universe* moves in most mysterious ways, its wonders to perform. Affirmations are very powerful tools used to turn our false beliefs into *truths*. Working with affirmations is meant to be **fun**, not a chore. You may get a few surprises and some of the answers can be subtle or radically different from the outcome you anticipated!

Sometimes the changes come in so secretly that we have changed before we realise that we have got to our goal. We are used to programming ourselves for difficulties and problems. Affirmations change that. Acquiring a different *mind-set* takes some self-discipline over thoughts and actions, but the results more than repay the effort.

We can add more power to the affirmation process by starting a Miracle Action Plan going. Basically, this entails visualizing what your life is like when the changes have come through and putting an action plan into place that affirms the process. There are many ways of setting *Miracle Action Plans* in motion: in the form of creative visualization exercises, dream folders, treasure maps, goal setting, business plans and business action plans. For now, your clients should be working on changing thought patterns. This very moment is all that you have to change the whole of time. Think about it – the whole of our life is really a constant ‘now’. This is why now is the only moment we have to change anything. If you give your clients no other advice for change, this will be the one that matters most.

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Turning years of negative thinking around takes a lot of ‘thought police’ work. All sorts of things will suddenly start you sliding back into old, ‘bad’ habits: memories: blood chemical changes from drugs and alcohol; blood sugar imbalances from eating unwisely; sudden ‘reversals of fortune’, personal relationship and life pressures. You will get a sudden reminder of a past adverse experience and this will lead you to wonder whether you are being ‘punished’ for something. If you are being ‘punished’ it is because you are the one doing it.

You can change all of this negative ‘chatter’ instantly by the use of several mind change devices:

Stopping an undesirable thought pattern cold by saying “*Cancel, cancel!*”

Getting rid of a limitation by putting the phrase “*Up until now*” behind it as soon as you have uttered or thought the words.

Preventing a negative thought from getting out of your mouth by changing it to a positive statement before you speak.

Asking the Universe to take the negative thoughts or emotions back to the great Universal Garbage Can and to *transform the energy* into a positive force to enlighten yourself and your world.

For more information on using Affirmations as change mechanisms, read the following:

Gawain, Shakti *Creative visualization*

Hay, Louise *Heal Your Life* (**Louise Hay** has devised a system of understanding the self-talk that underlies disease states in the body, and identified corresponding affirmations that, when spoken, written and practiced assist in moving the blocked and congested energy so that physical, emotional and mental shifts take place – thereby transforming and healing the old no-longer-desired conditions.)

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Similar to Louise Hay's approach, I have developed key affirmations which, when spoken written and practiced, assist in clearing communication and conflicts which have not yet been resolved between the being and the body. By implanting affirmations and guided visualizations as verbal prompts which appeal to as many of the senses as possible and are easily absorbed into the unconscious, the psyche is filled with more possibilities of encoding new ways of being and becoming.

My method contrasts to Louise Hay's in that I spend more time in certain regions of the body, touching and stretching the body parts on either side (above and below, to one side and to the other) of the area where the energy is constricted while simultaneously making these same affirmations – the specific words chosen, and their emphasis, are spoken to match the expression and communication held in that particular zone.

For more information on this and related subjects, refer to the following books by the following authors:

Longshaw, Amy *Letters to the Universe*

Wilde, Stuart *Miracles*

Wilde, Stuart *Affirmations*

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What follows are some affirmations I utilize to ‘make firm’ the muscle lengthening process:

Muscle S-t-r-e-t-c-h-i-n-g Affirmations: [from top to bottom of the body]

Trapezius/Sternocleidomastoid:

“More room for me... between my shoulder and my ear, more room for me to speak my truth – more room for me to clearly hear.”

Top of Shoulders:

“I release holding the weight of the world on my shoulders – more room for lightness, more room for play – more room for me to celebrate in my own special way.”

“It’s easy and safe for me to speak my truth, and my shoulders drop away from my ears.”

Mouth:

“I feel a smile growing on my face – now filling my torso, old ways erase.”

Pectoralis:

“I fully receive what I most strongly desire, deserve and decree -- more room for me...”

[Behind] Scapula:

“I release holding back my heart...”

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... More room for me to embrace my part.”

Lattissimus Dorsi:

“I stretch further than I thought I could -- in my body, in my life.”

Supra Spinatas [on either side of spine]:

“I release holding back.”

“I release having to hold back.”

“I release holding in my back.”

“I am fully supported– in my body, in my life.”

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Abdominis Rectus:

“I let you go, I let me go.”

“I set you free, I set me free.”

“More room for you, more room for me.”

*“As the muscles in my belly unravel and untangle,
I release the hold people and rigid patterns have had on me.”*

Psoas:

“I let go of old ways of holding – no longer needed, no longer wanted.”

*“I let go of old ways of holding that no longer serve my highest good...
...in my body, in my life....”*

“More room to let go, more room to follow through...”

...More room for me to express what I know is true.”

“More room for me to put my foot down, take my stand – be in command.”

*“I mobilise my life force I’ve been holding in all these years – more room to feel
my laughter, and release my tears.”*

“I let go of holding back my life force, my psoas lengthens and my energy strengthens.”

Sacrum:

“I release rigidity, and allow flexibility, fluidity and freedom.”

“I trust what I stand on, I rest on a secure foundation.”

Hamstrings:

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“My vulnerability is my strength, my hamstrings stretch in length.”

“Sharing my caring is my strength, my hamstrings stretch in length.”

*“The more I express my humanity, the safer it is to be fully me – and my
hamstrings stretch flexibly.”*

Gluteus:

“I release my ‘Yes, buts!’ [holding me back from moving forward in my life

“I mobilise what I’ve been sitting on, to fuel my most passionate purpose here.”

Knees:

“I move forward with an open, loving heart.”

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More Body-Centered Affirmations:

HORIZONTAL BAND AROUND CHEST/HEART:

“I release holding back my heart, more room for me to embrace my part...”

“I fully receive my highest good – more than I thought I could.”

“I fully receive what I most strongly desire, deserve and decree.”

“As I release the yoke around my chest and my heart, I allow more room for me to play my part.”

“I release holding back from receiving my Greatest Good, and I feel the band around my chest and heart expand.”

VERTICAL LENGTH ALONG THE SPINE:

“I feel the length of my spine increase in line.”

“I am a dignified human being – worthy of my love, respect and admiration”

“Breathe fully as you speak your truth.”

BREATH:

“I take long letting go breaths – all the way in, all the way through, more room for me than I once knew...”

“Breath in strong, breath out long – Breath in stronger, breath out longer – Breath in strongest, breath out longest.”

“Breathing in full, breathing out long – feeling more connected to where you belong.”

“Breathing out long, breathing in strong – softening on the exhales, strengthening on the exhales.”

“Breathing in, open the door. Remember what you came here for...”

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“Strong inhales, meeting long exhales.”

“Breathing in more than I have in a long, long time – taking long letting-go-breaths...

(“Longer than I once knew – all the way in, all the way through...”)

*“As I exhale, I allow sounds that match the feeling of letting go – sounds of release,
sighs of relief.”*

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“YOU” STATEMENTS:

“Picture yourself receiving whatever means the most to you, [with the most beautiful colors coming] all the way in, all the way through –bringing it all the way to the depths of you...”

“Stretching past where you once knew, more room for you...”

“Picture springs where there were once locks, shifting patterns of rigidity to flexibility.”

GENERAL STRETCHING & LETTING GO:

“I stretch my limits with ease.”

“I stretch past where I thought I could, further than I once knew — more room for me – all the way in, all the way through.”

“I let go of old ways of holding that no longer serve my highest good – longer than I knew I could.”

“I turn old patterns of rigidity to flexibility, fluidity and freedom.”

NOW MAKE UP YOUR OWN THAT RESONATE WITH YOU...

[...The more you practice embodying these words, the more these “life sentences” become true.]

Because of the large response and effectiveness I’ve had sharing my method with people from different cultures, I’ve had these affirmations translated into three languages – **English, French** and **German**. The French & German versions which follow can be found in Appendix III towards the end of this dissertation...

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THE USE OF AFFIRMATIONS IN SPIRITUAL & BIBLICAL TEXTS:

One of my favorite uses of affirmations is within spiritual texts, where the written and spoken words are set in place with eternal intention. One good example can be found in the Jewish religion in the “Amidah for Shabbat Eve” It says: “*Open my mouth oh Lord, and my lips will proclaim your praise.*” My favorite example of all time is the following excerpt from the “Kaddish Shalem”: “*Glorified and celebrated, lauded and worshipped, acclaimed and honored, extolled and exalted, may the Holy One be praised beyond all tributes which mortals can utter. And let us say: Amen.*” Imagine the force of impact on the physical, emotional, mental and spiritual dimensions of one’s being through proclaiming these words with full intentionality.

There is indeed a power, a magic and a majesty to aligning our thoughts, words and actions – as we allow ourselves to see daily life as a spiritual exercise. In Kyria C. Markides’s book “The Magus of Strovulus – the Extraordinary World of a Spiritual Healer”, there is a section where this celebrated, remarkable healer passes on a creed for his students to follow. This represents not only his own personal mission statement, yet also the core of his teachings and beliefs and life purpose. As he puts it, these “Seven Promises” one is to make for oneself each and everyday, as “The Keys To Spiritual Perfection.” As I see it, putting the following words into practice may very well be the necessary and most fundamental ingredient behind the effectiveness underneath all successful healing:

Seven Promises, The Keys To Spiritual Perfection:

“I promise to myself...

- (1) ...To serve at all times and in all places the Absolute to which I wholeheartedly belong.*
- (2) ...To be ready at all times and in all places to serve the Divine Plan.*
- (3) ...To make good use of the divine gifts of thought and word, at all times, in all places, and under all circumstances.*
- (4) ...To endure patiently without complaining all forms of trials and tribulations which the most wise divine law may bestow on me.*
- (5) ...To love and serve my fellow human beings sincerely from the depths of my heart and soul no matter what their behaviour may be towards me.*
- (6) ...To meditate and contemplate daily the Absolute with the objective of total coordination of my thoughts, desires and actions with its divine will.*
- (7) ...To investigate and check every night whether all my thoughts, desires, words and actions are in absolute harmony with the divine law.”*

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NOTE: The above quote entitled “*Seven Promises, The Keys To Spiritual Perfection*” comes from the Chapter on “*Cosmology*”, page 125, in Kyriacos Markides’ book: “*The Magus of Strovolos – The Extraordinary World of a Spiritual Healer*”

How much further can one go in taking the use of affirmations to the furthest possible dimension? In the “Book of Mirdad”, the story of yet another healer and spiritual mystic, there is a beautiful gem of a poem that describes the impact that alignment between thought, word and deed can have on every dimension of our being. I have adapted the following poem -- as you will see it, included below -- in order to make the name and gender of God more universally appealing and applicable: I have taken the liberty here of expanding on the name “God” so in this context I refer to God as “God, Goddess, All That Is.”

"This is the way to freedom from care and pain:

*So think as if your every thought were etched in fire for all to see;
For so in truth it is.*

*So speak as if the world entire were but a single ear intent on what you had to say;
For so in truth it is.*

*So do as if your every action were to recoil on your head;
For so in truth it does.*

*So live as if your [God,Goddess,/All That Is] has need of you its life to live;
For so, in truth, S(H)e does.*

*So wish as if you were the wish;
For so in truth you are.”*

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In Hazrat Inayat Khan's book on "*Mental Purification & Healing*", this founder of the Sufi Order of the West has a chapter on "The Application of Healing Power". In it, he says: "*There is a great power hidden in the mystery of the **repetition** of a sacred word, but there is a still greater power in **writing a sacred word**; because the time it takes to write a sacred word carefully is perhaps five times or ten times as long as the time taken to repeat a sacred word. Besides, action completes the thought-power better than speech. In writing a sacred name it is the completing of a thought which is even more powerful than uttering the word. But **when a person thinks, feels, speaks, and writes, he has developed the thought through four stages and made it powerful.***" [page 80]

In Chapter III of the section entitled "The Mind-World" in the same book as described above, Hazrat Inayat Khan further says about '**thought**' the following: "*A thought may be compared with a moving picture projected upon a curtain. It is not one picture, but is the several parts of the picture that, changing every moment, complete the picture. And so it is with the thought. Everybody does not always hold a picture in his mind. As a rule a person makes a picture by a gradual process of completing it. In other words, the thought picture is made in parts, and when the thought is completed the parts meet to form one picture...It is according to this theory that the mystics have made 'Mantra Shastra', the science of the psychological phenomena of words, which the Sufis have called 'Wazifa' [the practice of verbal and mental repetition of sacred words and phrases], because for a concentration of thought the holding of a thought in mind is not sufficient.*" [page250]

It is of interest that, in the Sufi spiritual practices, the sacred words and phrases are encoded into one's system by 3 means:

- 1) repeating the sacred words and phrases out loud

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- 2) silently speaking the words and phrases inwardly to oneself
- 3) intending the meaning underneath the actual words and phrases

Hazrat Inayat Khan further has this to say of the value of **'repetition'**: *“If there is any possibility of completing a thought, it is only by repetition...Therefore the best way of contemplating that the mystics adopted was to adopt a word suggestive of a certain thought, a word that caused the picture of a certain idea by its repetition.*

Yet repetition alone is not sufficient for the purpose. In order to engrave a certain figure upon a stone, a line drawn with pencil is not sufficient; one has to carve it. And in order to make a real impression of an idea, deeply engraved on the subconscious mind, an engraving is necessary. That is done by the repetition of a word suggestive of a certain idea. No repetition is wasted; for every repetition not only completes it, but deepens it, making thereby a clear impression upon the subconscious mind.” [pages 250-251].

Hazrat goes further to say: *“Man is living, therefore creative. Whatever impression his mind takes it not only holds as a stone holds its impression, but it produces the same several times in a moment, thus keeping it a living impression. And it is the life of that impression which is held in the mind, that becomes audible to the ears of the heart...When man is thinking or feeling he is at the same time emitting what he thinks or feels as a fragrance; he is creating around himself an atmosphere which expresses it...Does [this] not prove to us that this is a mirror-land? A mirror-land with a living phenomenon; living because the mirrors are living. It is not only projecting and reflecting that takes place in the mirrors, but a phenomenon of creation: that all that is projected and reflected is created at the same time, and materialized sooner or later.”* [pages 252-257]

What follows is an excerpt from yet another of Hazrat Inayat Khan's writings, reflecting on the power and majesty and potential in our human speaking voice:

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VOICE*

Let beloved melodies flow from your mouth, the melodies which give birth to the beauty and power of this world of experience.

Sing the light of the rising sun; sing the colors of its setting.

Do this, too: Breathe in Spirit, breathe out power – sing the sun itself, sing the hurricane and the earthquake.

Am I speaking symbolically? All language is symbolic – but I speak literally, too: Hazrat Inayat Khan says the human voice is the most spiritual of all sounds in potential – bring out that promise.

Find your truest voice and make joyful noise unto the Lord.

* from “The Sound”, March '95, page 4

Ah, it's all beginning to make sense to me now: No wonder the use of affirmations is so powerful, when utilized in conjunction with stretching and lengthening the muscles of the body – since the words which are being focused on are reverberating, over and over again, throughout the multi-dimensions of one's psyche. Consequently, there are many more opportunities that the new thoughts and self-talk (which are being consciously, subconsciously and unconsciously 'rehearsed') can be remembered and encoded within the muscle memory by activating as many sensory impressions per second as possible while this echo effect is taking place.

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Speaking of “echo”, there’s a powerful singer by the name of Sheila Chandra who, in one of her songs, sings: *“Echo and savor every word that you utter.”* She repeats this phrase over and over – what is so important about this statement? If anyone knows how to echo and savor sounds and words which carry the essence of meaning, she does. This singer’s voice is so pure that she has been asked to teach the different rhythms of playing the tabla drum with her voice alone.

AFFIRMATIONS WITH SONG & DANCE:

The “Dances of Universal Peace” Movement, which has become popular in countries all over the world, utilizes affirmations in conjunction with dance and song. In the Sufi tradition described above, the use of sacred phrases, affirmations and prayers are brought to a more emotionally-charged level through their expression integrating the human voice with breath and movement. Similar to the effect my method produces in integrating the spoken word while stretching the corresponding muscles in the body, these dances combine the words of prayers from various religious traditions with the spirit of physical celebration. Through such activation of thought, word and deed, new ways of thinking, speaking and being emerge with through the process of encoding vitalizing thoughts and reaching as many senses as possible within the landscape of our human form. For more information, visit: www.dancesofuniversalpeace.org

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WORKING WITH BIOENERGETIC SYSTEMS *

Many people believe only their senses and that the body's outer layer is the skin. Ancient healers in Tibet and the East have long known that the energy systems of the body extend well beyond the range of the 'normal' senses. In many people this may only be about half a metre, but in some spiritually advanced souls this radiates out to several metres or even kilometers. Since this energy system is 'real' in every sense of the word, it can be measured by sensitive scientific instruments and divining rods.

This energy system is in a constant state of movement. When we are sick and in negative thought modes this energy becomes dense and is held close to the body. When we are well and happy, this field expands and feels 'light'. Barbara Anne Brennan, whose book I have recommended below is a physicist of some standing. Her explanations of the quantum physics of the human energy field are far more exciting than mine.

