

# BOWEN ASSOCIATION UK



## *Bowen News*

Spring 2015 – Issue 67



EVERY BODY IS BETTER WITH BOWEN

## Editor's Column

Well, things have been a little calmer in my private life since the start of this year. So much so, I decided to spice it up with a job change, which I'll start in April. It'll involve more flight travel for shorter periods of time, so if you've any tips on how to cope with it then I'll most interested.

From a personal Bowen point of view, Concussion, Bedwetting, and enlarged prostate have been to the fore. But they've also featured prominently in various forums such as the Press and Facebook groups recently. So I've included some thoughts and stories on these in the newsletter.

I'm also about to complete my 9<sup>th</sup> year as a professional therapist and find that, much to my surprise, this year has been my best since my very first year. In fact, I have had more sessions this year than for the last two years combined!

I don't feel that I've done any more marketing than usual and wonder whether:

- i) it's a sign that the economic depression is ending and peoples have money to spend;
- ii) the Public has become more aware of Bowen and therefore choose it above others, I know I've had 2 or 3 that found me on our website;
- iii) it's something else!

**Let me know what you think.**

## Being a Therapist

I've had several practitioners, especially newbies, thank me for my piece on the difficulties of being a therapist in the last newsletter. There's definitely a gap between qualifying and becoming confident to practise that needs to be filled somehow. This is one of the reasons I wrote my little starter guide, <http://www.amazon.co.uk/dp/149289799X>.

But there's much more that can be done, and I think that the experienced practitioners can help a lot here, and in a variety of ways. So, I'd like to hear from both experienced and newbie about what helps and what help is needed.

## This Edition...

...has an eclectic mix. Many thanks to the following for their last minute articles.

Helen explains the change in brand name of the soda crystals.

Tamara shows us spiritual awakening.

Camelia provides the conclusions to her Cerebral Palsy study, on which we started to report back in Autumn 2013...has it really been a year and a half?!

## Newsletter Prize

The "contribution to the newsletter" prize for this edition is shown in the photo below. It's donated by Helen Perkins and is the brand new large size 800g sachet of Bexters Soda Crystals and a blue Perkins Pocket™. Normally, these

would cost a therapist £15.95 and would retail at £21.00. I think you'll agree it's a worthy prize.



## And finally...

Members keep telling me how much they value the newsletter and what a good job it's doing for them.

Which is great, but again I find a lack of contributions for this newsletter, and this means I scramble around for items to include or make them up myself.

So, if you feel that this newsletter is becoming the Dave Riches personal blog, you know what you need to do to change it!

*Dave Riches*



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## *Bowen Association Chair report*

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Dear Members,

We are working hard on your Bowen Executive Committee to try and maximise income to the Association. As you heard at the 2014 AGM, there was a shortfall in the previous financial year, which we have been working hard to address.

As a non-profit making organization, it's always a struggle to identify cash to spend on marketing and advertising. So we're appealing to you all for your excellent income generating ideas! Please contact me anytime with your suggestions.

We're always looking for good PR opportunities to raise the profile of BAUK. Maybe you have a celebrity client, or somebody whose life you have changed forever? If that's you – do get in touch with me! We have an excellent marketing officer on our committee – we just need the raw material from you to make the most of it.

Please keep sending in your articles and testimonials, anything you see in public or online that can help promote the Bowen Technique. We can post it on Twitter and Facebook and include it on our website.

**Coming soon:** We are working on targeted flyers for Bowen-in-pregnancy and babies.

**Shows:** Executive Committee member Camelia Pop has put together a 'user guide' for you to use at shows and exhibitions. I think you will find it really useful and reassuring if this is something you have been planning to do.

**AGM:** If you haven't yet booked your place at the AGM 27<sup>th</sup>/28<sup>th</sup> June in the lovely town of Harrogate, there is still time to do so. Simply email the office on [office@bowen-technique.co.uk](mailto:office@bowen-technique.co.uk) and request a booking form today! During the 2 days following the AGM 29<sup>th</sup> 30<sup>th</sup> June, there is an opportunity to attend Kelly Clancy's course on Fascial Lines and Assessment Level 1 and it is possible to attend the Sunday only of this

class. Contact John Wilks, [cyma@btinternet.com](mailto:cyma@btinternet.com) to book.

Happy Easter

*Kim Pearson.*

*Chair of BA UK*

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## *Bowen Association Committee report*

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Camelia Pop has written a little introduction on: **How to run an Exhibition/Show stand**

### **How much Bowen to do on the day**

**Perform on a friend:** In these days of litigation we have to be careful. A good option is to recruit a current client or a friend or even a family member to come along to the event and on whom to demo. Also think about our fellow Bowen practitioners, they will often be a willing demo body. People will expect to see something happening and it also gives you something to talk about.

**One move, just to feel how it is:** If you wish to show someone what it feels like, move 1 of the wrist elbow is a handy one. You can do that with them standing or sitting, it also leaves a vibration which they can feel. Tell them that it's just for the person to feel how gentle it is.

Usually at shows there are lots of people around so it's out of question to provide the right calm atmosphere for a real treatment. Also before a real treatment we need an initial consultation which is hard to do at shows, so for the therapist and client safety, it's better to not offer a real treatment.

If you really want to do mini-sessions or real treatments make sure you have the consent forms with you. Consent forms need to include exhibition details. Make sure you have your **professional insurance** with you.

**How to explain it:** "As professional practitioners, we wouldn't be able to take a thorough case history in a public place to be able to treat you appropriately and

confidentially. But please, take a leaflet, and visit our website.”

## What to say

**What do you say to make them stop and talk to you?** It’s a fact that for people to be interested in you, you first have to be interested in them. It’s also a fact that people are more than happy to offer their opinion on a subject that interests them. So, potential opening lines are:

Q: What’s your impression of the show today, how does it compare to last year?

Q: You’re looking well today, how might I interest you in Bowen?

Q: Good morning, what brings you to the show today?

You can create a list of the types of questions that would interest you and try those out. You’ll find some that work better than others, so ditch those others. It’s important though to use Open questions, i.e. those that can’t be answered with one or two words – Closed questions.

## What is Bowen?

Within a few minutes you need to explain what you do, what your offer is, get their name and details, give them a leaflet/business card, and bid them on their way.

The Bowen technique is a gentle, non-manipulative therapy that helps many conditions.

It is suitable for almost anyone. The technique is gentle and stimulates the body’s own natural healing process. It encourages the body to re-align itself.

It may be used on babies, the elderly and very sick as well as on sports people and the ‘man in the street’.

From muscular pains and strains, to digestive imbalances, from migraine and headaches to respiratory problems the technique helps to restore your body to the balance and harmony of its original ‘blueprint’. Often it only takes two or three sessions to get you there.

Bowen therapy is a soft tissue remedial therapy where the therapist uses fingers or

thumbs to move over muscle, ligament, tendon and fascia in various parts of the body. This therapy can be effective to help relieve everyday stresses and revitalise the whole person.

You’ll need to have prepared well for this part by writing out what you want to say, and practicing it until you get a natural way of saying.

## Marketing products

**Leaflets:** The BAUK will give you 50 leaflets free of charge if you let us know you will participate in an exhibition.

**Banners:** Banner stands can be useful as walls. You can borrow our banners or you can produce your own. We are able to offer you the PDF art work at the price of £20.

### Business cards

**Voucher flyer:** This special flyer can have an offer like “if you quote/bring this flyer/you get 20% off your first session”.

**Team flyer:** Having a stand with other Bowen practitioners may work well as you can do shifts or just work together. You can also be bodies for showing people how a Bowen session works. In this case a good idea is to print special leaflets (A6) with everyone’s details and all your practices. This special card can also have an offer like “20% off your first session”.

**Bowen Polo shirts:** Polo shirts are available from [victoria.walker@workwearexpress.com](mailto:victoria.walker@workwearexpress.com) quoting ref 74022; these look professional.

Valuable information about how to prepare yourself for shows can be found in Bowen News issues Spring 2012 (pages 5-8) and Spring 2013 (pages 6-7). You find these in the members’ area – “Newsletter”

## *Bowen Association Executive*

Kim Pearson	- Chair
Sheila Whyles	- Vice Chair
Rob Godfrey	- Treasurer
Lorraine Ireland	- Secretary
Camelia Pop	- Projects
Helen Mawson	- Marketing
Veena Lidbetter	- Committee
Marco Ferro	- Committee

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## *Bexters® Soda Crystals: New name – same benefits*

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Lectric Soda Crystals, a natural remedy first endorsed by Tom Bowen, has had a makeover. Recommended by many Bowen therapists for use at home to enhance treatment, the crystals have been re-named in line with the Australian supplier.

Now called Bexters®, the bold new packaging has a more contemporary image that better reflects the crystals' features and benefits. Used by athletes and sportsmen to relieve pain and swelling caused by injury or over-exertion, professional therapists have also reported good results when used at home alongside clinical treatment.

Having discovered the crystals while living and working in Australia, Bowen therapist Helen Mary Perkins was determined to make them more widely available when she returned home where she became the exclusive distributor for the UK and rest of Europe.

The Bexters® formulation remains unchanged and responding to demand, Helen has created a larger 800g sachet, alongside the popular handy-sized 200g option. The crystals can be used in a bath or foot spa, as a soak to ease muscle aches and pains, or with a purpose-designed applicator wrap to treat localised swelling, around the knee or ankle, for example.

A selection of applicator wraps, made from hard-wearing cotton for easy laundering and re-use, is available in a variety of sizes for adults and children. The sachets are re-sealable, easy to store and more portable for those who wish to carry them around in a sports bag.

Bexters® is one of several specialist products available from [www.bowensuppliesbyhelen.com](http://www.bowensuppliesbyhelen.com) where more information and testimonials can be found.



Bexters® Soda Crystals available in 200g (£5.99 RRP) or 800g (£14.95 RRP) sachet, available as wholesale for therapists.