This ancient wisdom has now come to the west to aid us in our understanding of how the physical body functions and the many layers of the spiritual body that extends out beyond our skin.

Within the body the energy moves along several well defined channels:

The nervous system that transmits signals from the brain to the physical in the form of electronic pulses. If this gets interrupted by accident or injury, the loss of physical sensation, severe pain and even death can occur (depending upon the location of the blocking trauma).

The chakra system that is a whole collection of openings directly from the body to the mass of energy pulses that whirl unseen around us constantly. Most people are aware of the seven major charkas that extend up from the sacrum to the crown of your body. What is not generally appreciated is that there are up to 120 such energy points at various points of your body: such as palms of your hands, soles of your feet and the back of your neck.

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The meridian/node system that moves life force or Chi energy around the body systems. It is this system that kinesiologists and Qi Gong practitioners use to work with blocked energy systems. It is possible to 'switch on' and switch off' this system very simply. The person in ill health has often closed down this system in vital places, interrupting vital energy transport systems.

Knowing what these systems are and how they work is vital to understanding a new dimension that aids healing. There is also another vital system – the energy field that surrounds every living thing.

Not everyone can see the aura. However, it is there and can be felt. If you have ever felt uncomfortable because other people get too close physically, this is probably a response directed as much from the invasion of your aura as the proximity of the person. Without touching you, they can literally 'rub you up the wrong way'. Try these simple experiments:

Hold your hand up against a light coloured wall and relax your eyes. After a few moments you should see a light or even coloured area surrounding your hand.

Hold both your hands palm facing inwards to each other for a few moments. You should then notice a cone of light or different shade (novices often see this as a grey shade) moving towards each other and then joining. Whenever there is a 'break' in the system, the body acts to complete the circuit.

Hold your index fingers up approximately 2.5 cm apart and again you will see the grey shadow or the light closing the circuit.

If you really want to have fun, relax your eyes and look at a happy cat. You can often see that these lovely creatures are surrounded by a glow of gold light. When you have mastered this, you have already altered your idea of what 'normal' perception is enough to progress to developing the skill that everybody has, but few people use.

To those who doubt that this is for real, I ask them to suspend judgment and have a person lie down on the massage table. Run your hands slowly over the body, approximately 15 cm above the physical layer. As your hands become more 'sensitive' you will notice that the body sends you 'messages'. Some areas of the body may feel 'hot' and others may feel 'cold'. The feeling may be of 'heaviness' or of 'lightness'. Keep working at this with an open mind and you will develop

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a real ability to sense the changes in the ethereal body (the first outer layer) and can use this information to intuit where the body's energy shield is damaged or unhealthy.

Some people who are unable to 'see' the human energy field with open eyes can see it very well with their 'mind's eye' the third eye or sixth chakra. Look at a person for a few minutes and then close your eyes. Your vision is now turned off, but you should be able to see the 'residual retinal image' of the energy field. This also improves with practice.

Your other key tool for body energy diagnostics is your intuition (also a Third Eye function). We can sense a good number of things about another person or people. Try walking into a room when everyone has been saying negative things about you and you will instantly feel the heaviness around you. Then go out and have them say only positive things. Walk back in and you feel much better.

Meditation is also a great way to raise the vibration rate of the energy around you. If you have a room in your home that is a bit of a 'nothing space' (spare bedrooms are good for this as they are rarely used) go and meditate in it for twenty minutes or so and feel the palpable difference.

If you want to find out more about using the body's energy field as a diagnostic tool, then I suggest you start with these:

Brennan, Barbara Ann *Hands of Light*

Paulson, Genevieve *Kundalini and the Chakras*

Noontil, Annette *The body is the barometer of the soul*

There are many good books on increasing the vibration of your life. Here's one that is both easy-to-read and informative, as well as inspirational: **Wayne Dwyer** *Your Sacred Self*

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THE ROLE OF CREATIVITY IN MAINTAINING HEALTH *

So far we have covered the mind-body and the spirit-body links to health. There is another side of us that is largely forgotten in our quest for ‘wellness’ – our creative selves. Level III Students of WMHP are expected to conduct a major study on the use of creative release modalities when they complete Unit *WMHP007 Perform Creative Release Therapies*. The details of this are in the Assessment Manual which accompanies the course materials.

The majority of people predominantly use their ‘right brain’ to organize and operate their lives, but their lives contain few outlets for true creativity. The stifling of creativity leads to a suppressing of vital forces (beginning with the root chakra at the base of the spine). Suppressed physical creativity leads to a number of disorders:

- Reproductive and sexual dysfunction
- Low natural energy rates/reduced energy transport
- Diversion of stifled energies into more destructive channels
- Diversion of stifled creative energies into workaholism
- Alienation as the individual is increasingly cut off from a sense of self

The nature of the human race is to be:

Inquisitive Inventive Creative

Our modern way of life is often:

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Controlling Mediocre Passive

Your clients need an outlet for their suppressed creativity as much as they need your ‘hands-on’ or the emotional-spiritual work of affirmations and ‘process’.

Creativity, however, is a subjective beast and no one approach works for everybody. There are several avenues you and your client can explore to find the medium of self-expression that works best for them:

Writing: Writing is a wonderful means of cathartic self-expression and many victims of life end up purging themselves of the past by writing it all down. Our written language is full of nuances and subtleties that allow us to be truly creative. Writing is a very personal and soul-revealing pastime.

The use of writing as a therapeutic tool is something well documented in psychology literature. If you are interested in this, then investigate it through the Internet and through psychology/psychotherapy journals.

Art: This is the medium that most people think of when we say the word ‘creative’. Whereas words paint ‘mind-pictures’ art paints ‘eye-pictures’. Studying and working with images and symbols can be a very meaningful way of creating a channel for personal self-expression. Any of the plastic arts: painting, drawing, sculpture, pottery, collage or design can be chosen with equal effectiveness.

There are many books and writings on art as a therapeutic tool. If you are interested in exploring art therapy with your clients, then you should follow these up and add them to your library.

Hobbies and crafts: For some people, the means of creative expression is to make something of use or for leisure. There are many forms of creative release that are available to people who would otherwise consider themselves ‘not artistic’. These are: gardening, sewing and embroidery, cooking, model making, craftwork, china painting, knitting and crochet are all highly suitable means of awakening the creative self.

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Music: Music, like writing and art is an evocative medium. If the client performs or studies music, they are using both sides of their brain. Music demands both analytical thought and creative thought. We read the notes off the page with our left brains, but we only become musicians when we filter those notes through our creative right brain to add emotion, color and tone to the experience. Music as a creative release can also be experienced by the pleasure of listening, particularly if that listening takes place during or before meditation or sleep. Since musical likes and dislikes are very subjective, this is something the therapist and the client need to explore together. Someone who has never listened to classical music might balk at Mozart or Bach, for example. A good way to introduce them gently to such music might be to have them watch the films ‘Amadeus’ or ‘Mr. Holland’s Opus’. Singing and toning are also very valuable therapeutic tools. Chants have been used for millennia as ways of:

- A-tune-ment: Developing a one-ness with self and spirit
- A-tone-ment: Developing harmony with higher soul vibrations
- At-one-ment: Purging the self of the past to become more aligned to Life Purpose
- Atonement: Replacing the unwanted patterns with more desirable patterns

There are many books and writings on the use of music and sound therapy, if you key in the words ‘music therapy books’ in an Internet search engine you will find something to suit your preferred methodologies. If music is your love and passion, then consider exploring this as a means of creative release therapy.

Drama: Drama allows us to literally become another person or to offer a person an interpretation of the human condition. It is a highly emotive medium that has been used for millennia to tell sacred stories, educate the masses and cause us to seek answers for our own issues in the reflected stories of others. Psychodrama has been used effectively to unlock trauma in abused children and adults. ‘Creative play’ is another form of this where the child or adult projects their life and feelings into inanimate objects such as dolls and models. Drama involves the use of the whole body, mind, speech, voice, non-spoken expression and the vital ingredient: the willing suspension of disbelief.

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Psychodrama and drama as a therapeutic tool are well documented in psychological and psychotherapy literature. If you are interested in the use of drama in therapy, then you should conduct a major study of this creative release form. To get more information on books and resources on psychodrama, key in the words ‘psychodrama books’ in any search engine.

Dance: Dance as a medium of self-expression combines both music and dramatic expression. Dance has been used throughout history as a means of bringing the soul closer to self and source. Like drama, dance can convey the subtleties of human experience through movement, body language, artistic expression and musicality.

Laughter as therapy: Laughter raises the natural vibration of the body. It is impossible to laugh and hold on to negative holding patterns at the same time. Qi Gong exercises all include movement patterns that cause the practitioner to laugh spontaneously. The eastern medicinal traditions all appreciate the value of ‘good humour’ to the healing process. In recent years we have been made aware of innovators like ‘Patch Adams’ and ‘Fairy Sparkle’ who use joy as a means of bringing joy back into life, even into the lives of the dying.

Further information can also be found by looking up ‘Patch Adams’ on the Internet: www.patchadams.org or reading one of his books. These are both good places to start. His newsletter “*Gesundheit – Laughter is nothing to sneeze at*” provides a lot of back-up information on how laughter is the best medicine.

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While we’re on the subject of laughter, fun and joy, this feels like a good time to express my own belief and findings from experience that people learn more easily when they are having a good time. To this end, I personally also conduct workshops on “*Clowning*” and “*Awakening Creativity*”, which uses a combination of creative release modalities to help people align with their true self. See my website for details: www.garywohlman.com

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For more information on “Laughter Therapy”, visit www.candidcamera.com In this site, **Allen Funt**, the originator of the popular TV show, explores the healing powers of laughter through his private non-profit organization. His wish, in starting the Laughter Therapy program, was to bring a smile, laughter, and hopefully, some therapeutic benefit to those with serious illnesses.

The Laughter Therapy program works as follows: The individual with the illness (or his/her representative) write a letter explaining the nature of the illness. The Laughter Therapy representative, in turn, sends the individual the first of four Candid Camera videos, specifically compiled for the program. When the individual has viewed that tape, usually within a month, he returns the tape and the second video is sent. This process continues until all four videos have been viewed and returned.

To find out more about this program, you can also write to: **Laughter Therapy**, Box 827 Monterey California 93942.

WORKING WITH PEOPLE IN TRANSITION:

I most often find myself working in this capacity, with people who have just experienced or are about to experience a sudden shift, breakdown or breaking away from what they have grown accustomed to in their lives – I describe the atmosphere they are in a healing crisis of some sort, often accompanied by radical physical, emotional and life transition:

Recently, I had the opportunity to give a introductory session of my healing method to a woman who was running an exclusive, up-market health spa at a leading hotel in the home town I was living in at the time.

Half way through the session, she began to sob and cry and suddenly declared: "*I need to let go of my boyfriend!*"

I shifted from focusing on freeing her tight muscles to working with her breathing, opening tightness around the band around the chest and heart and lungs – at first it felt like a yoke which had been choking her, then it began to relax and

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unravel and expand. This assisted her to process her grief and say goodbye to her boyfriend in a way that created a satisfying sense of closure.

Then she said, "*My aunt died this morning. I also need to say goodbye to her.*" We continued the process of working with her on as many levels as possible, as she breathed towards the areas of the body I was touching. I instructed her to simultaneously allow sounds of letting go to emerge through her mouth as we continued to lengthen and widen the muscles that were tight.

I encouraged her on the exhales to focus on what she was letting go of (old ways of breathing, old ways of holding) – at the same time allowing sounds of deepening to come out, sounds that matched the feeling of letting go of her relative that just died as the muscles were continuing to lengthen.

After a short while, her energy picked up and she began to smile. After a strong inhaling breath, I asked her to focus on what she was ready to take in to her body and her life, more than before. She said: "*I need to take my power back that I've given away to my sister.*"

With her readiness to let go of holding on to a relationship that wasn't working, along with being able to say goodbye to someone close to her who had just died, she was able to ready herself to take a leap and recognize and reclaim ways she had given her power away. By the end of the session, she was radiant and aglow with a softness and vulnerability that was truly empowering. What a wonderful clearing she had; I felt so grateful to assist her in her healing.

In working with people in transition (as many of us often are in one way or another), I find that one of the most powerful and effective areas to work on is in the pelvic basin, which in many holistic therapy circles is also known as the "*seat of the emotions.*" If the lower abdomen is not that tense, I work up to focusing on lengthening their psoas muscles – the longest muscles in the body, which connect the ribcage to the pubic bone. Here, as they exhale out a "sound of deepening", allowing themselves to release the deepest sound they can, I simultaneously apply gentle and firm, sustained pressure with my thumb pads on the belly of these psoas muscles to extend their length much more than they are used to, while saying the words out loud to the client: "*More room to let go, more room to follow through – more than you once knew.*" The

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result is an experience of their having a lot more room to breath and exhale and eliminate old ways of holding than they were able to let go of on their own....

In working with people in transition, I find that one of the other key areas to focus on as a practitioner is the rectus abdominus muscles in the front of the belly. As the client exhales, I ask them to envision these muscles unraveling and untangling like ropes untangling, knots uncoiling – all the while sending down the deepest “UUU” sound through these muscles and focusing on letting go of any entanglements with any people or situations in their life that no longer serves. While they exhale in this manner, focusing on these muscles lengthening as they let out a sound of deepening in this way, I ask them to notice the truth underneath the following words – as I say out loud: *“I set you free, I set me free.”*

Often the person has an emotional response to my saying these words, as they envision themselves saying this to that person or situation. Often they are able to more easily let go of what condition is no longer needed or wanted that they’ve been holding onto inside, and at this stage they often sob and cry to release those old hurts and grief which no longer serve to holding on to in the form of bodily tension. After they let go of control, when I notice they’re feeling more empowered, I encourage them to take charge, visualize they’re speaking to these people or situations they’re ready to let go of while saying the same words: *“I set you free, I set me free”* out loud. During this process, I continue applying gentle pressure in the same rhythm that they exhale, with my fingers lengthening these same muscles as they practice letting go in breath, sound and word. The result is a very powerful shifting and clearing of the old condition, making room for them to move on in their life to receive what they most strongly desire and deserve.

At this stage, the attention shifts to working with their inhalations, and their simultaneous envisioning themselves taking into their body and their life what their heart most deeply desires. While they breath in, I now begin to focus on stretching and widening their pectoralis muscles around the front of their chest, encouraging them to see and feel what they most want to take in to their body and their life from this moment, *“all the time in the world.”*

The process continues in this manner, my stretching their tissues as they breath fully in and long all the way through – as they envision “sunrise lifting – each inhale a sunrise“ and “waters-falling, long letting-go breaths.” I encourage them to

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take “full volume of inhales meeting long lengths of exhales, strong breaths in meeting long breaths through, longer than you once knew.” “*stretching past where you thought you could -- in your body and your life.*” This process is dynamic and works on the physical, emotional, mental and spiritual dimensions of being simultaneously – that’s the key principle behind why this work is so powerful and effective.

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SECTION 1.6 LIMITATIONS OF THE STUDY

As my methodology is new both in its inception and its development, there has not yet been a lot of research performed on the effectiveness of the WMHP method by tracking the life history of individuals who have received treatments over a period of time longer than 1-3 years.

A further limitation of this study is that many of the people I have worked with do not speak English as a first language. Consequently, their speaking out loud in their native tongues to people they have lost or have unfinished business with remains on my ears as a series of sounds – while they may be having the most cathartic release possible without my knowing exactly what they are communicating. At the end of the day, I have discovered that it really doesn't matter whether I know what the client is talking about...Their subjective experience is the most important ingredient of all.

SECTION 1.7 DEFINITIONS

$$\mathbf{FP = B + V + M + S + P}$$

The simple **formula for developing full physical presence** given above encapsulates the whole philosophy behind WMHP. It also provides a guide on how to perform assessments for more accurate treatment of presenting conditions.

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FP full presence equals (a function of)

B breath

V voice

M movement

S speech

P posture

FP = B + V + M + S + P *as an assessment tool reminds us to evaluate the whole person: **

Breath *are they able to take in and expel air at optimal efficiency?
do they have asthma or any other respiratory disorder?
do they have enough energy to get through a busy day?
do they take on life or is life something of a challenge for them?*

Voice *do they speak out confidently or are they timid?
do they express their needs and wants adequately?
do they affirm themselves or do they wait on the approval of
 others?
are they happy enough to sing?*

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Movement *does their body move with ease or are they stiff and stifled?*
are some muscles tight, wasted or overdeveloped?
do they walk correctly or are their feet/legs splayed or turned?
are they balanced and looking ahead or down?

Speech *are they articulate about their ideas and opinions?*
do they stammer or use too many 'sound fillers'?
do they speak positively or negatively about themselves?
do their words express holding patterns and clues to healing?

Posture *are they able to stand straight and balanced?*
do they 'hold' specific muscle groups or are some too slack?
does their body language give you clues to holding patterns?
do they look the world in the eye or do they turn their heads?

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Summing up, the formula $FP = B + V + M + S + P$ as a therapeutic tool reminds us to treat the whole person:

- Breath** *breathing in represents our ability to take on life
breathing out represents our ability to expel the unwanted past
asthma is not an inability to take in air, but to expel it
restricted air flow means too little energy transport
oxygen = enriched blood supply = energy and zest for life*
- Voice** *is the instrument we are given to communicate
stammering and 'sound fillers' indicate lack of confidence
nobody stammers or uses 'sound fillers' when they sing
speaking out clearly allows us to be heard in a crowd
voice = our needs and wants are recognized = confidence*
- Movement** *muscle groups indicate our ability to move confidently through life
pain and holding patterns in muscles mean energy blocks
tightness in muscle groups gives clues to the issues needing
 healing
how we move can indicate how we tackle life' issues
fully functioning muscles = balance = emotional health*
- Speech** *what we say and how we say it indicates our belief in self*

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what we say and how we say it give clues to issues needing healing
negative speech patterns indicate negative thoughts and beliefs
listen to the self and transform the thought forms behind it
positive speech patterns= a healthy emotional/spiritual state

Posture *indicates the degree of balance in our life*
if we are ‘out of plumb’ or life is often out of balance too
releasing the holding patterns releases energy for life
improving the posture means the ability to tackle life with more
ease
good posture = balance = a solid foundation in life

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CRITERIA FOR FULL PHYSICAL PRESENCE:

The following information is an excerpt from a journal entry I wrote in 1990, illustrating what physical criteria I visualized at the time as the key attributes of what it means for me to be fully “physically present”:

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VISUAL: Soft focus, widest range and exploration of depth and variety of field.

VOCAL: Resonating radiant strength of tone, reverberating throughout channel of welled inner core.

VERBAL: Crispness and freely-associated choice of words, assembling spontaneously and with pleasant shifts in cadence in new and refreshing combinations.

BREATH: Easy, full, even uninhibited inhales – and similarly facile spontaneously-regulated exhales – also a conscious ability to fill either left or right lungs at varying tempos, intervals, and pulses of increasing volume of vital life force.

JOINTS: Full range of motion available, as close to 360 degrees throughout the body.

CONTENT OF THOUGHT, WORD & DEED: Clear symmetry between inner intention and outer action: “I embrace magnificent order, clarity and organization with all my thoughts, words and deeds.”

LIFE FORCE (IN GENERAL): *“I claim dominion of my Life, and in taking charge of my emotions and all available energy resources, establish sovereignty in this world and throughout all dimensions where I activate my consciousness. I am ‘Fulfueled’ ”.*

FINGERS: Tingly, vibrating especially towards tips – a light, warm pulsating sensation accompanied by a slight sweaty moistness in the palms – all the joints move with a delicate ease, flexibility and fluidity – both individually as well as together.

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MOUTH: Slight smiley up-turned-ness of the corners (revealing the quality of self-nourishment), lips gently relaxed with just a little space between them. Comes with full-filling of belly on inhalation – a feeling of nurturance and nourishment throughout.

EYES: A bright radiance both laser-beaming from deep within, and a comfortable allowing of seeing both the edges and substance of visual matter –as well as the space and volume between objects – a willingness, too, to look deep and shallow, left and right, up and down and all around – to consciously inhabit the full territory of the entire visual energy field. Eyelids also adjusting with great facility and ease to lift, close both in isolation as well as in conjunction with the movements of the eyeballs themselves. A sensation of looking out from deep within, as though seeing from a deep well that travels from eyes through brain and all the way down to the base of the spine – activating awakened clarity of perception through all charka centers– Each center , as it awakens to strongest illumination, has its own unique sensation which, when consciously felt, catalyzes a movement of vital internal secretions igniting a tremendous ‘brillianting’ [to coin a word]of one’s fullest self-expression and activating the fulfillment of one’s Greatest Life Purpose for now and forevermore – for the Highest Good of All Concerned. Along with this, an accompanied ‘Talling, Aligning and Lengthening’ the whole spine.

What do Emotions really mean? * The following definitions begin to answer this question:

ANGER	Loss of control over other or self and attempt to regain it.
ANXIETY	Incapacitating the self to avoid preparing for a situation.

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BOREDOM	Not taking responsibility for own happiness or entertainment.
CONFUSION	Laziness of mind to keep from dealing with a situation or making a decision.
CONTROLLING BEHAVIOR	Compensating for the lack of self-esteem by belittling or victimising others. Always a sign of personal weakness.
DEPRESSION	Indulging in the luxury of helplessness.
FEAR	Entertaining a fantasy of a danger that has not (and may not) have happened.
GRIEF	Loss of control over a source of love or attention.
GUILT	Indulging in a concern over a past situation in order to avoid taking action now.
HATE	Misplaced expression of love.
HOME-SICKNESS	Loss of source of attention and source of self-identity.
HURT	Denial of responsibility for one's own feelings or a feeling that another is not doing what you want.
JEALOUSY	Feeling of inadequacy to a known or unknown competitor.
LONELINESS	Placing responsibility for own happiness in the hands of others.
REGRET	Feeling inferior because something didn't go the way you wanted it to.
REJECTION	Unsuccessful attempt to gain approval from another.
REVENGE	Expecting life to be fair and equitable instead of the series of lessons which you are here to learn from.
SELF PITY	Indulging in helplessness as a luxury (substitute for self-love).
SELF- RIGHTEOUSNESS	Feeling superior to another in order to feel good about yourself.
SHYNESS	Waiting for someone else to tell you you're O.K.
VICTIM MENTALITY	Abdicating your own responsibility for the events and health issues in your own life.
WORRY	Incapacitating the self to avoid preparing for a situation.

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Muscle Groups Associated With Organs and Emotions:

Organ	Muscle	Emotion
Stomach	Pectoralis Major Levator Scapulae Psoas	Disgust Holding long time grief
Neck	Brachioradialis	I resist change I am fearful of life I cannot hold my head up I work too hard
Shoulders	Pectoralis Major Levator Scapulae	I take on the problems of the world Life is overbearing Life is a burden
Spleen/Pancreas	Trapezius Opponens Pollicus Longus Triceps Latissimus Dorsi	Low Self Esteem Holding anger (spleen) Need for recognition/success (pancreas)
Small Intestine	Abdominals Quadriceps	Lost/Vulnerable
Bladder	Sacrospinalis Anterior Tibial Posterior Tibial	Ticked off

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	Peroneus	
Kidney	Upper Trapezius Iiacus Psoas	Fear of letting go Holding on
Thyroid	Teres Minor	Muddled, unstable
Heart	Subscapularis	Unable to give/accept love Unable to take on spiritual purpose
Circulation/Se x	Adductors Piriformis Gluteus Maximus Gluteus Medius	Non thinking/non-emotive Blocked creativity (sex organs) Unexpressed grief (womb)
Adrenals	Sartorius Gracilis Soleus Gastrocnemius	Muddled/unstable Flight or fight/aggression
Gall Bladder	Popliteus Anterior Deltoid	Resentment Need for revenge
Liver	Rhomboids Pectoralis Major	Anger
Lungs	Coracobrachialis Serratus Anterior	Grief Afraid of life (asthma)
Large Intestine	Hamstrings Quadratus Lumborum	Dogmatically positioned Had a gutful of life

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Small Intestine		Inability to nourish the self emotionally or spiritually
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NOTE: Original source for the above chart: Margaret Wright. QSMI Massage Manual, modified and enlarged by Gary Wohlman and Amy Boleszny.

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CHAPTER 2

REVIEW OF LITERATURE:

SECTION 2.0: In this chapter I will compare and contrast my method with others in the field, derived from information drawn from such sources as books, websites, pamphlets, and live exposure I have had with practitioners and originators of these other methodologies:

As described above in section 1.1, one of the key elements contrasting my method with others is my strong use of affirmations and guided visualizations – spoken **OUT LOUD** either by the practitioner or the client during the same time interval that the corresponding muscle group is being stretched. Many other therapeutic modalities consider it enough to generate a shift in the physiological state within the person's body, claiming that their unconscious will perceive the healing effects and continue to allow whatever shifts are needed and wanted to take place naturally without any intervention on the therapist's part.

A good example of this comes from the **QXCI** system, of which I had a session today. QXCI stands for **Quantum Tiroid Consciousness Interface**, and how the method works is by a combination of first attaching rubber straps (which serve as electrical conductors) to the ankles, wrists and in a horizontal band around the head. The conductors are connected to a computer, which is loaded with a software program which, along with specific questions the client answers related to habitual patterns in their lives, reads various body systems and determines such information as what toxins interfere with inter-cellular communication and optimal functionality and health. Even though the machine and corresponding evaluation do not diagnose or treat disease states, a restoration of many desired levels of health does take place towards the end of a

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session – and supposedly, a client’s unconscious continues to allow whatever needed shifts to take place without them having to make any verbal statements or physical exercises.

This QXCI approach to establishing balance, equilibrium and a restoration of physical, emotional and mental vitality is in direct contrast to my approach, in that I emphasize that the client not only allow their unconscious to “continue to maintain the new shifts naturally”, but also practice verbal AND physical exercises (I call it “*joyful discipline*”) to increase the likelihood, as I see it, that the results we have generated during a healing treatment will last and grow over time. From what I understand about the QXCI approach, DOING anything beyond one's actual interfacing with the machinery and software is not necessary for results to last and grow.

Over the years, there have been numerous attempts to quantify emotions and codify different qualities of human expression. **L Ron Hubbard**, the founder of the infamous system called: “**Scientology**”, has developed what he calls a “*tone scale*” charting and measuring emotional states from the most negative to the most positive – in an attempt to assist people in moving up from one level to another in a conscious manner. Unfortunately, his simultaneous attempts to control and rule and destroy people’s lives if they didn’t agree with his principles got in the way of this system being as respected as it perhaps deserves, as it is a highly effective and objective system which has assisted thousands to lead more empowered lives. I, myself, enrolled in a Scientology-based ‘Renaissance Theatre Company’ in my mid-twenties in Los Angeles, California, directed by a most heart, compassionate and sensitive man from Samoa named Manu Tupou – he was superb in assisting actors and performers to identify the feeling, emotion, and attitudinal state in expressing oneself at any moment with full authenticity. One of the tools I remember the most was what he called the “*Private Moment*”, where he had the performers “act out” something they actually had to do anyway (like reading a bus schedule or making a shopping list) – right in front of the audience. This assisted the performers to experience what he called “*the fourth wall*”, where there was a conscious awareness of being watched yet still practicing being one’s true self out of seeing this edge as a bridge between the stage and the audience. His system of acting was more of an “*enacting*” than putting on a show, and I recall that the performances from this company were filled with the utmost of humanity and fullest self-expression

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imaginable on the part of the actors. How moved and inspired I felt, witnessing the way he would create “quality control” and consistency in expressing specific emotions.

Similarly, in his book entitled “Power vs Force”, the Psychiatrist **David R. Hawkins**, M.D. has developed a “map of consciousness’ where he identifies and measures different Levels of Emotion, Life-view and God-view – in an attempt to assist people in recognizing and developing power patterns in human attitudes. In chapter XIV entitled: “Power in the Arts”, he states that *“the great works of art, music and architecture which have come down to us through the centuries are enduring representations of the effect of [what he calls] high attractor patterns. In them we see a reflection of the commitment of the master artists of our civilization to perfection and grace, and therefore to the ennoblement of humanity.”* (page 157)

In explaining his precepts further, Dr Hawkins goes on to say: *“There is no art without love. Art is always the making of the soul, the craft of man’s touch, whether that touch is corporeal or the touch of the mind and spirit; so it has been since Neanderthal times, and so it will always be. Thus we find that computer-generated art and even great photographs never calibrate as highly as original paintings. A most interesting kinesiological experiment, which anyone can reduplicate, is to test the strength of a person who is looking at an original painting and then looking at a mechanical reproduction of that painting. When a person looks at something that has been hand-crafted, he goes strong; when he looks at a reproduction, he goes weak, and this is true regardless of pictorial content. An original of a disturbing subject will make the subject go stronger than a copy of a pleasant subject. Dedicated artists put love into their work. There is **great power in both the human touch and human originality**. Therefore kinesiology provides a fail-safe detector of art forgery.”* (page 156)

In chapter XV entitled: “Genius and the Power of Creativity”, Dr. Hawkins further asserts that: *“Genius ...seems to proceed from sudden revelation rather than conceptualization, but there is an unseen process involved. Although the genius’s mind may appear stalled, frustrated with the problem, what it is really doing is preparing the field. There is a struggle with reason which eventually leads, like a Zen Koan, to a rational impasse from which the only way forward is by a leap from a lower to a higher attractor energy pattern.”* (page 165)

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Does that explain, then, the underlying principle behind a client's suddenly coming to a moment of revelation and declaration of a new "self-talk" in one of my healing treatments? If so, we can see the power behind coming to a new physical stance and verbal view of how one perceives and expresses themselves – *"in their body, in their life."*

In expressing this further, Dr Hawkins adds: *"Attractor energy patterns have harmonics, as do musical tones. The higher the frequency, the higher the power. What the genius arrives at is a new harmonic. Every advance in human consciousness has come through a leap from a lower attractor pattern to its higher harmonic."*

This explains, then, in part, the power behind a client's shifting from an old negative self-talk to a whole new view of themselves and the world. By mobilizing latent stored energies in the body simultaneously with a client identifying and expressing a new "personal mission statement", there is tremendous fuel unleashed which allows for a clearing and potential total transformation of their entire being and effectiveness in the world to recognize and accomplish their fullest purpose and contribution to humanity.

Similarly, the method of **AK (Applied Kinesiology)**, more commonly known as "*muscle testing*", involves the testing of specific muscle groups for their strength or weakness when specific statements are being made **OUT LOUD** by the client. It is my observation that, utilizing this technique, clients do experience a temporary shift to a new physiological state that holds only as long as the client doesn't return to the old stress pattern. Applied Kinesiology (AK) is an alternative therapy created by George Goodheart, D.C. According to the International College of Applied Kinesiology, the therapy "is based on chiropractic principles and requires manual manipulation of the spine, extremities and cranial bones as the structural basis of its procedures." However, Goodheart and his followers unite chiropractic with traditional Chinese medicine (among other things); not only do they accept the notion of "*chi*" and the meridians of acupuncture, they posit a universal intelligence of a spiritual nature running through the nervous system. In my approach, since the muscles are also being lengthened at the same time the client is saying the affirmations **OUT LOUD**, there is more likelihood that the sensations

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of their muscles being stretched (feeling wider, longer, more room to move, more feeling in the area) is a stronger anchor – therefore there are more multi-dimensional possibilities that the new mental patterns they are putting into conscious practice will be encoded more deeply – and with greater recall -- in their muscle memory.

The work of Wilhelm Reich: Wilhelm Reich was the first person to bring to the fore in our modern era that there was a strong relationship between a person’s emotional history and present emotional life and the condition of both the individual muscles and the overall posture. He put forward the idea that muscles record ones emotional life, and especially those things that the organism experienced as either traumas or strong powerful conditionings. The fear that the body remembered, mental and emotional problems, express themselves physically, that goes without saying. And it is widely accepted now that the releasing of physical tensions result in the releasing of mental and emotional tensions. This didn't use to be the case. The first person to propose this radical theory and the father of **modern bodywork** as we know it today was **Wilhelm Reich**. He was the first of his profession to touch his patients and work on them with his hands. Bodywork pioneers like **Ida Rolf** and **Mathias Alexander** were original Reich disciples.

Reich was a first disciple of **Freud** along with the great psychoanalyst **Carl Jung**, who emphasized over and over again the relation of art to the dignity of man and the importance of the human spirit in art. Reich broke away from Freud and formed his own school of Natural Science. He believed that the physical and mental and social dis-ease (his term) is due to unresolved effects of fear and pain. Reich’s view can be summarized as follows: The cringing of the body's muscles from trauma, armoring for protection, becomes habitual and characteristic, and themselves form the basis of lifelong physical, mental and emotional neuroses, independent of the long past trauma itself. The release of body armoring leads to the release of emotional and character armor and the reintegration of the individual with himself and society.

Two men who were leading students of Reich’s went on to develop their own systems of body-centered therapy. One, **Alexander Lowen**, developed what is now known as “*Bioenergetics*”. Another colleague, the late **John Pierrakos**, took this system further to develop what is now called “*Core Energetics*”. In this system , there is a conscious series of stress-

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producing exercises which break down the character armor – Pierrakos takes his body-centered approach further by identifying the *mask* and *lower* self which, when unblocked, allow for the full expression of the *Higher* self to come forth. Pierrakos's contribution is in adding a spiritual dimension to what was previously seen from more of a psychological and energetic perspective.

John Pierrakos' wife, the late **Eva Pierrakos**, developed a system integrating awareness of the mask, lower self and Higher self with channeled readings she brought through with a being she called "The Guide." These Pathwork lectures also contrasted *reason*, *will* and *emotion* in such a way that she was able to differentiate the idealized image of these 3 what she called "*modifiers*", as well as identify the life task and divine essence and attribute of each of these dimensions of being:

Underneath the archetype of *reason*, for instance, the idealized image is: "*I'm independent; I don't need others.*" The life task is one of **cultivating feelings**, the divine essence that of **WISDOM, FAIRNESS & THE ABILITY TO BE OBJECTIVE**, and the divine attribute is **SERENITY**.

Underneath the archetype of *will*, for instance, the idealized image is: "*I'm tough; I'm ambitious.*" The life task is one of **cultivating both reason and feelings**, the divine essence that of **COURAGE** and the divine attribute is **POWER**.