*Helen Mary Perkins, exclusive distributor UK and Europe*

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## *Letters to Myself*

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### **Concussion**

If you watch the rugby you'll know that there's been a lot of controversy surrounding the treatment of concussion over the last few months. Sports people are always keen to get back to the game and don't want to let down their teams that self-preservation is ignored. Last week, my daughter ended up in A&E with concussion sustained in a Lacrosse match; and was not impressed when I told her she should not play for a month. Fortunately, being a sports coach, I was able to give her a series of tests that she had to pass before she considered herself fit to play and able to help her team gain promotion in their last few games.

One week after her concussion, she failed those tests and sensibly ruled herself out of the next match. Without those tests, I'm sure she would have played. Unfortunately, there are many who don't run through such

tests and don't realise that it's not the initial concussion that is the problem but the very next one before the brain has fully recovered. And even a very minor knock can have catastrophic consequences.

Concussion doesn't just happen in sports of course, and as practitioners we are bound to receive clients who have had recent concussions when not playing sports. Yes, we can use Bowen to help them overcome concussion but it's also part of being a therapist that we should make sure we're knowledgeable about the wider ramifications of concussion and up-to-date on the current protocols surrounding it.

So have a look at the concussion protocols in place for Rugby, Judo, and American Football; and make sure you can advise your client on the after-care as well as help them with Bowen. On the latter subject, I've decided to re-produce a concussion study conducted by a Bowen Therapist a few years ago and was featured in Bowen Hands sometime some years ago. I have edited heavily to fit into the current format.

Another resource would be Robyn Wood's Stroke Course.

## **Post-Concussion Syndrome (PCS)**

[...] A week after my BTAA certification, I got a call from my brother, a college football player, asking if I could help fix a "groin pull." His injury responded unusually well to Bowen, triggering a teammate to seek help for an elbow injury, leading to another athlete with a back problem, and yet another with a leg injury.

[...] In mid-season of the second year, three devitalized teammates, each of whom had suffered an impact-related concussion in the same football game, presented for help.

[...] Several hundred thousand concussions occur every year just in U.S high school and college football.

[...] In the entire world, and in every manner of medicine, there is no known remedy for the disturbing symptoms of sport-induced concussion.

[...] Until Bowen!

[...] Bowen therapists will be pleased to note that BRMs 1, 2, 3, Upper Respiratory and

TMJ procedures, skilfully applied with slightly longer than usual cook times to offset trauma-induced neurological overload, have reliably initiated the safe, swift rebalancing and fully asymptomatic recoveries of 33 consecutive sport-induced PCS cases. In the daunting and enigmatic arena of closed-head trauma and brain injury, these are extraordinary results.

Over the course of 9 seasons, 33 medically diagnosed student athletes, ranging in age from 15 to 29 years, have presented with PCS for treatment. [After a single treatment the following results were obtained.]

- 31 of the 33 treated cases (93%) experienced a significant reduction in symptom severity as well as overall betterment one-hour post treatment;
- 19 of the 33 treated cases (57%) were fully asymptomatic within 24 hours;
- 24 of the 33 treated cases (72%) were symptom-free in 48 hours; and,
- 30 of 33 treated cases (90 %) experienced fully asymptomatic recoveries in 72 hours.

Such collectively swift asymptomatic resolution of an incomprehensible and remediless neurological condition is not only clinically significant but also unprecedented.

Perhaps most significant of all, 78% of treated athletes (26 of 33) were independently medically verified as recovered by team trainers or doctors and granted official sports medicine clearance to return to play within 72 hours post-session.

Each of the 26 athletes safely resumed impact sports with no recurring symptoms.

In addition, the three slowest responding, most protracted symptomatic cases also recovered in what is generally considered favourable time.

Two of the 33 athletes (6%) required six days to fully recover and return to play and one of the 33 (3%) required twelve full days to recover and resume competition. All 33 athletes safely returned to play.

Steadily, over the course of nine consecutive years, whenever the opportunity to treat a PCS case presented, Bowen reliably resolved this incessantly recurring, poorly

understood and widespread clinical challenge.

[...] Every year millions of traumatic brain injury cases occur globally from vehicle accidents, falls and other unprotected head impact [...] primarily affecting very young children, teens and senior citizens [...] a compelling need for effective treatment options, easily surpassing the similar needs of worldwide sports.

*Craig Mattimoe, California*

## **Bedwetting**

Over the last several weeks I've had 2 8-year-old boys come to me to resolve their bedwetting. Of course, there is the Bowtech bedwetting protocol to follow but, as usual, I had a look around to see what research existed. I was very pleased to come across the following resource, which proved very helpful with the "theme" of this newsletter, i.e. being a therapist is more than just using the Bowen Technique. In this case, the resource presented some useful data and facts that I could use to re-assure the boys and their parents. The resource is a research paper presented by Charlotte Meerman, Queensland for her Bowen Diploma; and can be found easily with a quick internet search.

The first boy, responded perfectly to the bedwetting protocol and is now "discharged" after 5 sessions because in the last 21 days he wet only twice, and each of those occurred when the family stayed away in unfamiliar surroundings.