Underneath the archetype of *emotion*, for instance, the idealized image is: "*I love everybody.*" The life task is one of **cultivating reason**, and both the divine essence and attribute are **LOVE**.

After Eva died many years ago, John Pierrakos carried on with his Core Energetics body psychotherapy integrating the wisdom, knowledge and teaching from the Pathwork lectures into his dynamic model. Many people say his taking the work in this direction is what differentiates his approach from the others that came before, as he emphasized not only a psychotherapeutic perspective yet moreover a spiritual focus.

Biosynthesis: Created by **David Boadella** in 1974, this body psychotherapeutic method fuses 3 separate branches of healing work into one:

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- 1) The work of Reich, Lowen & Gerda Boysen (whose Biodynamic approach focuses on the flow of peristalsis in the belly, and is connected – as is both Reich and Lowen’s work – with the work in freeing the sexual and libido elements of one’s being.
- 2) The work of Frances Mott and Franz Lake, which both focused on pre-natal life and psychology.
- 3) The work of Melanie Klein and Franz Lake, which focused on the relationship between the infant and the mother in the first year of life – stemming from “British Object Relations Theory”

The essence of David Boadella’s approach is that there are three physical streams in the embryo which are unified, and then become differentiated and separate from each other over time. In neurotic states, these 3 streams are split, and they create tension in the organism and conflicts in the psyche. Above all, their integrated interaction is essential for somatic and psychic health.

In summary, these 3 streams are the *endoderm* (inner organs and breathing), *mesoderm* (muscles, bones, and the movement system) and the *ectoderm* (feeling senses and the skin). When there is armoring and dysfunction which take place in these three streams, the patterns that show up are:

- 1) visceral armoring with the endoderm (including dysfunction of peristalsis or breathing)
- 2) hypo or hyper tonus in the muscles in the mesoderm (with extremes showing up as rheumatism and high or low blood pressure, and heart problems)
- 3) disorders of vision, not being able to make eye contact and people being “too much in their head”, the extreme being schizophrenia (ectoderm)

The problem that is to be addressed utilising this approach is the re-integration of these three components: feeling and emotions (endoderm), doing and movement (mesoderm) and thinking and the ability to transmit and receive communication messages (ectoderm). Since these 3 components in a traumatised state can act separately from each other (doing without feeling or thinking, feeling without doing or thinking, and thinking without doing or feeling), the

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goal of Biosynthesis is to harmonize, interact and integrate these 3 components as close to the original state of unification as possible.

How Biosynthesis works is to combine 3 therapeutic processes which address the healing and integration of the 3 components, as follows:

- 1) Centering – working with the breath and the **endoderm** system
- 2) Grounding – revitalising the energy flow in the system and regaining the appropriate muscle tonus and expression of movement for particular situations, and vitalising and increasing the energy flow along the spine and out through the limbs and head (**mesoderm**)
- 3) Facing and Sounding – Working with eye contact and language (**ectoderm**), to give greater focus and form to emotions and feelings that the client might not otherwise be able to identify.

An offshoot of Biosynthesis exercise is the parallel work of **Bob Moore**, one of the exercises of which is the following: following: For 15 minutes, the client is to focus on the relationship between their 1st chakra, the chakra in their right foot, the chakra in their left foot and their throat chakra. People are left to discover the relationship between these various centers as they write down their experiences after the 15 minute meditation.

In advanced Moore work, the same meditation as above is practiced, this time encouraging the client to make *soft sounds* while feeling the connection with the same centers described in the paragraph above.

When working with the the 3rd therapeutic process as described above of “sounding” with a client, a Biosynthesis therapist may do some gentle stretching of a client’s neck, for example, while asking the person to make any tone – to allow **any** expression of sound to come through. In working with freeing up tension within the mandibular joint of the jaw, for instance, the therapist may also encourage a slow opening and closing of the jaws, while he provides resistance to the opening or closing functions – and again encourages the release of sounds when that feels natural to do.

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In short, the aim of the *sounding* dimension of Biosynthesis is to “*ground the Language in the body.*”

Biosynthesis also works with the elements of touch in the following manner, which corresponds to the ayurvedic system of working with the four elements of earth, water, air, and fire:

- a) Supporting with the hands or other parts of the body, giving a firm hold (the *earth* element)
- b) Allowing flowing movements, connected to peristalsis functions and bringing muscle tonus into balance (the *water* element)
- c) Working with the breathing rhythms, the hands working as pumps to encourage opening in both the in and out breaths (the *air* element)
- d) Working with heated hands (from rubbing them together) or connecting the two palms over a part of the client's body – which regulates the temperature through warming (the *fire* element)

Given the gentle nature that Biosynthesis approaches the release of stored physical, emotional and creative energies through the body, my sense about this particular methodology is that is particularly effective for clients who do not feel safe to share a high degree of emotions or communication. Particularly for those who are severely traumatized, this approach provides a gentle transition to allow for safety to develop, as the client slowly becomes more comfortable in identifying feelings and emotions and expressing them.

This method contrasts strongly from my own in that this approach is much more subtle, mine more confronting, with regards to encouraging the expression of sound and [in my method] communication that has been underlying the surface physical tension. Biosynthesis appears more open-ended in allowing whatever expression, or lack of it, that is ready (or isn't ready) to come through at any moment, while my approach is much more directive (sometimes even invasive), in making particular suggestions as to what the client might say at any given moment while the muscle tissues are being stretched and relaxed.

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Rolfing: emphasizes “alignment” and the body’s relationship to gravity, and ending the tension created from gravity by poor alignment. It involves releasing adhesions in the myofascial system (“Fascia” is the system of fibrous connective tissues that binds the muscles, organs and other soft structures of the human physique), thus allowing the body to realign itself. **In focusing on the fascia layer of the muscles rather than the muscles themselves, this system contrasts with my own.**

Rolfing, also known as Structural Integration, is named after Dr. Ida P. Rolf. She began her inquiry more than fifty years ago, devoting her energy to creating a holistic system of soft tissue manipulation and movement education that organized the whole body in gravity; she eventually named this system Structural Integration. She discovered that she could achieved remarkable changes in posture and structure by manipulating the body’s myofascial system.

Research has demonstrated that Rolfing creates a more efficient use of the muscles, allows the body to conserve energy, and creates more economical and refined patterns of movement. Research also shows that Rolfing significantly reduces chronic stress and changes in the body structure. For example, a study showed that Rolfing significantly reduced the spinal

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curvature of subjects with lordosis (sway back); it also showed that Rolfing enhances neurological functioning. For more information, visit: www.rolfing.com

The Feldenkrais Method: involves Awareness through Movement. In **AWARENESS THROUGH MOVEMENT** (ATM) lessons, the FELDENKRAIS practitioner verbally guides you through a sequence of movements: sitting or lying on the floor, standing or sitting in a chair. You discover how you do the movements and notice the quality of changes in your body. You learn to relax and to abandon habitual patterns. Through the subtle ATM movements, you develop awareness, flexibility and coordination. You experience relaxation and a sense of release. In emphasizing the effect of new ways of using the muscles for movement and their effect on personality, this method also contrasts with my own.

Alexander Technique: F. Matthias Alexander developed his subtle approach to healing through an injury he had from [I believe] falling off of a horse. His simple and efficient series of subtle stretching exercises, in conjunction with observing one's posture and breathing and states of mental and physical awareness, became particularly popular in working with performing artists to assist in bringing through greater awareness, stage presence and fluidity of movement and expression in front of live audiences.

Hakomi Body-Centered Therapy: Developed by Ron Kurtz in the last third of the 1900's, this method combines finding the client's resistances and muscular armor which can be penetrated and dissolved by the integration of verbal prompts which represent the polar opposite of the held posture, internal beliefs and attitude, along with the therapist holding the client in exaggerated poses which make the defense patterns emerge to the surface for purposes of release.

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Trager Work: Developed by Milton Trager, this approach to healing involves the shaking and loosening of muscles to free unwanted stress, trauma and tension that is locked up in the body. In focusing primarily on a physical level rather than including the metaphysical causation and verbal components that keeps emotion and memory locked within the muscle tissues, this method also contrasts with my own in its focus and desired results.

Hellerwork: Of all the body therapy systems I have experienced and researched, this one comes closest to my technique, both in theory and practice. It involves a series of 12 consecutive developmental sessions of deep connective tissue bodywork, movement education, and verbal dialogue.

In summary, all the systems I have described above are in contrast with my own in that I work directly with, and alter through physical manipulation the state of the muscle itself, along with simultaneous verbalizations and guided visualizations by both the client and practitioner to achieve optimum results.

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CHAPTER THREE

RESEARCH METHODS

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SECTION 3.1 RESEARCH APPROACH

In developing this dissertation, I have utilized the following research methods:

- a) Talking to people, asking for feedback about fleshing out the skeletons of the outline I developed for the thesis
- b) Observation from my own practice
- c) Websites
- d) Researching current practices available within the field – through books, written material and other visual and verbal means of reviewing data
- e) Interviewing originators of parallel and contrasting methods

SECTION 3.2

THEORETICAL PERSPECTIVES, IDEOLOGIES & BIASES:

One of my biases is that people who are comfortably “in their bodies” (or can “get there”, especially if they are in a vulnerable state through being in some form of sudden or immediate life transition) get best value out of this work.

One of my beliefs/ideologies is that I see a need, no – even more a sacred responsibility – to re-educate people:

- 1) that it’s okay to feel [one’s full range of emotions]
- 2) that it’s okay to feel good
- 3) that it’s okay to feel good about feeling good

I see also that people’s readiness for change often brings about the greatest results.

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SECTION 3.3 DATA COLLECTION METHODS

...derived through:

- a) Personal Testimonials, selected from as wide a range of people from as many varying positions, stages, and professions in life as possible
- b) Interviewing clients who have experienced my method of healing, as well as other parallel and contrasting methods

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Healing mantras: Using Sound Affirmations for Personal Power, Creativity & Healing (with FREE CD) Thomas Ashley-Farrand www.taobooks.com

Healing with sound: Self-Help Techniques Using Music & Your Voice Olivea Dewhurst-Maddock www.taobooks.com

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Music Therapy for Non-Musicians (Beginnings: A Dragonhawk Series) by [Ted Andrews](#), [Pagan Alexander-Harding](#) (Editor)

Naked Voice: A Singer's Journey to the Spirit of Sound Chloe Goodchild www.taobooks.com

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The cosmic octave: Origin of Harmony - Planets, Tones, Colors: The Power of Inherent Vibrations Hans Cousto www.taobooks.com

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APPENDICES

APPENDIX I: The following chart is adapted from my student training manual, in which columns I and II contain descriptions and pictures of the physical strokes comprising a complete session, and column III summarizes the key affirmations and guided visualizations which match, correspond to, and resonate with each stroke:

Description of strokes

With client facing down, you at their head: Slide thumbs alongside spine, applying pressure on client's exhalations -- lengthening back along vertical axis.

Use pads of thumbs + own body weight to move upwards.

Continuing to apply pressure w/ thumbpads alongside belly of supraspinatus muscles as client exhales, relax thumbs on inhalations, wait for the next exhale to begin -- apply pressure again until moving all the way up spine

When your thumbs get to top of spine, begin to slide thumbs along horizontal axis now laterally -- along ridge on top of both scapulae...Taper the pressure of your strokes off as you approach the bones of the clavicle.

Photos of Strokes



Affirmations & Guided Visualizations

"Picture + feel waters falling as you take long exhales, sunrise lifting as you inhale...Breathing out long, picture and feel what you are ready to release at this time. Breathing in strong, what you are ready to receive..."

"Focusing on what you are ready to let go of at this time as you breathe out LONG...and what you are ready to receive - more than you knew, all the way in, all the way through."

"Picture + Feel your muscles widening and lengthening as you take long exhales. The longer you exhale, the more your whole body relaxes. Long letting go breaths,

more room for you than you once knew..."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Continuing to face client from above their head, now apply pressure (p.) w/ length of your L forearm -- sliding up alongside belly of supraspinatus muscles on L side of the spine. Shift angle of p to your elbow through thoracic area.



Now face client's head while standing on their L side, sliding length of L forearm alongside belly of same muscle group as in step 4, shifting application of p to elbow as you move through thoracic area twds top of spine

After performing strokes 4-5 on both sides, place heel of L hand on client's sacrum, R hand under their L knee. With each exhale, increase the range of movement while rotating their leg counter-clockwise from the inside out.(3x)



"Breathe back, release holding in your back. Breathe back, release holding back -- in any way you are ready. Breathing back, releasing having to hold back -- in your body, in your life."

"Continuing to picture watersfalling on your exhales, sunrise lifting on your inhales -- feel your muscles lengthening and widening....more room for you than you once knew...Breathe all the way in, all the way through..."

"The longer you exhale, the more we rotate your leg around your sacrum as a pivot. W/ each exhale, allow the deepest sound of 'UUU' to move down through the base of your spine -- towards the center of the earth."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Facing once again down the client's back, place both of your hands together so the heels of both hands move in a circular direction -- applying p from the inside towards the outside of the two circular shapes you are creating in space.



With fingertips, criss-cross your hands so they shift sides -- while applying p alongside top ridge of shoulderblades.



Pause upon client's inhales, continue to move (mv) and apply pressure in same rhythm as their exhales.

Placing flat of heels of hands on either side of the sacrum, apply pressure while rotating in both clockwise and counterclockwise directions -- increasing the flexibility and range of movement throughout the sacral joint.



"Imagine locks in your joints turning to springs, giving you more range of movement to express yourself through - - turning old patterns of rigidity to fluidity, stiffness to flexibility, blocked energy to flowing energy."

"Breathe in strong, breathe out long. Each inhale a sunrise. Breathe in the new -- all the way in, all the way thru. Breathe into the tops of your shoulders, feeling yourself letting go of holding any burden no longer needed + wanted."

"I shift old patterns of rigidity to flexibility. I let go of holding stiffness, stubbornness, stuckness and tightness -- no longer needed and wanted. I now allow greater range of movement + choice of positions to express myself thru."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Standing on client's L side, place heel of L hand on top of sacrum, R hand under L knee. On their exhalations, rotate leg from inside out (counterclockwise), increasing range of movement w/ each out-breath. Repeat (clockwise) on R.



"Stretching past where you thought you could -- in your body, in your life -- picture + feel yourself moving past old ways of holding, no longer needed, no longer wanted -- giving yourself more room to express yourself through."

Place heels of hands on either side of sacrum, and rotate sacral joint circularly in both clockwise + counter-clockwise directions.



"I release tightness at the base of my spine -- shifting fear of standing on my own foundation to trusting physical support. I shift outmoded patterns of rigidity to allow flexibility, fluidity and freedom."

Resting ball of foot on own sternum, place hands on either side of gastrocnemius (calf) muscles -- applying p with pads of fingertips up + down the inner edges of the bilateral lobes.



"Feel your muscles lengthening + widening as you exhale."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Standing on R side of client, press knuckles of soft fist along gluteus maximus muscles -- moving from top to bottom, along the inside, medial and lateral vertical lines.



"I release my 'yes, buts' once holding me back from moving forward in my life direction. I mobilise what I've been sitting on to fuel my most passionate purpose here."

Slide flat of forearm up along hamstring muscles. In 3 parallel strokes – on the inside, up the centre + laterally (along outside).



"My vulnerability is my strength, and my hamstrings stretch. Sharing my humanity is my strength, and these muscles become more flexible, fluid + flowing. Sharing my caring is my strength, and my hamstrings become elastic."

Continuing to press ball of client's foot against your own sternum, use flat of 2nd joint of each hand to apply p and stretch + lengthen achilles tendon.



"Picture + feel your muscles stretching as you take long exhales."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Facing down client's body while standing on their R side, place R elbow into gluteus muscles, R hand around inside of their R ankle, L hand cupping their R knee from outside -- rotate in direction from inside towards outside.



"Mobilising what you've been sitting on, re-direct this energy to fuel your most passionate purpose here -- whatever that might mean for you."

Repeat last step on L side of client's body.

On L side of their body, rotate their hip joint counter-clockwise -- with each exhalation, increase stretch + range of movement more + more towards 360 degrees.



"Bring your attention to what you've been sitting on for a long time, taking long + longer letting go breaths -- transforming stored stuck + stubborn stiffness into useful energy you can choose to direct to fuel your purpose here."

Facing up client on R side, slide elbow down gluteus muscles in 3 in three parallel strokes -- along inner vertical axis/sitz bone.



"I turn my 'yes, buts' into 'yes, ands'"

"I release [patterns of unconscious sabotage] holding me back from moving forward in my life direction."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Press thumb pad into piriformis muscle inside gluteal notch. With your other hand, rest palm on their malleolus (ankle bone) and rock leg laterally (back + forth) while applying more p on each of 3 exhales.



W/ client laying on R side, pull down their L shldr w/ your left hand -- applying p each exhale with soft fist of your R hand down trapezius towards sternocleidomastoid muscle + tapering off as you approach bones of their skull.



Continuing to apply p first w/ fingers then with heel of R hand (while pulling client's L arm away from their ear), increase p on each of 3 exhalations -- tapering off p as you approach the soft tissue of the neck area



"I allow flexibility where there was once rigidity, mobility where there was once stiffness, fluidity where there was once tightness."