The second, has also responded well but more slowly. In this case, I've also supplemented with "mental" conditioning. He boy still wears a nappy at night, unlike the first boy, and during the re-cap on the "metrics for success" in the 2<sup>nd</sup> session it came to light that he weed at approximately 22:30; 02:30; 06:30. I asked his mother what times she fed him as a baby and guess what?!

The "mental" conditioning went along the lines of: "So, your body thinks it's still a baby. Are you a baby, or are you a young lad now?" You can imagine the reaction of an 8-year-old to that line of reasoning.

Suffice to say, he had a significant improvement in the last 3 weeks.

Wearing a nappy at night also provided the lad with warmth and security, so I've also suggested that he wears normal pants under the nappy so that he experiences the discomfort of wet clothing.

We'll see what affect that has along with the re-enforcement of the mental conditioning.

*Dave Riches, Bucks*

## **Enlarged Prostate**

The co-incidence of weeing problems caused by an enlarged prostate and the use of the bedwetting protocol on the two lads got me to wondering whether the bedwetting protocol would also help those with an enlarged prostate. So I've initiated a little study on myself!

A few months ago, I finally went to the doctor after the score between fullstream and dribbles became 50:50. The doctor decided my prostate was only a little enlarged but seemed intent on putting me on the standard medication. A little research on the standard medication and their side-effects whilst he was out of the room convinced me that I'd check with my health food shop whether there were any complementary medicines. And indeed there was one called Saw Palmetto.

I had the medical PSA test, which showed I was a little higher than the norm for my age. Rather than go onto the medication offered by the doctor, we agreed to a re-test in a month to see if the PSA score would go down. I took the Saw Palmetto, had the retest, and the score duly came down to within bounds.

However, the score between fullstream and dribbles got better slightly but was still inconsistent. ☹ After a few weeks, I got to thinking that my body had "forgotten" how to wee properly, and my work with the bedwetting lads made me wonder whether the bedwetting protocol would work for me.

I found a Bowen therapist near to me, who incidentally is ECBS trained, and we had the first session two weeks ago. That week, I reckon the score went to 90:10, and we only

did the BRMs on the first session! On the 2<sup>nd</sup> session, we did the bedwetting protocol and that week the ratio regressed for most of the week, and I felt totally drained. Towards the end of the week, the ratio got a little better but by no means back to the first week.

Of course, there are other metrics associated with enlarged prostate, such as getting signals to wee only when it's necessary to wee. Hopefully these other metrics will improve as we go on. And if you're interested, I'll let you know. ☺

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## *Lucky Prize Winner...*

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...is **Tamara Diaz**, who will receive her prize very soon.

Contribute an article to the next edition and you'll be in with the chance of winning.

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## *Bowen in the Media*

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Great news! Isobel Knight has had a paper published in the latest edition of the reputable American Journal of Medical Genetics Part C. It is published by Wiley Periodicals and should appear in the Wiley Online Library soon. A subscription is required to obtain the paper, however the abstract is replicated here.

**Citation:** Knight I. 2015. The Role of Narrative Medicine in The Management of Joint Hypermobility Syndrome/Ehlers-Danlos Syndrome, Hypermobility Type. AmJ Med Genet Part C 9999:1-7.

### **Abstract**

Joint hypermobility syndrome/Ehlers-Danlos syndrome hypermobility type (JHS/EDS-HT) is a hereditary connective tissue disorder affecting every bodily system. It is largely underdiagnosed by many practitioners, with the result of a considerable delay in diagnosis and, consequently, in the onset of adequate management schedule and treatment.

Patients may also experience to be misbelieved, erroneously considered affected by a psychiatric or psychosomatic disorders, and rejected by the medical profession, which can lead to feelings of anger and resentment. Patient journeys are often long and complicated, but if doctors allowed the patient time to tell the full story, and were more prepared to think holistically, there may be a far more positive outcome.

Here, the patient's perspective is presented with a narrative medicine approach, illustrating the tri-dimensional experience of a JHS/EDS-HT patient, who is also a Bowen Practitioner and a medical writer/educator. Narrative medicine would be invaluable in working with JHS/EDS-HT so that the patient can tell the story, and offer the practitioner a whole picture of her/his suffering and, often, the key for understanding the cause(s).

Once this has been achieved, it might be possible to build upon a more positive and therapeutic dialogue, which would result in better treatment and more effective management. It is also important for doctors to communicate with JHS/EDSHT experts who will ultimately improve the patient journey and treatment outcomes of such a complex connective tissue disorder. © 2015 Wiley Periodicals, Inc.

**KEY WORDS:** Bowen Technique; Ehlers-Danlos syndrome; joint hypermobility syndrome; narrative medicine

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## *THE BOWEN TECHNIQUE - A VEHICLE FOR SPIRITUAL AWAKENING*

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### **The Mystical Side of Fascia**

For a long time I have been reluctant to write, even speak, about the spiritual aspect of the Bowen technique and its potential as a catalyst for spiritual awakening. The main reason is my fear that it would put potential clients off and make some of the existing ones think I might have lost my marbles.