"As you exhale, feel your shoulder dropping away from your ear -- giving you more room to speak your truth, more room for you to clearly hear."

"More room to speak, more room to hear." "Feel yourself letting go, as well, of holding any burden [and weight of the world] you've been carrying on your shoulders that no longer serves your highest good."

THE WOHLMAN METHOD FOR THE WHOLE BEING

This picture depicts the completion of the last stroke described in the preceding step.



This picture depicts the application of p via fingertips at the beginning of this stroke. Concentrate on creating a counter-stretch, pulling the arm down in one direction while stretching trapezius muscles the other direction.



Variation on preceding strokes: Use 2nd knuckle of index finger to lengthen trapezius muscle while pushing shoulder in opposite direction.



"Letting go of carrying any responsibility that no longer belongs to you, feel your shoulder dropping away from your ear -- turning heaviness to lightness, as your breath streams clear."

"I let go of carrying the weight of the world on my shoulders, shifting feeling burdened + heavy with allowing flexibility, fluidity and freedom."

"I stretch further than I thought I could, - in my body, in my life."

THE WOHLMAN METHOD FOR THE WHOLE BEING

With client laying on R side, place your L hand over their L shldr...pulling it back twds you so area under scapula lifts out. Place the pad of your R thumb under the bottom of the wing tip, sliding up twds traps on exhales --freeing wing.



Counterstretch with flat of forearms on either side of shoulder -- one arm slides down latissimus dorsi muscle at same time other applies p along side of upper arms -- pausing on inhales, stretching further on each of 3 exhales



"W/ client on R side, slide L forearm along length of long muscles to the left (just above) their spine. Relieve p as they inhale, increase p and movement as they exhale. Complete stroke + taper off at ileac crest at end of exhales.



"I release holding back my heart -- more room for me to embrace my part." "I let go of blocking myself from receiving what I most strongly desire, and the band around my chest + heart expands."

"Picture and feel these muscles stretching on your exhales -- stretching further than you thought you could, in your body, in your life."

"Breathing back, release holding back -- any way that you are ready. Breathing back, release having to hold back -- in your body, in your life. Breathing back, release holding in your back."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Continuing to pull down R shldr own L hand, place fingertips of R hand at bottom corner of wing. On each of 3 exhales, lean your body weight up + out to "free the wing".



"More room to breath, more room to move -- more room for me to expand this band around my heart -- more room for me to play my part."

Apply pressure with elbow, leaning backwards yourself to assist their levator scalpulae to widen on their exhales -- pause + release p at top of their inhale, then at beginning of the next exhale slide yr elbow towards edge, tapering off.



"I feel my shoulder dropping away from my ear -- more room for me to speak my truth, more room for me to clearly hear."

After applying oil to client's forearm, slowly slide both insides of your hands snugly away from opposite hip. On each exhale, stretch further than before. Repeat for 3 exhalations, each time stretching further than the time before.



"I stretch further than I thought I could -- in my body, in my life."

THE WOHLMAN METHOD FOR THE WHOLE BEING

At top of spine, place the flat area between the 1st and 2nd joints of your index + middle fingers. W/ these fingers splayed, each finger on either side of spine, slowly mv down spine – increasing p on exhales.



Client on R side, create counterstretch with heels of hands - - stretching along diagonal axistapering off p towards end of stroke ...at same timing as end of exhalation.



Pressing thumbpad down ileo-psoas muscle as client takes long exhale with sound of deepening -- pause, wait on inhales, then continue applying p on exhales until you feel muscle giving way -- stretching + lengthening to max.



"Breathing back, release holding back. Breathing back, release having to hold back -- in any way you're ready. Breath back, release holding in your back." Longer than before, taking longer exhales - alltheway down to the floor."

"I shift old patterns of rigidity to fluidity, stubbornness + stuck/stiff-ness to flexibility -- allowing more choice of postions to express myself through..."

"I let go of old ways of holding -- no longer needed, no longer wanted -- in my body, in my life."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Flat of forearm sliding along gluteus muscles.



"I release my 'yes, buts.' I mobilise what I've been sitting on to fuel my most passionate purpose here."

Continuing to stretch + lengthen the muscles along the ridge of the ileac crest, apply pressure on client's exhales, letting off pressure on their exhales.



"I release holding back on moving forward in my life direction."

Flat of fists sliding along horizontal axis along gluteus muscles, increase application of pressure w/ client's exhales.



"I release my 'yes, buts.' I turn them into 'yes, and's'."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Sliding thumbpad along psoas muscle, increase pressure on exhalations, picturing + feeling this muscle lengthening -- longer with each exhale.



"Letting go what's no longer needed + wanted in your body, in your life."

Counter-stretch with thumbpads in opposite directions, all the while stretching those nice little ankles upon the exhales thereof.



"I stretch more than I thought I could."

Bracing one hand on crest of ileum, slide heel of other hand vertically along muscles alongside spine -- increasing pressure and stretching further on each long letting go breath.



"I shift old ways of rigidity to flexibility -- in my body, in my life."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Sliding flat of forearm along inside of inner thighs while client is on the side, apply pressure along inside/center/medial vertical axis to lengthen tissue with exhalations.



Placing L thumb, index + middle fingers together on "3rd eye" area of forehead, softly place palm of right hand on sternum -- pressing down on chest area at same rhythm as exhalations, lifting pressure on inhalations.



Press thumb pads along inside crest of clavicle, tracing a line inside out as you apply p on exhales to StretchExpand the horizontal band around the chest + heart. Encourage strong inhales, to embody the following affirmation:



"Feel your inner core -- all the way down the inside of spine, down your thighs -- lengthen + widen to the floor... Giving you more room to stand your ground, trust what you stand on, have faith in a flexible foundation."

"Picture + feel your strongest heart's desire. As you breath in, feel yourself taking it in to your body, your systems, your life -- with the colours, sensations, emotions, feelings, thoughts + attitudes you would bring it in with."

"I fully receive what I most strongly desire."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Gently resting palm of L hand on soft tissue in sternum area of chest, allow hand to be moved w/ inhalations, and press hand deeper and further towards heart with each of 3 exhalations.



Placing 1st-2nd-3rd fingers of each of your hands under + in between fingers of each of client's hands -- one hand at a time -- pull their fingers back while moving thumb pads down inside of palms, stretching tissue on exhales.



Allow fingers to lengthen abdominus rectus muscles [explaining to client that these muscles on either side of the belly look like ropes] Feel them unravel + untangle on exhales like knots uncoiling, cords dissolving."



"Breathing in strong, picture + feel what you are ready to receive -- in your body, throughout your system, and in your life...I fully receive what I most strongly desire, deserve and decree -- more room for me....."

"Breathing in strong, breathing out long. More room to receive, more room to release."

"I set you free, I set me free....I let you go, I let me go...."

I release my hold on you, I release your hold on me. More room for you, more room for me." [Picture + feel yourself releasing attachments no longer needed + wanted]

THE WOHLMAN METHOD FOR THE WHOLE BEING

Placing palm of hand on kneecap, swiveling their leg in both clockwise + counter-clockwise directions -- increase range of movement throughout rotator joint in pelvis.



"I replace rigidity with flexibility, fluidity + freedom."

"I increase my range of movement + choice of positions to fully express myself through -- in my body, in my life."

Standing behind client, grasp their wrists with own hands. On their exhales, lift arms up until their head falls down + back -- giving them more room between their wings.



"More room for you to breath and move, to dance + sing -- more room for you to speak your truth with ease."

Slide length of forearms along vertical axis of hamstring muscles, increasing pressure on exhales -- apply pressure along the inner, central and medial vertical axis.



"My vulnerability is my strength, and my hamstrings stretch.... My humanity is my strength, and my hamstrings become elastic.... Sharing my caring is my strength, and my hamstrings become flexible, fluid and flowing."

THE WOHLMAN METHOD FOR THE WHOLE BEING

With R hand holding fingers together in firm "C" shape under occiput ridge, and palm of L hand resting firmly on forehead, lean back on exhales while lengthening neck from base of the spine -- further each exhale (Repeat 3X)



"My spine lengthens, and I stand tall and free on a firm + flexible foundation. I stretch further than I thought I could -- in my body, in my life."

Standing at head of client, place your body mid-way between shldr + head so you can use heels of both hands to stretch shldr away from ear on their exhales -- each exhale stretching further than the one before. (Repeat 3X)



"More room for me, between my shoulder + my ear -- more room for me to speak my truth, more room for me to clearly hear."

Continue creating more room between the shoulder + the ear, now using soft fist to drop their shoulder away -- further each exhale than the one before.



"More room between my shoulder + my ear -- more room to speak, more room to hear."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Use thumb pad to stretch along length of trapezius muscle, applying more pressure w/ exhalations so that shoulder drops away from the ear.



"More room for me -- to breath and move + speak my truth easily."

Place both hands bilaterally on top of head as above, hold for up to 1 minute, while observing any shifts and opening in the client's patterns of breathing + letting go of tension w/ sounds that match the feeling of letting go.



"Focus on feeling centred, at peace, in balance + harmony -- in your body, throughout your systems, in your life."

Standing behind client, grasp their wrists with your own hands. On their exhales, lift arms up until their head falls down + back -- giving them more room between their pectoralis.



"Picture + feel more room for you between your wings -- more room to breath, more room to move -- more room to express your truth through."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Apply pressure with fingertips, followed by heel of hand -- in direction from sternum (centre of chest) along pectoralis major muscles -- with each exhale, stretching muscles along horizontal band around chest + heart.



Counterstretch with fingertips of hands criss-crossing in opposite directions along pectoralis major muscles. Stretch along central, inner and outside lines of direction.



Counterstretch with hands criss-crossing along width of sternum and across chest, shifting pressure to heels of hands towards upper corners of brachial plexus. Pause pressure on inhales, increase pressure on exhales.



[While breathing in strong...] "I fully receive what I most strongly desire, deserve and decree -- more room for me."

"I fully receive what I most strongly desire, deserve and decree. -- more room for me." Picture + feel your strongest heart's desire, and breath that in -- with whatever colour, sensation, emotion, belief + attitude you'd bring this in with.

Tell client " More breath of breath" . Have then breath in strong, then say on exhales "I fully receive what I most strongly desire, deserve + decree -- more room for me."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Standing behind client, press thumbpads along length of trapezius muscles on exhalations, leaning your body weight towards client's toes to increase pressure and elongate traps. More on each of 3 exhales.



"Feel your shoulders drop away from your ears -- giving you more room to speak your truth, more room to clearly hear...Feel yourself letting go of carrying whatever 'weight-of-the-world' on your shoulders that no longer serves you"

Applying pressure with thumbpad of one hand on exhalations, put elbow of same arm against your hipbone so you can lean forward + push their same shoulder away from their ear.



"Feel your shoulder dropping away from your ear -- more room to speak your truth, more room to clearly hear. ..On your exhales, feel yourself release any burden + carrying weight of responsibility that no longer belongs to you ."

Placing their hand (draped) in the space between your upper arm and shoulder, bring your hands up towards the extremities of their arm on the inhales, and bring at least one (if not both) of your hands down their arms on exhales.



"Fully receiving, long releasing -- take strong inhaling breaths, easy + long exhaling breaths."

THE WOHLMAN METHOD FOR THE WHOLE BEING

At top of their exhale, stretch their arm away from opposite hip -- repeating this stretch longer each of 3 exhalations.



"I stretch further than I thought I could -
- in my body, in my life."

Stand at bottom of their body, grasp both ankles and determine which hip is looser by seeing which leg appears longer. Do this by pulling the legs down + viewing which of the malleolus bones is closer to you.



"Breathing all the way in and all the way through -- more room for you than you once knew."

Pressing ball of foot towards client's head, press thumb of your opposite hand on inside of malleolus bone -- stretching achilles tendon further on each of 3 exhales. Relax p on inhales, increase on exhales.



"My vulnerability is my strength. I express my deep-seated, gut feelings with ease. Sharing my caring is my strength. Old ways release."

THE WOHLMAN METHOD FOR THE WHOLE BEING

W/ client on back, standing on client's R side: place your R hand underneath neck, and R hand along abdominus rectus muscles. Have them breath all the way in, and on the exhales to picture + feel the belly muscles lengthening.



"Picture + feel the muscles in your belly like ropes untangling, knots uncoiling -- take long exhales w/ sounds of deepening. The longer you exhale, the deeper the sound, the more these muscles lengthen, alltheway down."

Holding clients ankle w/ 1 hand, push heel of yr other hand against ball of their foot (dorsal flexion), while rotating foot from inside out – increase range of mvmt + p w/ each exhale. This activates diaphragm reflex + opens breathing.



"Feel the vital force of your Breath moving in, moving through – with greater volume + length than you once knew."

Pulling toes down w/ plantar flexion, press thumb just behind cuboid bone -- lean foot towards thumb, increasing pressure exerted to activate release of stored energy in the liver area.



"I turn bitterness into appreciation, resentment into gratitude, anger into empowerment."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Continuing to apply pressure with thumb into muscles between malleolus and corner of ankle, press toes down to increase penetration -- lighten up pressure on inhales, increase on each of 3 exhales.



Facing upwards towards client's head, place R shoulder underneath L knee -- on exhales, lean body weight so their knee approaches the ground just to the side of their shoulder -- relax on inhales, increase pressure on exhales



With client on back, rotate hip with hands on knee until inside of knee approaches ground (3rd lumbar stretch).



Increase stretch on exhales.

"Mobilising what you've been sitting on, feel yourself freeing stored energy -- turning it into useful energy to fuel your most passionate purpose here -- more room yo put your foot down, take your stand, be in command."

"I shift old patterns of rigidity into fluidity, stiffness into flexibility, tightness into elasticity."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Slide length of L forearm along hamstring muscles, increasing pressure on exhales. Make 3 vertical strokes on the inner, medial and lateral axis.



Cupping palm of L hand under the heel of the ankle, place R hand on top of their L knee -- rotating knee around ankle as a fulcrum...Increase rotation as client exhales, increasing rotation with longer exhales.



With client on back, press R thumb into hollow of L hip at lateral edge -- other hand on their knee. Rock knee back + forth while applying pressure with thumb -- increasing range of motion of rocking + p w/ thumb on each exhale.



"My vulnerability is my strength. My humanity is my strength. Sharing my caring is my strength."

["...and my hamstrings stretch. I become more elastic, flexible, fluid and flowing."]

"I shift patterns of rigidity to fluidity -- allowing more choice of positions -- in my body, in my life."

"I mobilise what I've been sitting on to fuel my most purpose here."

THE WOHLMAN METHOD FOR THE WHOLE BEING

Bunching fingers of 1 hand together, place underneath gluteus muscles. With each exhalation, apply more pressure and make circular movements to increase range of motion + rotation throughout hip joint.



With client sitting and spine tall, apply pressure with L elbow along length of L trapezius muscle. Create counter-stretch with your R hand pushing head [w/ nose facing forwards] to tilt to R. As R ear approaches R shoulder, press L shldr towards L hip.



With client sitting, stretch head to one direction laterally with bone hand -- pressing soft fist of other hand onto trapezius and levator scapulae muscles. Move shoulder away from the ear, increasing the distance between them on the client's exhales.



"I mobilise what I've been sitting on, to fuel my most passionate purpose here: I re-direct stored creative energy to fuel projects, plans + Awaken my Full Presence (FP). More room for me to put my foot down, take my stand, be in command."

"I feel my shoulder drop away from my ear -- giving me more room to speak my truth, more room to clearly hear."

" More room between my shoulder and my ear, more room to speak, more room to hear. I let go of carrying the weight of the world on my shoulders + burden of responsibility for other people's pain...I let go of guarding what I have to say, freeing more room for lightness + play."

THE WOHLMAN METHOD FOR THE WHOLE BEING

With client sitting tall, have them breath fully in -- picture sunrise lifting on each inhale. At the beginning of exhales, have them breath back while applying pressure with flat of fists moving down spine as they bend fully forward.



"I release holding back, I release having to hold back, I release holding in my back -- I move forward with ease."

Place palm of L hand on centre of client's chest, having them breathe fully into this area as they picture sunrise lifting, and all they have received so far in today's session.



"As I breathe in strong, I picture and feel all I've received so far today -- More room for me, to open my heart and embrace my part."

With client's chin on chest, chest lifting high [on inhales], press elbows bilaterally on both sides of trapezius muscles -- exerting pressure from inside to outside to lengthen this top ridge and drop shoulders away from ears.



"Feel your sholuders drop away from your ears -- giving you more room to speak your truth, more room to clearly hear. Letting go of heaviness, breath in lightness. Bring in the most beautiful colours, pushing out the dark + heavy w/ light + bright."

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As client bends forward on exhales, press flat of fists along length of spine -- lengthening back. The longer the client exhales, the deeper the sound, the more room to let go -- and freedom found.

Repeat same direction of strokes along length of spine, this time using length of forearms to move all the way along long muscles on either side of spine. Pause on inhales, stretch closer towards ground on exhales.

This picture illustrates the beginning of the bilateral stroke with length of both forearms sliding down belly of muscles on both sides of spine. Pause on inhales, increase vpressure and continue to move down on exhales.



[While breathing back] "I release holding in my back, I release holding back, I release having to hold back...I move forward with ease, in my body, in my life. I feel my chest move closer to the ground, more freedom found."

"I release holding back, I move forward with ease."

"I release having to hold back -- in my body, in my life..

I move forward with ease."

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Continuing to move both elbows and forearms along length of muscles on both sides of the spine, place hands together in prayer position as you set specific intention for healing with your client.



At session's end, have client stand + move to notice shifts + openings physically, emotionally, mentally, spiritually. On a physical level, have them notice + express specific shifts in length, width, breath, freedom of movement, etc.



With client sitting, have them place their L hand in centre of chest, R hand at base of spine. Have them breath between these places. Place your hands on theirs, while suggesting they take long, letting-go breaths towards base of spine.



"I breathe in the new, pushing out the old -- all the way in, all the way through."

"I feel tall and free, more room to be me."

"Sunrise lifting, watersfalling. Picture and feel all you've received during this time, taking strong inhales...Picture and feel all you've released during this time, taking long exhales."

More room for you, more than you once knew -- all the way in, all the way through. **MORE ROOM FOR YOU!**"

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APPENDIX II: Testimonials & Case Studies: What follows are some actual comments from clients and sample case studies from LIVE sessions I have given. I have included these here to provide examples which bring to life the principles and applications of this work.

Varied Testimonials:

“Since starting to work with you 6 months ago, I have not since had the need to see the osteopath I was previously working with.”

-- owner of Real Estate business

“My breathing has not been so open in years, and continues to remain so weeks after our session.” -- *seminar leader*

“I felt my body in a new way, like I’ve never felt before. I felt I could really trust you, and this allowed me to let go and open up in ways I’ve never known...” -- *woman from a foreign country*

“My dear Gary,

Gradually I come back to Europe. It was a magic trip to Bali and a great pleasure meeting you and working with you. You must know, this was my first trip to Bali and my first stay in paradise. So I need some time to realize what was going on in order to deal all the psychological breakthroughs. Never before in my life I had a comparable experience like Bali and also your bodywork. [Your work is amazing!]

I’m certainly planning a new workshop in Bali maybe in April or in October, where we could integrate your work. A self-experience group in Germany needs time to be founded and being developed, but, you know,

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nothing is impossible. As soon as I see capacities and possibilities I will inform you and hope for the meantime, we stay in contact. You impressed me not only as a bodyworker, but also as a very interesting person and man.

With love, Klaus” -- international seminar leader

*“I came to your workshop at ISPA [New Zealand International Spa Association Conference] and enjoyed your presentation greatly and feel it is an awesome treatment.” – **director of Elite International Massage School***

*“Gary, the session I had with you last Wed. evening was the most effective treatment I have had - my stomach felt **GREAT** the next morning - I usually feel slightly nauseated in the mornings - I have an incredibly high acid level in my system which I keep under check (with herbal teas) and my neck and back felt good - still do (except my lower back). I had the best sleep I've had in a long time that night.....looking forward to the training next time you're back - have an excellent visit with the family & friends...keep smiling... **Claudia” -- a holistic practitioner***

*“My digestion was funky for a number of years before working with you. After just one session, my digestion improved, I felt hungry in a way I haven't felt in years. Weeks and months later, my digestion and hunger continue to be improved.” -- **client with past digestive problems***

*“I can stand tall, with dignity, in my true stature for the first time in years, rather than feeling I have to bend and hunch down to meet people on their level.” – **a tall person***

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“And my shoulders, they felt so different after our session. I don’t recognize them, It’s as if I dropped a great weight. I haven’t felt like this for years.” -- an overweight woman

CASE STUDIES:

- 1) A new client came to me with a recent history of her best friend having died this year and another one of her closest companions having parted separate ways. She described herself as having been depressed for months, and having horrible recurring nightmares. In these, she kept feeling circles of people (without faces) coming after her from all sides. I asked her what these people were doing; her reply was that they were going to hurt her. I further asked her: *“If you could speak to them, what would you say?”* Her response, in a word, was *“STOP!”* Once she began to speak, she admitted that she has a long history of keeping her feelings and true thoughts about what really going on with her to herself.

As we began the physical component of the session, she also shared that she has a tendency to breathe shallowly, and not at all in the belly – only in the chest. This was a clue for me to start the session by opening her ability to breath both in her belly as well as in her chest, to slow down and deepen her patterns of respiration so she could make contact with her true feelings that she’s been cut off from expressing for some time. Within a few minutes of beginning the opening of her breath, she went on to say that her parents were never there for her, that when she was really young they seemed so helpless, they didn’t even know the simplest and most basic things -- like how to put on a band-aid when she cut herself.

So she developed a compensatory tough attitude of “I can take care of myself; I don’t need anybody” as a way of defending herself from the helplessness she experienced around her – thereby also covering over her own underlying

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helplessness which she was terrified to embrace. In Bioenergetic and Core Energetics terms, she developed in this early 2-5 year old period the defense of an “oral character”, with accompanying long neck, sunken chest and intellect that attempted to “rise above it all.” Underneath it all, she felt stuck in the age where she was wounded, as a helpless little girl who never felt she would get enough love, starving for the affection she never received.

During the course of the session, her breathing opened up enormously and she broke out in a profuse sweat. I kept giving her verbal prompts like: *“Let yourself breath where you haven’t in a long, long time. Long, longer letting go breaths... That’s it! As you breathe in full, allow yourself to take whole and complete breaths, feeling feelings you haven’t felt in a long, full time. Feeling whole and complete, in ways you always wanted . Safe to feel your feelings fully, open the door – remember what you came here for...”* My giving her these suggestions while stretching the muscles in her body that had been contracted and tense when we first began paved the way for her to begin to awaken feelings she has been submerging for years.

By the end of the session. She stood up, smiling, with an erectness in her spine and fullness in her upper torso that she reported she hadn’t felt in years. She went on to say: *“I even feel a little hate I’ve never let surface before.”* Admitting these dark feelings was a big step for her in speaking up for herself, and embracing the full range of her emotions.

At this stage, I reminded her of the recurring dream she shared with me at the beginning of the session – the one with the people surrounding her from all sides who wanted to hurt her. With even this gentle reminder from me, this was enough for her to put her foot down and take a new stand with herself. As we completed the session, she declared with full conviction and strength *“I won’t let you hurt me. I’m in charge of myself now!”*

2nd session: I saw this client just a few days later; this time she appeared more ready to express the anger and hate she’d accessed at the end of our first session together. She put this in the context of indicating that she was tired of holding on to any beliefs that have been keeping her in limiting relationships with her self and others. This time, she

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was also prepared to address those feelings of limitation she had been holding towards her Mother, her Father, her sister and ex-lover. I suggested she start out by bringing up her anger towards any one of these of her choosing, with me holding up a pillow that she could hit, kick and/or smash her body against – while saying the very things she’s been keeping in all these years out loud and with full force and intensity. She began to mobilise this energy, yet obviously felt extremely hesitant to trust her passion and follow through on her feelings. This then became the focus of the session, her releasing patterns of hesitation and questioning as we did body work on her muscles – emphasizing her lengthening her exhales and taking fuller inhales, while seeing the symbolism between letting go old ways of holding and following through on what matters the most to her – all the way in and all the way through. At the end of the session, she stood up, empowered, and once again addressed those people in her life she had been angry with and allowed to step all over her all of her life. Her earlier expression of a wimpy, polite little girl so-hungry-to-please-and-gain-other’s-approval has now transformed into a young woman who could stand up for herself, as she addressed the same people she felt anger towards at the beginning of the session with a fresh feeling of firmness in her voice and strength of conviction with what she was now able to say about what kinds of relationships she would from now on allow and not allow. She expressed a clear, strong sense of boundaries in putting her foot down and taking a new stand – in her body, and with the relationships she is now willing to have in her life.

2) In this session, the client complained of an acute condition of tightness in the thoracic region in the supraspinatus muscles on both sides of his spine. At first he related this to a car accident he had had the day before, and as we went further into the session he told me that he had requested a special healing session for his birthday a month ago, with his Mom present in the therapy room. Even though the session was healing for both he and his Mom, both of them have been suffering this “pain in the lower third of their backs” in the exact same place, ever since...I asked him what these sensations and locations would say, if they had a voice. His response was: *“I’ll no longer support you”; I’ll give myself*

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the support I want and need.” Throughout the rest of the session, I kept using this metaphor to assist him in seeing that this area of the back was indeed a symbol of allowing himself to be physically and emotionally supported that was independent on his Mother or lover in his life to do for him what he’s now preparing to do for himself (which includes living his aging mother in Germany and spending more and more time here in Bali, where he can continue his thriving psychotherapy practice through building a house and community here where he feels most supported, in his body and his life.”

In this session, the woman I was working with complained at the beginning of having thoughts that people in this community where I live here in Bali might judge her for not being a good mother, since her 5 year old daughter she brought with her has been crying and screaming a lot here. As it turns out, later in the session when I was stretching her sternocleidomastoid muscles on the left side of her neck, she admitted that the tension she has often experienced in this area (between the ears and her shoulders) was associated with a feeling of ‘not feeling heard’ in her life by her own mother. Her own Mom was never there for her when she was growing up, and indeed (when I encouraged her to get into voice dialogue with her Mom and tell her Mom what she has been keeping to herself all these years) she wound up further admitting that she has been attempting to do the opposite that her Mom did with her in bringing up her daughters by giving them so much attention that she has wound up neglecting herself in the process. My client was afraid that if she were to take more time taking care of her own needs for “more room for me”, her daughter and other two children would judge her in a similar way that she judged her own Mom for ‘not being there for her.’

At this stage, I encouraged her to take in strong, enthusiastic and full receiving breaths with each inhale (practicing, as it were, giving herself the attention she most wants and needs) and long, easy directed breaths on each exhale (keeping in mind the whole time that she is better able to give herself fully to her children as a function of giving to herself first). Throughout the rest of the session, I continued giving her *guided visualisations* centering around the theme of practicing a balance between “receiving for herself and giving to others”, utilising the analogy of ‘balancing full inhales with long exhales’ while practicing her newly transformed self talk, as described above.

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I further re-framed with her how she might be perceiving herself from this moment forward, indicating that she may never have to return to the earlier belief of feeling judged by others as she practices this balancing act on an ongoing basis. I felt encouraged myself to make this suggestion to her, out of her telling me that in her last session she had with me several months ago, she no longer needed to take a breath inhalant medicine that she had been taking up to that point for the last 20 years. I knew I could be successful in my strategy of suggesting that she may no longer have to ever again return to her old self-talk of feeling criticized by others, as she had already communicated to me at the beginning of our session today that after seeing osteopaths and specialists of all kinds for the past 20 years, it was only after she last saw me that she felt no need to pick up this medicinal crutch ever again. By translating the success she had in working with me from the prior session to what she could be capable of in this one, she left this session with a new feeling of hope, accompanied by an open stance and overall feeling of lightness and spaciousness and erectness that she felt confident she can now carry forth with a whole new way of holding herself – in her body, in from-this-point-forward balanced relationship, and throughout her life.

3) One of my regular clients recently came to me with a presenting problem of **“WRITER’S BLOCK.”** He was ready to write the 2nd edition of an already extremely successful book he has written on Aromatherapy. This affected the entire session, as I geared all my analogies and verbal prompts to assist him in *“releasing holding back from fully expressing his truth”* in any way he was ready.

If you were the practitioner leading this session, what muscle groups in the body would you now address your attention? What muscle groups would you focus on now to increase their length, their width, and widen rotation in the adjoining joint (in this case the shoulder joint) towards 360 degrees? Notice how, when you increase the rotation of the joints in this way, you are also liberating full range of movement and choice of positions for your client to express themselves through. It would do well for you then, in order to have your client easily anchor the new welcomed sensations of well-being into the landscape of their body, for you to match the timing of your strokes with voicing such an affirmation as: *“I release holding back from speaking my truth”*

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Remember this principle: When your client brings in the “*presenting problem*” which they vocalise to you at the beginning of the session, pay special attention to both their words and *how* they say them. As I listened to the *meta-communication* one level below what my client was telling me with his words, I realised even his words were giving me a clue – telling me he “was holding in his *back*.” Now trusting my intuition further and following my client’s lead in this way, I focused on freeing the area around the *back* of his neck – which is the speech centre in our body. I lengthened and widened the tissues in both the horizontal axis and vertical axis around the body – lengthening and widening the supraspinatus muscles on either side of the spine, trapezius muscles on top of the shoulders, and sternocleidomastoid muscles connecting the shoulders to the ears. On this last stretch in this neck zone, I pressed the shoulder away from the ear on his exhalations, creating a counter-stretch pressing the head away from the shoulders with my other hand – all done simultaneously while sharing together the following affirmation: “*More room for me between my shoulder and my ear – more room for me to speak my truth, and clearly hear.*”

By the end of the session, the client experienced a lot more room to breath + move + express their truth through. At this stage, the affirmation that matched these sensations in his body [and felt more authentic to say] became: “*I express my truth...with [renewed] ease, passion and clarity!*”

What do you suppose happened from my client’s putting his whole body, heart, mind and soul’s intention into the expression of this new self talk/personal mission statement? **He completed the 2nd edition of that book in one weekend!**

4) **WORKING WITH A CHALLENGING CLIENT:** Today I saw a woman for the first time, who introduced herself as a chiropractor who spends all of her time taking care of every body else in her life except herself. Her situation is compounded by having to also be a caretaker for her 17 year old son, who has an extreme case of degenerative seizure disorder. Her voice tone was very masculine, and body overweight. Her shoulders were nearly up to her ears, her entire left side was tight and contracted, and she explained in giving her personal history that she feels like she sounds like her father when she speaks, and is afraid to open up her feminine side. Given this information, how

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would you work with such a client?

Realising that she has shut down her left side – which represents her blocking her femininity, intuition, and self-nurturing qualities – I focused first on stretching muscles along the right side of her body. When I started working on her left side, I asked her when we were stretching her left shoulder way from her ear (“*more room to speak her truth, more room to clearly hear*”) what she would say if she were to feel safe to speak and say what she’s been keeping to herself for years. She said: “*I’ve never told my Mom or Dad that I love them... Mommy and Daddy, I love you!*” She then burst into tears, her shoulders began to drop, the band around her chest and heart began to open and her whole affect softened, revealing more of the *sharing- her-caring/feminine* aspects of her nature she has denied for years.

When we began increasing the range of movement around her sacral joint, her fixicity on adhering to rigid, stiff, stubborn ways of being began to melt further... Then we began to stretch her hamstring muscles, while asking her to say [as softly and with as much feeling as possible] “*My vulnerability is my strength.*” At first she didn’t believe these new words, as it was the opposite of what she’d been telling herself all these years when she felt she would get taken advantage of when she shared her real feelings. Then the truth began to sink in, and tears began to flow out as she felt for the first time in ages that she could indeed access her more vulnerable, feeling nature. The habit of having-to-hold her hamstring muscles so highly-strung began to lose hold, as her whole being began to relax while following my verbal prompts more and more. (“*Sharing my caring is my strength, and my hamstrings become elastic... My humanity is my strength, and these muscles become supple, fluid and flowing.*”)

Her face and whole disposition softened, and she began to smile in a really sweet way. Towards the end of the session, her shoulders had significantly dropped down away from her ears, revealing a greater feeling of safety to “speak her truth” in this speech center area.

The left side of her body was now so much more relaxed, and more in balance with the way she held her right [more assertive, traditionally masculine and out-in-the-world] side. And what’s more, she expressed openness to new possibilities of ways of thinking, self-talking and communicating in the world. By the end of the session, she stood up

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tall with a spring-like elasticity throughout her musculature -- revealing a whole new way of being and feeling that allowed her to access her dignity, intuition and inner wisdom.

With this undeniable physical experience of feeling-good-to-feel-good and open, she reported that she felt able now to trust her feminine side as never before – and from my perspective, her left and right sides looked more symmetrical and felt more in balance than when we started our work together only 90 minutes before. She's returning for a second session in just a few hours -- ready to go one layer deeper -- just one day after this whole new experience of reclaiming safety in fully being herself.

It never ceases to amaze me how much release and integration can occur on so many levels in such a short amount of time through employing this method. Often I feel like an archaeologist and sculptor in doing this work: once we get under the surface layers of physical tension and emotion which are buried in the landscape of our human body, treasures beyond measure of self-perception and expression are revealed and rise to the surface of one's conscious awareness. Michelangelo said it so well: *“I saw the angel in the marble, and I chiseled until I set it free.”*

The Next Day: When this same client returned the next day, she reported feeling a calmness and gentleness that interrupted her past tendency to repeatedly reprimand her son... She also told me that she realized she was so used to giving to others, it was a really big thing for her to ask for another session for herself so soon. Now she was more aware than ever of the tension and contraction on the left side of her body, as she was ready to embrace her feminine side as never before. She realised that both her father and male partner of 18 years that she recently left had both abandoned and betrayed and abused her in similar ways.

Furthermore, she realised it was time to give herself her own approval rather than looking for it from others, so she could release her own part in co-creating the repetitive pattern of seeking out people who will continue this destructive cycle over and over again. On an unconscious level, she was certainly repeating the pattern of seeking out approval and love from her Dad – which would never come fully to fruition. Her repeating this pattern was a desperate attempt to re-

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claim the love she felt was taken away from her by her Dad's leaving the family when she was still very young.