But I would not be true to myself and I would not be doing the Bowen technique justice if I did not speak about it. For this does not take anything away from it, its proven efficacy as a physical therapy remains intact, but acknowledges its unparalleled potential for personal transformation through and beyond the body. How many other therapies have a genuine claim for this?

Bowen has the potential to awaken in you the reality of the invisible and largely unexplored part of yourself that we call the soul, which encompasses emotions, feelings, thoughts, beliefs, memories, and mystical essence or eternal consciousness, and to make you aware of how this invisible part plays a role on your wellbeing. So, how does this happen?

Time after time I witness my clients experience eureka moments, moments of revelation, even of enlightenment. In a multilayered event triggered by the Bowen move, they simultaneously record a physical and a mental happening in which they associate a bodily sensation/issue with an emotional, mental event.

I have seen people letting go of traumatic memories in a second, where the emotional release correlates to a simultaneous physical adjustment or the immediate disappearance of pain. These memories can be mental images, feelings, and also auditory experiences, or all of them at the same time. As a result of this understanding I have seen people forgive in an instant.

I have seen people in awe after seeing long standing patterns of thinking and behavior for the first time, and how they have impacted on their health over time, and receiving guidance and instruction from their bodies as to what they have to do to get better.

In an instant, they connect the dots, understand and release the energy-memory of an event intrinsically connected to their currently health situation. This spontaneous knowing, this orgasmic moment, engages all of who they are: all aspects of the individual respond to Bowen as a coherent whole, as one, and this experience pushes and inevitably expands the limits of our perception.

Through this, we can rise to the next level of understanding: we know in our flesh that, in the words of Caroline Myss, “biography is biology“, that spirit (the invisible, memories, sensations, beliefs, emotional experiences) is body. **This knowing can only be experiential**, and, as such, it borders sometimes on the mystical, or the spiritual. This knowing is sometimes simultaneous with answers or guidance from the client’s inner wisdom.

At an even higher level clients report angels coming to speak to them during the treatment, and even God itself. Let’s be clear that in these cases they only told me weeks after as they had never experienced something like this before and were embarrassed about it, fearing I’d think they lost the plot! Other lives can also be recalled through Bowen, this is an ongoing adventure for me!

As a result of these experiences, people become aware organically, effortlessly, of different realms of consciousness, in a way that they can integrate that knowledge with ease. They acquire a deeper understanding of themselves and the world around them.

Feeling more serene, more confident, self-acceptance, the ability to feel other people’s energies, opening to inner guidance and spirituality are not uncommon side effects of Bowen.

### **How does the Bowen technique do this?**

1. Approach and philosophy of the Bowen technique.
2. What we are working with: the real nature of the human body
3. How the Bowen moves interacts and stimulates healing by working in partnership with connective tissue.

## **1. Approach and philosophy of the Bowen technique.**

### **Body wisdom is king, minimum intervention, no goals.**

When we work, we have no goals and no expectations. We are not imposing an outcome on the treatment, apart from working for the highest good of the client.

We are not here to make the body do what we want, but to allow it to express and

correct itself according to its unique needs and its blueprint of health - the body has a memory of health, but more on that later.

We acknowledge that the body knows best, or the being knows best and that it's got the ability to repair itself. That gives your being/your body-soul system the freedom to tackle the issues you are experiencing, according to their priority, and to work at any level required for true healing - causes, not symptoms - which involves simultaneous physical and emotional transformation.

## 2. What we are working with: the real nature of the human body

### Fascia and connective tissue.

We Bowen therapists tend to say we work on fascia, but let me explain what we mean when we say that: fascia can be described as the layer or structure of connective tissue that surrounds and interpenetrates muscles, organs, blood vessels and nerves. Fascia is a part, or more accurately an aspect, of the body's connective tissues. The key phrase is **connective tissue**, (or "connected" tissue) and the key concept is its nature:

Connective tissue is the name given to the structures formed by connective tissue cells - bones, ligaments, tendons, cartilage, fascia bands and the extracellular matrix (ECM), a viscous substance that surrounds **every single cell of your body**. They are all mainly composed of collagen and water.

The most important concept to grasp is that connective tissue not only gives structure and support to the body, but it also permeates all of it, **there is not a single cell that is not surrounded by it**. This omnipresence, this connectedness, makes the body in effect function as one, as a single organ.

When talking about connective tissue let it be clear that what seems like different structures, bones, tendons, fascia strips are nothing but one single network, for all are made of the same materials in different proportions. It might be helpful to imagine the body as an indivisible unit, to think of structures flowing or shifting into one another with no boundaries in between. So

your bone essence flows and infuses into your periosteum, which then shifts and turns into your ligaments, tendons and fascia, which then reorganizes into the ECM that impregnates and bathes the cells of your muscles, nervous system and beyond.