As we focused on shifting her “death sentences to life sentences”, I gave her the following verbal prompt [while stretching and opening the band around her heart and encouraging full receiving breath inhales]] which I asked her to practice OUT LOUD: *“I now release the pattern of seeking out abandonment, betrayal and abusive relationships. In its place, I now allow supportive relationships which honor me ...as I honor me.”* She began taking deep breaths in as though she mattered as much as everyone else in her life up to now. In making these affirmative statements [as though she meant them] while opening up her full receiving breath inhales, I could see from the growing smile on her face that she was standing at the edge of beginning to enter a whole new stage in her life and way of embracing her full potential and deserved “having-ness level” as never before. She opened the door to once again say “Yes!” to life, now remembering what she has come here for...

5) AN ONGOING CASE HISTORY: One of the most interesting phenomena I have witnessed, over and over again, is the releasing of stored energy in the band around the chest and heart. I've often noticed that when the dorsal area in the back between both scapulae is often contracted and particularly held-in tight, with a remarkable stubbornness that seems to refuse to let go of this stored tension, there almost always turns out to be an accompanying decision that the client had made at one point in their life -- when they were severely disappointed in the outcome and [sudden or eventual] breakdown in a relationship. It is almost as though they decided, at that very moment when the pain and emotional hurt was nearly unbearable, to “not ever get hurt again.” They experienced the pain associated with the memory of that relationship as so intense that they never wanted to visit it again.

Unfortunately, as innocent and well-intentioned as this decision to protect from further hurt (and expected disappointment in all future relationships) may be, there is an unconscious cost to the individual they do not realize when they begin to constantly contract the muscles in that horizontal band around the chest and heart. The tightness becomes like a yoke around an ox, and actually prevents the person from breathing in fully – further blocking them

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from receiving the emotional support they deeply desire and all manner of things they would really like to receive, if only they knew they wouldn't get hurt again from becoming vulnerable and opening up themselves to new possibilities. The truth is, the muscle memory of holding in "the old hurt" creates a block from their receiving whatever it is they most strongly desire – in their bodies, in their lives. This block prevents receptivity to a new relationship, a renewed partnership with self, the richness of emotional support and letting people in on all kinds of levels, as well as to the flow of the breath and life force itself. In fact, this band of tension not only constricts the breathing and fluidity of movement in the band around the chest and heart, and in the upper lungs – it also blocks one's entire "*havingness level.*"

If the person who has experienced extreme hurt and loss at the end of a relationship has subconsciously made any of the following decisions, in an attempt to survive and defend themselves, the situation is compounded even more:

- a) *I am not good enough*
- b) *I don't deserve to receive what I want*
- c) *There isn't enough love (money, fulfillment, emotional support – whatever) – to go around*

In order to heal this condition, I have found it most helpful to simultaneously stretch the muscles in this horizontal band while giving the client suggestions which are the polar opposite of the thoughts they have been holding onto in their present muscle memory. A whole new personal mission statement/self talk is in order, to be spoken out loud to the client -- and when the client is ready, for them to voice their own version of the following statements:

- a) *I am good enough; I'm more than good enough*
- b) *I fully receive what I most strongly desire*
- c) *There is more than enough love (money, fulfillment, emotional support) – to go around*

By stretching the muscles in both the back as well as the pectoralis muscles around the front of the chest and heart while simultaneously making these verbal prompts as described above, the old condition of contraction begins to reverse itself: As the horizontal band in question expands, the client allows more room to breath, to move and to feel. If you use your imagination, it is almost as though an equator around the landscape of the human body widens – thereby allowing

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more life force current to be drawn to and move through this zone. Summing up, this procedure I have just described is one of the best ways I have found to increase one's **havingness level**, which can now be more easily maintained through regular “joyful discipline” and daily practice.

APPENDIX III: AFFIRMATIONS FROM MY WMHP SYSTEM TRANSLATED INTO FRENCH & GERMAN:

AFFIRMATIONS TRANSLATED INTO FRENCH:

AFFIRMATIONS É-T-I-R-A-N-T-E-S POUR LES MUSCLES (*Du haut au bas du corps*)

Trapèze et sternocleidomastoïdien :

« Il y a plus d'espace pour moi... entre mon épaule et mon oreille, plus d'espace pour dire ma vérité — plus d'espace pour entendre clairement. »

Haut des épaules :

« Tout comme je laisse aller la nécessité de porter le monde sur mes épaules, je laisse aller la croyance d'avoir à me battre et à porter des fardeaux qui ne servent plus mon plus Grand Bien. Je laisse plus d'espace à la légèreté, plus d'espace au jeu — plus d'espace dans lequel je peux bouger de manière fluide et flexible. »

Bouche :

« Je sens qu'un sourire grandit sur mon visage — qu'il remplit mon torse, ma respiration — tout mon corps sourit. »

Pectoralis — Pectoraux :

« Je reçois entièrement ce que je désire le plus ardemment, ce que je mérite et ce que j'exige — plus d'espace pour moi. »

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(Derrière) l'omoplate :

« Je libère la nécessité de retenir mon cœur — il y a plus d'espace pour embrasser ce qui me revient. »
 « Je libère le sabotage de moi-même, lequel m'empêche de recevoir ce que je désire le plus. »
 « À mesure que je relâche le cordon qui retenait ma poitrine et mon cœur, j'augmente ma capacité de recevoir entièrement ce que mon cœur désire le plus. »
 (Maintenant imaginez et ressentez que vous recevez « *ce que votre cœur désire le plus* » même si vous ne savez pas consciemment ce que c'est — imaginez-vous que vous LE respirez, imaginez l'émotion correspondante, le sentiment, la sensation, la texture, la couleur et le son que vous y associez).

Grand dorsal :

« Je m'étire encore plus que ce dont je me croyais capable — dans mon corps tout comme dans ma vie. »

Supra Spinatas (de chaque côté de l'épine dorsale) :

« Je libère la retenue... Je libère la nécessité de retenir... Je libère la retenue dans mon dos. »
 « Je suis totalement soutenu — dans mon corps, dans ma vie. Et mon épine dorsale s'allonge. »

Grand droit de l'abdomen :

(1) « Je te laisse partir, je me laisse partir. »
 (2) « Je te libère, je me libère. »
 (1) « Je relâche ton emprise sur moi, je relâche mon emprise sur toi. »
 (2) « Plus d'espace pour toi, plus d'espace pour moi... »
 (Pour une efficacité maximale, murmurez ces affirmations *doucement* tout en ressentant les muscles de votre ventre se dénouer et se démêler, tout comme vous imaginez des nœuds se défaire ou des cordes se détendre. Il vaut mieux dire ces quatre énoncés en séquence, un à chaque expiration, tout en vous voyant relâcher le lien qu'une personne particulière ou qu'un *pattern* rigide a eu sur vous et en ressentant les effets de cette libération.

Psoas :

« Je laisse aller de vieilles façons de retenir, je n'en ai plus besoin, je n'en veux plus. »
 « Je laisse aller de vieilles façons de retenir qui ne servent plus mon plus Grand Bien — dans mon corps, dans ma vie. »
 « Plus d'espace pour laisser aller, plus d'espace pour poursuivre — plus d'espace pour exprimer mes intuitions que je sais être vraies. »
 « Plutôt que d'arrêter net, je m'étire maintenant plus loin que ce que je connais. »
 « Plus d'espace pour que je mette mon pied à terre, pour m'affirmer — pour prendre charge. »
 « Je mobilise les forces de vie que j'ai retenues toutes ces années — plus d'espace pour sentir mon rire et libérer mes larmes. »
 « Je libère ce qui retient ma force de vie, mes *psoas* s'allongent, mon énergie est plus forte. »

Sacrum :

« Je libère la rigidité — et je permets la flexibilité, la fluidité et la liberté. »
 « J'ai confiance que je me tiens sur une fondation à la fois ferme et flexible. »

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« Au fur et à mesure que l'étendue des mouvements augmente à la base de ma colonne, je me permets plus de choix dans mes façons de m'affirmer, d'être en charge. »

Tendon du jarret :

« Ma vulnérabilité est ma force, mes *ischiojambieris* s'étirent en longueur. »

« Le partage de mon affection est ma force, mes tendons s'étirent en longueur. »

« Plus j'exprime mon humanité, plus il est sécuritaire d'être entièrement moi-même — et mes tendons s'étirent avec flexibilité. »

Gluteus :

« Je laisse aller mes '*Oui, mais...*' (ce qui me retient d'avancer dans ma vie)

« Je mobilise ce sur quoi j'ai été assis afin d'alimenter ma mission la plus passionnée ici. »

AUTRES AFFIRMATIONS CENTRÉES SUR LE CORPS

Bande horizontale autour de la poitrine et du cœur

« Je cesse de retenir mon cœur, je crée plus d'espace pour prendre ma place. »

« Je reçois pleinement mon plus Grand Bien, même davantage que je ne le pensais. »

« Je reçois pleinement ce que je désire le plus, ce que je mérite et ce que j'exige. »

« En relâchant la tension autour de ma poitrine et de mon cœur, je me crée de l'espace pour exprimer qui je suis. »

« Je cesse de m'empêcher de recevoir mon plus Grand Bien et je sens que la tension autour de ma poitrine se relâche, que ma poitrine se dilate. »

Le long de la colonne vertébrale :

« Je sens ma colonne s'allonger, bien droite. »

« Je suis un être humain — digne de mon amour, de mon respect et de mon admiration. »

Respiration :

« Je prends de longues respirations pour lâcher prise — jusqu'au fond, il y a plus d'espace pour moi que je ne le croyais... »

1. Inspirez fortement, expirez longuement...

2. Inspirez plus fort, expirez plus longuement...

3. Inspirez le plus fort possible, expirez le plus longuement possible...

« Inspirer pleinement, expirer longuement — vous sentant connecté là où vous appartenez. »

« Expirer longuement, inspirer fortement — en douceur sur les expirations, en force sur les inspirations. »

« À l'inspiration, ouvrez la porte. Souvenez-vous de la raison de votre présence ici... »

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- « De fortes inspirations rencontrent de longues expirations. » (Inspirer aisément, relâcher de vieilles manières de faire)
 « Inspirer plus que je ne l'ai fait depuis longtemps — des expirations de lâcher prise... plus longues que ce que j'ai déjà connu — jusqu'au fond, jusqu'au bout... »
 « En expirant, je me permets des sons qui expriment le sentiment de lâcher prise — des sons de libération, des soupirs de soulagement. »

Affirmations « Vous » (ou « Toi »)

- Imaginez-vous recevant ce qui vous tient le plus à cœur, jusqu'au fond, jusqu'au bout — l'amenant jusqu'au plus profond de vous... »
 « Étirez-vous plus loin que ce que vous avez connu, faisant plus de place pour vous. »
 « Imaginez des ressorts là où il y avait jadis des cadenas, changeant de vieux *patterns* de rigidité pour la flexibilité. »

Étirements généraux et lâcher prise

- « J'étire mes limites facilement. »
 « Je m'étire plus loin que je m'en croyais capable, plus loin que ce que je croyais — j'ai plus d'espace pour moi — jusqu'au fond, jusqu'au bout. »
 « Je lâche prise sur de vieilles façons de retenir qui ne servent plus mon plus Grand Bien — je lâche prise plus que ce que je m'en croyais capable. » (Dites cela en expirant profondément)
 « Je transforme de vieux *patterns* de rigidité en flexibilité, fluidité et liberté. »

MAINTENANT CRÉEZ VOS PROPRES AFFIRMATIONS, CELLES QUI VOUS EXPRIMENT

Souvenez-vous de respirer pleinement tout en affirmant votre vérité. Plus vous pratiquerez l'« incorporation » de ces mots, plus votre « sentence de vie » deviendra vraie.

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AFFIRMATIONS TRANSLATED INTO GERMAN:

Muskel Stretching Affirmationen:

Frei übersetzt nach Gary`s affirmations

Trapez:

„Mehr Raum für mich.....zwischen meiner Schulter und meinem Ohr, mehr Raum für mich um zu sprechen.....mehr Raum für mich um klar und deutlich zu hören.“

Der obere Bereich der Schultern:

„Wenn ich das Gewicht der ganzen Welt nicht mehr auf meinen Schultern tragen muß, lasse ich auch die Vorstellung los, kämpfen und Lasten tragen zu müssen, die meinem höchsten Wohl in keinsten Weise mehr dienen. Ich lasse dem Licht mehr Raum, dem Spielen mehr Raum, ich bewege mich in fließender Weise.

Mund:

Ich nehme ein Lächeln in meinem Gesicht wahr, das sich ausbreitet – jetzt erfüllt es bereits meinen Körper, mein Atmen – mein ganzer Körper lächelt“.

Pectoralis:

„ Ich erhalte in vollkommener Weise das, was ich mir am sehnlichsten erwünsche, verdiene und mir selbst geben möchte - mehr Raum für mich“

Scapula:

„ Ich lasse die Verslossenheit meines Herzens los – mehr Raum für mich um meine Rolle anzunehmen“

„Ich höre damit auf, mich selbst davon abzuhalten, das zu erhalten, was ich am meisten ersehne“.

„Wenn ich das Band löse, welches meine Brust und mein Herz zusammenschnürt, vergrößere ich die Fähigkeit, das anzunehmen, was ich am meisten ersehne.(Jetzt stell es Dir vor und fühle, dass Dein größter Herzenswunsch wahr wird, selbst wenn Dir nicht bewusst ist, was „es“ ist – stell Dir vor, in es hineinzuatmen mit dem damit einhergehenden Körpergefühl, den Emotionen, Sinneswahrnehmungen, den Farben und Klängen, die Du damit verbindest.)

Lattissimus Dorsi:

„Ich strecke mich weiter als ich glaubte zu können – in meinem Körper , in meinem Leben“.

Supra Spinatas (an jeder Seite der Wirbelsäule):

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„Ich gebe meine Zurückhaltung auf.....Ich gebe es auf, mich zurückzuhalten zu müssen.....ich gebe es auf, „etwas“ in mir zurückzuhalten“.
„Ich werde vollkommen unterstützt – in meinem Körper, in meinem Leben und mein Rückgrat dehnt sich aus“.

Abdominus Rectus:

- 1.„Ich lasse Dich frei, Ich lasse mich frei „
- 2.“Ich gebe mich frei, ich gebe Dich frei“
- 3.“Ich lasse Dich los, Du lässt mich los“
- 4.“Mehr Raum für Dich, mehr Raum für mich.....“

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(Um das bestmögliche Ergebnis zu erzielen, sprich diese Affirmationen weich, während sich Deine Muskeln im Bauch entkrampfen und entspannen, stelle Dir vor, wie sich Knoten entwirren können, oder wie sich Stricke lösen. Diese vier Affirmationen werden am besten der Reihe nach gesprochen, jede einzelne bei jedem Ausatmen).

Psoas:

- „Ich lasse meine alten Verhaftungen los – ich brauche sie nicht länger, ich will sie nicht länger“.
- „Ich lasse die alten Verhaftungen los, die nicht länger meinem höchsten Wohle dienen...in meinem Körper, in meinem Leben“.
- „Mehr Raum um loszulassen, mehr Raum um weiter zu gehen“.
- „Mehr Raum um meine tiefen Gefühle auszudrücken“.
- „Ich dehne mich nun weiter aus, als ich glaubte zu können.“
- „Mehr Raum für mich um fest aufzutreten, meinen Stand zu festigen, die Kontrolle zu haben“.
- „Ich bringe meine Lebensenergie in Bewegung, die ich all die Jahre unterdrückt habe“.
- „Mehr Raum, um mein Lachen zu fühlen, die Tränen loszulassen“.
- „Ich gebe der Lebensenergie, die ich unterdrückt habe, freien Raum“.
- „Meine Muskeln dehnen sich, meine Energie wird gestärkt“.

Sacrum:

- „Ich lasse meine Starrheit los und erlaube mir Flexibilität, im Fluß zu sein und Freiheit“.
- „Ich vertraue meiner Standfestigkeit und Beweglichkeit“.
- „Wenn die Beweglichkeit in meinem Rückgrat zunimmt, erlaube ich mir, mehrere Möglichkeiten zuzulassen, um meinen Stand zu festigen und der Führer meines Lebens zu sein“.

Hamstrings:

- „Meine Verwundbarkeit ist meine Stärke, meine Muskeln am Oberschenkel dehnen sich aus“.
- „Sorgfältig zu sein ist meine Stärke, meine Muskeln dehnen sich aus“.
- „Je mehr ich meine Menschlichkeit zeige, um so sicherer fühle ich mich und meine Muskeln sind elastischer“.

Gluteus:

- „Ich lasse meine „Ja, aber“ los, die mich zurückhalten, um im Leben vorwärts zu gehen“.
- „Ich befreie, was ich festgehalten habe, um mich mit meinem sehnlichsten Wunsch aufzufüllen“.

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Mehr auf den Körper zentrierte Affirmationen:

Horizontales Band um den Brustkasten und das Herz:

„Ich öffne mein Herz und lasse los, mehr Raum für mich, damit ich meine Rolle annehmen kann“

„Ich nehme mein höchstes Wohl in vollem Umfang an, mehr als ich für möglich hielt“.

„Ich nehme in vollem Umfang an, was ich am sehnlichsten wünsche, verdiene und beschließe“

„Wenn ich den Strick löse, der meinen Brustraum und mein Herz einschnürt, erlaube ich mir mehr Raum, um meine Rolle zu spielen“.

„Ich löse das auf, was mich zurückhält, mein höchstes Wohl anzunehmen und fühle wie sich das Band um meinen Brustkorb öffnet.“

Vertikales Band entlang des Rückgrates:

„Ich fühle, wie meine Wirbelsäule in die Länge gezogen wird“.

„Ich bin ein würdevoller Mensch – meiner Liebe, meines Respekts und meiner Bewunderung wert.“

Atem:

„Ich atme tief ein – in meinen Körper hinein, durch meinen Körper hindurch und gebe mir mehr Raum, als ich mir jemals gab“.

1. Ich atme stark ein und lang aus....
2. Ich atme stärker ein und länger aus.....
3. Ich atme am stärksten ein und am längsten aus.....

„Ich atme tief ein und lang aus – fühl Dich mit Dir selbst tief verbunden“.

„Ich atme lang aus und kräftig ein – sanft beim Ausatmen und kräftig beim Einatmen“

„Ich atme ein und öffne die Tür. Ich erinnere mich, warum ich hergekommen bin...“

„Kräftige Atemzüge beim Einatmen.....verbunden mit langen Atemzügen beim Ausatmen“

(Atme mit Leichtigkeit ein, alte Wege lösen sich auf.)

„Ich atme mehr aus, als ich Atem habe, in einer langen, langen Zeit – lange Atemzüge, die alles loslassen.....“

„Länger, als mir jemals bewusst war – in meinen Körper hinein, durch meinen Körper hindurch.....“

„Wenn ich ausatme, erlaube ich mir laute Geräusche oder Töne, die zu den Gefühlen des Loslassens passen – Seufzer der Losgelöstheit, der Erleichterung.

„Du“ Affirmationen:

„Male Dir aus, das zu erhalten, was immer Du Dir am meisten wünschst, in jeder Weise – bringe es auf jede erdenkliche Weise in Dein Innerstes.....!“

„Dehne Dich weit aus, weiter als Du glaubtest es zu können, mehr Raum für Dich....“

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„Bilder kommen hoch, die Dich einst blockierten, alte starre Verhaltensmuster verändern sich in Anpassungsfähigkeit.“

Generelles Dehnen und Lösen:

„Ich dehne mich mit Leichtigkeit über meine Grenzen hinaus aus“

„Ich dehne mich weiter aus, als ich jemals dachte, es zu können - mehr Raum für mich - in jeder erdenklichen Weise.“

„Ich löse alte Verhaltensmuster auf, die meinem höchsten Wohl nicht mehr dienen – ich löse mehr auf, als ich glaubte es zu können (Sage dies, während Du lang ausatmest)

„Ich verändere alte starre Verhaltensmuster in Anpassungsfähigkeit, Fließenlassen und Freiheit.“

Nun kreierte Deine eigenen Affirmationen, die in Resonanz zu Dir stehen.....

(...denke daran, tief und voll zu atmen, während Du Deine Sätze sprichst. Je öfter Du übst, dies zu verkörpern, desto mehr werden diese „Lebenssätze“ wahr werden.)

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APPENDIX IV:

HISTORY & DEVELOPMENT OF THE “WOHLMAN METHOD FOR THE WHOLE BEING”

In short, this methodology I have felt so fortunate to discover, uncover and develop over the last 30+ years encompasses the integration of all the physical sports, intellectual practices, artistic endeavours, emotional breakdowns and spiritual breakthroughs which have punctuated my entire life history. I could never have consciously planned to go this route, as the whole process felt more like falling (and leaping) through a series of one-way doors, whereby once I was on the other side of each one, I realized I could never return and go back to the last stage in which I was focusing all my life energies until that very moment.

Who would have ever guessed that this intellectual athlete would win the prize of the distinguished Headmaster award in my senior year at my Horace Mann Private High School, which remains even today to be one of the most academically challenging of secondary schools in the world. Also a champion springboard diver, track star and gymnast, I was selected as the student who demonstrated the greatest excellence in both studies and sports combined...Who would have ever known I would take the passion I always had for the exquisite expression possible through this instrument of our human body to develop a science and art that paves the way for others to discover the inner treasures and creative gifts buried within the landscape of our living form?

As I write these words, I can also recall the pleasure I had when I was around eight years old, having just started school – I remember handing in to my teachers a whole bunch of extra credit reports back then with diagrams and sketches of the various muscular, skeletal, and organ systems in the human body. I was always fascinated by our body and what it could do....

Somehow, even back then I always knew I'd invent something that would make an impact in the world. Ever since my uncle gave me a book called “The Amateur Scientist” when I was around nine years old, I was compelled to read about the

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inventions of one genius after another – all of these people were destined to make this world, in some unique way, a better place. Somehow I knew that I, too, would invent something someday I would leave behind as my contribution for humanity.

After not getting into medical school – even after graduating with honors in a combined B.A. degree in both Psychology and Pre-Medical Studies from Johns Hopkins University, I left the East Coast of the United States to explore humanistic psychology programs which were just burgeoning on the West Coast, especially in California. There I first came across all kinds of body-centered therapies, which fit in so well with the passion I already had for the body and experiential knowledge of the wonders it can do.

During this period, I came across many inspirational texts and writings on the human body. One quote I remember was written by some ancient Greek named Novalis, who suggested that our body is the temple of communication. Randolph Stone, the founder of one of the systems of body therapy that I was studying at the time, had this to say: *“This house of clay in which we stay, and sometimes pray and also play – it is our temple and our fort, for life’s sport – built on mind and feeling patterns long and short.”* I also remember coming across an inspirational book back then, written by Manly Hall and called *“The Secret Teaching of all Ages,”* published by the Philosophical Research Society. The following excerpt from a chapter entitled *“The History of Prayer”* reveals how my passion for the body, and for all we are able to express through it as human beings, was able to be met by another’s passionate viewpoint:

“The Grand Man of the Zohar Eliphas Levi thus describes the Great Prototypal Man: ‘That Synthesis of the Word, formulated by the human figure, ascended slowly and emerged from the Water, like the sun in its rising. When the eyes appeared, light was made; when the mouth was manifested, there was the creation of spirits and the world passed into Expression -- the entire head was revealed, and this completed the first day of Creation. The shoulders, the arms, the breast arose, and upon work began. With one hand the Divine Image put back the Sea, while with the other it raised its continents and mountains. The Image grew and Grew, the generative organs appeared, and all being began to increase and multiply. The form stood at length erect, having one foot upon the earth and one upon the waters. Beholding itself at

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full length in the Ocean of Creation, it Breathed on its own reflection and called its likeness into life. It said, “Let us make man—and thus man was made.” There is nothing so beautiful in the masterpiece of any poet as this vision of creation accomplished by the prototype of humanity. Hereby is man but the shadow of a shadow, and yet he is the image of divine power. He can also stretch forth his hands from East to West, to him is the Earth given to him as a dominion. Such is Adam Kadmon, the primordial Adam of the Kabalists. Such is the sense in which he is depicted as a giant; and this is why Swedendag haunted in his dreams by reminiscences of the Kabbalah, say the entire creation is only a titanic man and that we are made in the image of the Universe.”

Now that’s what I call inspiring writing!

Continuing where I left off above in describing how my passion for the full expression possible through our human body led me from one body-centered pursuit after another...With my athletic proclivities, I fell right into learning Scientific Swedish massage, Polarity therapy, Postural Integration and three years of non-stop dedicated learning in all manner of body-centered therapies and disciplines I could put my hands on in the San Francisco Bay area. Through this chain reaction of a process, I found myself releasing so much physical tension and emotions in my own body, accompanied by the surging of endless poems, songs, plays, and paintings. This was the first moment I can remember in my life that I can truly call Revelation: from this huge catapulting of physical, emotional and creative release I was personally experiencing through myself as the instrument, I arrived at a moment of epiphany – where I found all my thoughts, feelings and beliefs coalescing. In that eternal holy instant, I decided to dedicate my life to creating a similar pathway for others to also come to discover their innate gifts of self expression and creative talents, once buried and bound – now unleashed and found!

At that very epochal moment of my life, I came to realise that we humans – no matter how different we appear to be, in culture and race and identity -- we must all be similarly made, from the inside out... Recognizing the pathway I had personally travelled to arrive at this place in my consciousness, the scientist and inventor in me could see that one must first get through the physical tensions stored in the body before the underlying emotions can safely surface. And once that happens, vast reservoirs of creativity and enormous pent-up energies naturally rise to the surface. “First bound, then bound

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to release.” It was then that I felt like an archaeologist – yet instead of digging in the earth to discover buried treasures, I found myself exploring regions unknown within the landscape of our human body. It was in that moment of awakening, there in my mid-twenties, that I made a declaration to myself to chart a course in this life for other people as well to easily access their hidden gifts of self-expression, just as I have. That was the beginning, how I recall giving birth to this streamlined form of healing, which has felt to have its own life force leading me ever onward to refine its expression (and shape my life) ever since....

As I referred to above, during this initial gestation period where I couldn't get enough training in all manner of body-centred disciplines, I also reached a point where I began to feel like Dorothy in the classic legend of The Wizard of Oz. I felt homesick for what was familiar to me, and longed to return in some way with these awakened gifts of expression to my birthplace in New York City. I stubbornly decided that, with all this creativity bursting through me, that I would do well to leave the body work field entirely and focus on “transforming people's attitudes through the media.” Looking back on it, perhaps I needed to ground my communication skills so I could reach others more effectively in the holistic health field, which had little or no social agreement at the time during the mid seventies. So I focused my energies towards developing my mental abilities to communicate about the benefits of products and services in general for a few years, staying within the fields of public relations, publicity, marketing and advertising. After two years of pounding the streets of the Big Apple looking for a job, I became a copywriter in New York City, absolutely hating my life writing whimsical storyboards for such products as “Lifesaver Lollipops” and deluding myself into thinking that my cute little antics were making any difference whatsoever in people's lives.

Looking back on this period, it was essential that I stepped away from practicing other people's methods. It wasn't until I entirely let go of doing all these body-centred disciplines I had previously learned back there in San Francisco that the form I am presently doing had a chance to be born, and emerge out of the nothingness, the vacuum that had been created. It was as though an indestructible phoenix had been born out of its own ashes. This same process has happened at least 3-4 times in the last three decades: every time I've thought I should “grow up” and do something else with my life than this method

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of body work, the form I've been developing all these years has returned with an ever increasing strength, passion and clarity – with corresponding dramatic results.

At one of these junctures, I was convinced that I would do well to shift from working on freeing other people from stored tensions in their bodies, and take all this creativity that was coming through me – in the form of poems, songs and stories – and focus my energies as a “court jester”, where I performed at birthday parties and openings of shopping malls and cultural events providing interactive storytelling “living theatre” productions – touching people's lives through modeling an unbridled free spirit that would give people permission to be more fully themselves by playing out this archetype myself. As it turns out, my great grandfather on my mother's side played clarinet for the Czar in Russia, and his brother was an artist. When I was growing up, my parents kept this information from me – it is no wonder that I felt such a need to “come out” and give freedom to this outrageous playful character – for a while, it served to heal a part of me that had been severley repressed through my highly academic, professionally oriented intellectual education.

At another one of these junctures, I felt a desire to shift from facilitating the release of physical, emotional and creative energies through the body to bring this work to another level – once the vast reservoirs of pent up creative energy were unleashed, I felt at this stage that it was vital to assist the client in re-directing this once stored energy so they can shift from the focus on self-expression and move more towards enhancing their communication and presentation skills. This took me on a ten year detour from my previous focus on working exclusively with the body, where I worked mostly from the mental realm in coaching professional speakers and leaders in business to be more impactful and congruent in matching their verbal message with their physical delivery. My approach to facilitating breakthroughs in people's abilities to present their messages with greater effectiveness still utilised my main precept that “*our body is the chief instrument of communication*” that we possess. And my style of generating these breakthroughs involved a combination of the same court jester audience-improvisation skills that I had become familiar with in my previous stage of professional development – along with a blend of Psychodrama, Playback Theatre and accelerated learning skills. Yet as much as I enjoyed facilitating life-transforming shifts through my playful and enchantingly confrontive style of interaction, I found that, for the most part, people in the world of business are not accustomed to taking risks in sharing the depth of their true

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feelings in the “dog-eat-dog” competitive world they are used to operating in. Even though I still do this work from time to time (and **love** it!), I have found a much better response to who I am and what I have to offer through returning to the form of bodywork I have developed – it feels closer to my core. If I were a tree, it is as though my bodywork is like the roots and foundation and the presentation coaching and performance and visual art the branches.

Yes, everytime I attempted to ‘throw away’ my bodywork method, it has come back with a momentum and power and energetic life force that even more catalytic in nature than I had previously known and conceived as possible. And it has grown and grown, ever since. What is most amazing to me is that, the more I have attempted to throw it away, the more accelerating its velocity has become: When I first started working with clients, I would get occasionally witness massive shifts in a person’s body and throughout their psyche, with corresponding emergence of pent-up emotions and internal conversations – never before expressed -- and an unleashing of awakened self-expression, communication and creativity.

At first, this phenomenon happened every once in a while – perhaps every ten sessions or so. I have to admit that, in the beginning, I felt overwhelmed with the enormity of personal transformation that was possible. It was not uncommon for people to “cry their guts out”, their body shaking free of stored tensions and bottled-up energies while they shared things with me they never spoke about before – with anyone, including themselves. These days, I get the same depth of transformation with nearly every person I work with, and this happens in nearly every session. What’s different for me now is that it’s no big deal anymore, it’s simply part of the Process of letting go. I suppose I’ve been down this “Street of the Unknown” so many times that I recognize the territory – and it is such a joy for me to take others through this uncharted land for them to recognize their deepest nature and come to a whole new view of how and who they are, while embracing new possibilities of being and becoming with all that one can think, say and do.

As I approach the end of this thesis, it is only fitting to tell you that my lifetime passion and dedication on the development of the whole being has ultimately led me to shift from focusing on the personality to the soul. Following this line of thinking, as I was just about to complete writing this thesis, I realized it felt appropriate to shift the name of my method from “The Wohlman Method for the Whole Person” to the “Wohlman Method for the Whole Being.”

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No matter what I do, these shifts I feel privileged to witness (and facilitate) are taking place with increasingly greater ease and swiftness than ever – it's as though this Work, which has become my Worship, has within its very essence an organic life of its own. Has it really been me developing and refining this method all these years, or has this method moreover been actually developing and refining me? The more I learn to get out of the way, the more I feel like a vessel for this Work – and for awakening people to our fullest potential as Creative Beings, Visionaries & Leaders in this world. What was once extraordinary is swiftly becoming the norm. What was once invisible has become visible...

Now I see myself as a servant to bring through this form to its furthest possible expression. It is a gift and a true honor for me to offer up this approach to healing for the Highest Good of All Concerned -- my small way of contributing to the evolution of humanity

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CREDITS

First of all and above all, I wish to thank **my parents** for giving me life, and constantly rewarding and acknowledging my being the best I can be to contribute the most I can in this world. Their constant dedication to bringing out the best has paved the way for me to devote my life to the fullest expression of myself and all fellow beings on this planet.

Secondly, I wish to thank **all of my many teachers** over the years who have served to inform, inspire, and invoke structures and forms of their own that I have gleaned the best out of to develop my own methodology over the last thirty (30) years. These teachers and mentors are too many to mention all their names here, as they represent a vast range of knowledge and expertise in body-centered forms of expression, therapy, and communication. I am grateful to you all for the contribution you have made to my own personal life individually, and to humanity in general. I feel a sacred responsibility to take all I have learned from you and pass on the essence of your teaching and inspiration through my own personal perspective.

Of all the people I have to thank, I wish to acknowledge in particular **Jack Painter**, founder and originator of the form of body therapy called **Postural Integration**, a derivative of Structural Integration (Rolfing). In 1974, he was my very first mentor in this whole field, and I was one of his first students. His revolutionary approach to combining physical and emotional release, along with his terrific ability to communicate complex concepts in a simple manner (and his blend of gentle, kind manner and intensity of physical presence), created a benchmark for me to model, branch off and launch creating my own approach to facilitating healing, personal transformation and creativity.

Also, my deep gratitude goes out to **Amy and Henry Boleszny**, the directors of my RTO (Registered Training Organisation), whose Herculean efforts and savoir faire as to how to communicate and deal with the Australian Government's DET (Department of Education & Training) have led to the national recognition of my healing modality as

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an accredited system entitled “Certificate IV in the Wohlman Method for the Whole Person” that I can now officially teach and train others to gain similar benefits and outstanding results like I have been graced to achieve over the last 30 years.

As to what the future brings, it is my humble hope and passionate prayer that those students learning this approach to healing and interns teaching it to others will not only facilitate all kinds of physical, emotional and creative transformations in people’s lives, but also that they take this work even further than I’ve been able to on my own. With all that I have witnessed as to what is possible in these healing treatments, I can only imagine the potential impact in making this world a more harmonious and fulfilling place to live for all of us – where the differences between individuals and cultures and nations can be celebrated as unique expressions of our common divinity.

I leave all that I’ve shared with you here as my living legacy.