"Taken altogether, the connective tissue cells and their product act as a continuum."<sup>1</sup>

This is hard to imagine when we are used to see the body as a collection of individual or isolated parts especially when it comes to muscles and bones.

"This form of seeing and defining muscles, however, is simply an artifact of our method of dissection - with a knife in hand, the individual muscles are easy to separate from the surrounding fascia planes. This does not mean, however, that this is how the body thinks or is biologically assembled."<sup>2</sup>

**To recap, there is no separation amongst the structures of the body; everything is intrinsically connected, right down to the cellular level.**

"This network is directly linked to the intracellular matrices of individual cells via proteins that go through the cell membrane."<sup>3</sup>

Taking this a step further, not only your body is one, but your emotional/mental/consciousness aspect cannot be separated from it either. Aren't your thoughts, your emotions, your memories and your beliefs housed and initiated within you, part of you in the same way your blood is? Don't they shape you and your reality?

Emotions, memories and beliefs build and shape the body as much as proteins do. When it comes to the human being, spirit and body are one.

Now, just a little bit more on the properties of connective tissue:

"We really have not done sufficient justice to the connective tissues. For they might be largely responsible for the rapid intercommunication that enables our body to function as a coherent whole and therefore central to our health and wellbeing."<sup>4</sup>

### **Connective tissue as a liquid crystalline continuum:**

“The liquid crystalline continuum of collagen fibres and associated bound water is therefore ideally suited for mediating rapid intercommunication and responsiveness throughout the body. I suggest that it constitutes the body’s “consciousness”, which, apart from the capacity for intercommunication and responsiveness, also includes the faculty of memory.”<sup>5</sup>

Liquid crystals like your ECM are substances between the solid and the liquid states. In them, the molecules are arranged or aligned in a particular direction. One of the most important characteristics is that they can be affected by electric currents. The order or orientation of the molecules in liquid crystals can be manipulated with mechanical, magnetic or electric forces, they have superconducting properties and they can be tuned to different frequencies.

This explains how, by stimulating an area of the body through the Bowen move, which creates an electrical current, we can release or unlock a memory in a highly complex event. At the same time a physical change is instigated, this can be perceived when for example there is a muscular change, but it can also be at cellular level), an energetic/emotional/mental one can also happen. It also explains how a Bowen move performed for example on the foot, can be felt having an immediate effect in a distant area of the body, like the TMJ (see point 3).

Let’s quickly talk about point 3 here:

### **3. How the Bowen move interacts and stimulates healing by working in partnership with connective tissue.**

The Bowen move, a pressure or challenge against a muscle followed by a roll over that muscle, creates a weak electrical current. Weak electrical currents are propagated and amplified throughout the body due to the properties of the connective tissue<sup>6</sup>. There have been many studies into electrical currents and their role in healing; the topic is very complex, but they do promote it<sup>7</sup>.

The electrical current produced by the Bowen move<sup>8</sup> seems very suited to working

with fascia. It does not impose, but gently stimulates its own repairing, self-regulation abilities. It realigns the fibres within the connective tissue, freeing it, promoting pain relief, freedom of movement and better energy flow. Bowenwork optimizes the complex functions of fascia.

### **And how about this consciousness thing?**

New scientific theories about consciousness talk about non-locality: consciousness is distributed all over and throughout the body, and its medium is the connective tissues. Brain consciousness is just another part of the system, but not the only ultimate consciousness.<sup>9</sup>

All organs and structures in the body emit measurable electromagnetic fields. I believe all our physical parts experience, take part in and conform to our emotions and feelings; they are part of our consciousness. The chakra system, in which different emotional and spiritual aspects manifest in different organs and can have an impact on their health, acknowledged this thousands of years ago.

Another interesting property of connective tissue network is that it can be tuned to different frequencies, they are “Tunable responsive systems.”<sup>10</sup>

To tune is to adjust a:

- Circuit, frequency, or the like so as to bring it into resonance with another circuit, a given frequency, or the like.
- Receiving apparatus so as to make it compatible in frequency with a transmitting apparatus whose signals are to be received.
- Receiving apparatus so as to receive the signals of a particular transmitting station.

### **Can our body be tuned to something through the liquid crystalline continuum?**

Taking the argument of non-locality of consciousness a bit further, let’s have a look at Rupert Sheldrake’s controversial theory of morphic fields: “The fields responsible for the development and maintenance of bodily form in plants and animals are called morphogenetic fields. In animals, the organization of behavior and mental activity

depends on behavioral and mental fields. The organization of societies and cultures depends on social and cultural fields. All these kinds of organizing fields are morphic fields.”<sup>11</sup>

Morphic fields are electromagnetic fields that hold information that the individual taps into for different purposes, whether consciously or unconsciously. Specific fields determine the shape of a particular species and hold its collective memories. Places also have fields. Each individual - animal, plant and human - also has its own field.

Mental processes - feelings, emotions, memories - are not in the brain, not in the body, but both in and around them, in what we might call the aura or the human energy field. Mae Wan Ho mentions Ervin Laszlo and his theory of an ambient, collective delocalized quantum field in which memories are stored<sup>12</sup>.

The morphic field is where a blueprint for our body, for our health, might be kept. Something that we can constantly tune into, more or less successfully depending on the condition of our connective tissue, and that's where Bowen can help.

To conclude, it could be that the liquid crystal “antenna” that is our body is tuned into us, into the frequency of our soul, into our consciousness, which is infused in the totality of our body, both reciprocally impressing each other. Consciousness might be somewhere outside the physical body, but able to be expressed through it.

Different aspects of consciousness can be revealed through subtle bodywork like Bowen in an event that encompasses the whole being, such as those I described at the beginning. This event completely outdoes the intellect, which is a very limited part of consciousness, although we have come to see it as the only consciousness.

Doesn't it make sense that if you free up the fascia, the signals into which we tune will be received with much more clarity? Then it will be easier to become aware of feelings and emotions we were blind to before; it will be easier to tune into subtle aspects of ourselves, to make connections and attain realizations we were unable to previously, tune into other people's emotions and

memories, even into animals and other beings, into places and their energy, and into dimensions of consciousness that we were not able to access before.



*Tamara Diaz Garcia.*  
*Leics*

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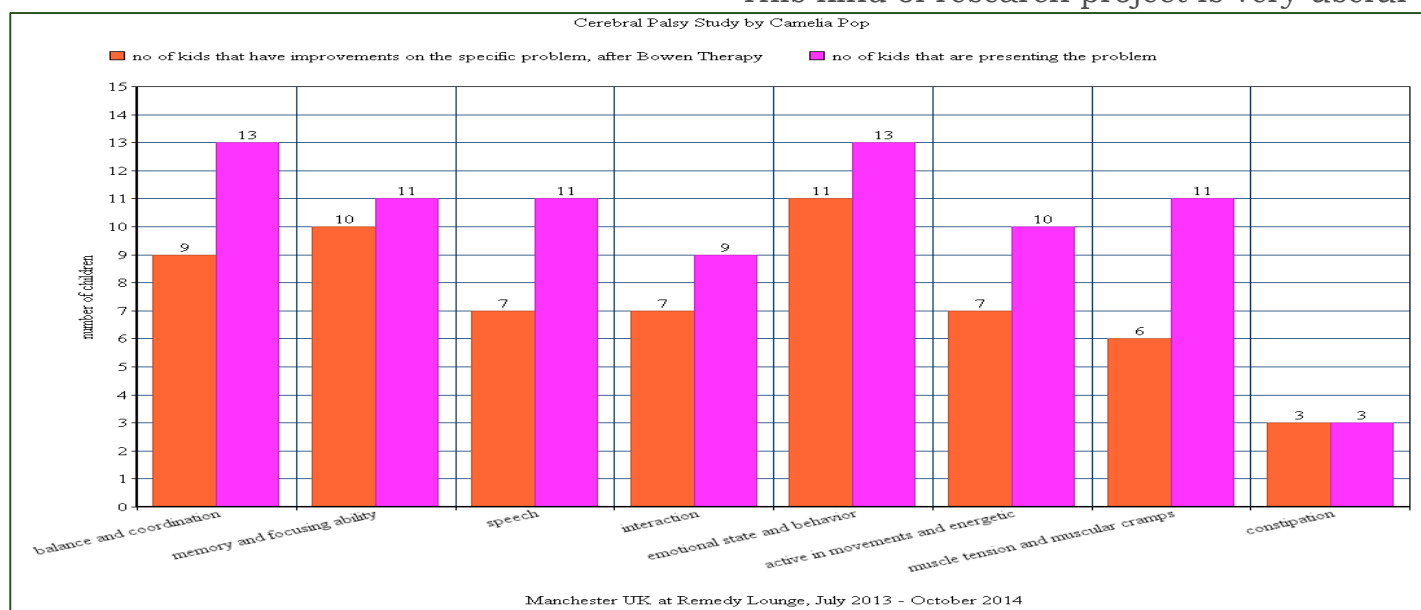
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## Cerebral Palsy Conclusions

13 children joined the Cerebral Palsy Research Project in Manchester and had between 2-10 Bowen sessions, usually 2 weeks apart. The parents rated each child against a set of 17 symptoms, which were measured throughout the study.

Example symptoms included: Ability to walk, Co-ordination, Balance, Urination control, Perform everyday activities, eyesight, Trembling, Emotional State, etc.

The following graph shows the number of children who had an improvement in a particular symptom. For instance 9 children presented a certain degree of weak interaction with the environment and/or with people. 7 out of the 9 kids had an improvement with this problem.



We can see that in a few Bowen sessions the majority of children improved the memory, focusing ability, emotional state and behavior. The balance and coordination were other parameters that were observed and we can see that a good number of children had improvements.

“The results this therapy has had for my son has been amazing. The future now looks fantastic.” - Parent.

It was a rewarding project that surprised me a lot, and I want to encourage parents to try Bowen therapy. It's not only the physical aspect that may improve, but also their emotional side: children become happier,

more confident, interacted more with family, teachers, and learnt more easily.

“Bowen is changing my son's life.” – Parent.

The most rewarding part of this project happened after the project had finished - some parents decided to continue with the sessions. 2 of the kids had been told that would need hip surgery to hold the femurs in their sockets. When they went back to hospital to be re-measured and X-rayed, none of them needed the surgery!

This was such a relief for the parents. After this kind of surgery the children become upset because they can't move for a while and lose their confidence as the muscles are not used and become weak. Now, 1 of these 2 kids has perfect hips and the second kid has improvements of a few millimeters: that means the femurs are closer to the sockets than they were 6 months ago!

This kind of research project is very useful

to publish on the internet because Bowen is relatively new on market compared with other therapies that are maybe 2,000 years old. More and more people research the internet these days in order to decide which complementary therapies they should try for their children. Finding research studies like this, helps them to collate facts and data.

If you have other research ideas please get in touch with BAUK. We can provide practical advice, edit press releases about your project and so on.

*Camelia Pop*

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## IMPORTANT DATE FOR YOUR DIARY

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# 27<sup>th</sup> June 2015 Bowen Association UK AGM. The Cairn Hotel Harrogate.

[www.strathmorehotels.com/cairn+hotel/home/](http://www.strathmorehotels.com/cairn+hotel/home/)

- 9:00-9:30 a.m. arrivals.
- 8 hrs CPD for attendance at the AGM and all the seminars for that day.
- Lunch and refreshments will be included.
- Free parking is available at the Hotel.
- Special room rate at the hotel has been negotiated at £69 per person per night bed and breakfast single occupancy.

### Talks at the AGM – Saturday 27<sup>th</sup> June 2015

- **Kelly Clancy** – *Understanding Assessment from the Perspective of Fascia*
- **Sharon Levin** – *Bowen in the Gym – Incorporating Bowen into an Exercise Regime*
- **John Wilks** – *Where will Bowen be in 20 years' time? Gearing up for being busy!*

## 28<sup>th</sup> June 2015 - Workshop

### *Fascial Lines, Tensegrity and Assessment for Bowen Practitioners*

**Kelly Clancy OTR/L, CHT, LMP, RBI**

Sunday 28<sup>th</sup> June 2015 9.00am – 5.00pm with optional day 2 on Monday 29<sup>th</sup> June

This assessment workshop, designed specifically for Bowen practitioners, will give you the tools to provide a more targeted and effective treatment for your clients. By learning to objectively test and document limitations, you will then be able to choose the most appropriate Bowen procedures, helping to avoid over-treatment, and staying true to Tom Bowen's "less is more" mission. With these objective measures, you will be able to educate your clients on the source of their discomfort, communicate client progress to other providers, and document outcomes for further Bowen research.

### Workshop Objectives:

- Understand the concept of tensegrity and its applications to the fascial system.
- Gain specific knowledge of the fascial lines, the anatomical landmarks within these lines, and the pathologies commonly associated with them.
- Learn to objectively analyse and document postural limitations in the fascial lines, utilizing Myofascial Length Testing.

- Learn to select appropriate Bowen procedures based on Myofascial Length Testing outcomes.
- Learn to objectively evaluate and document pre- and post-treatment measures in order to determine the efficacy of treatment.
- Establish a customized Bowen treatment plan based on objective findings

***Kelly will also run classes (days 1 & 2 of the above class) on Wednesday and Thursday 1st & 2nd July in Sherborne, Dorset as well as a one-day introduction to the LIFT method on Friday 3<sup>rd</sup> July.***

## **Biographies:**

**Kelly Clancy, OTR/L, CHT, SMS, RBI** is the founder and owner of the Seattle Center for Structural Medicine. She graduated from Colorado State University's school of Occupational Therapy in 1987 and completed her sub-specialty training in Hand Therapy in 1994. Kelly was made a registered Bowen instructor in 2010 and completed a three-year Structural Medicine degree through the Institute of Structural Medicine. Kelly holds a certificate in holistic health counseling from the Institute for Integrative Nutrition, and is also on clinical faculty of the University of Washington's rehabilitation department. She teaches nationally and internationally on topics related to manual therapy and fascia. For more information, visit her website at [www.scfsm.com](http://www.scfsm.com)

**Sharon Levin** is a Bowen therapist, specializing in assessment and body alignment. She has developed aerobic, aqua-aerobic, sports specific and wellness programs in South Africa and abroad since the early 1980's and has been an integral part of the transformation of the fitness industry in South Africa. She is an official presenter of workshops and courses for Virgin Active and is certified with the Register of Exercise Professionals South Africa & UK, the International Nordic Walking Federation and the American Council for Exercise.

**John Wilks** has practised the Bowen Technique and Craniosacral Therapy full time since 1995, and works at a multidisciplinary clinic in the south west of England. He has taught Bowen since 1998 in many countries throughout the world. He is the author of 4 books on Bowen and Craniosacral Therapy including the recent *Using the Bowen Technique to Address Common and Complex Conditions*. John was a contributing author to a recent book on Hypermobility Syndromes by Isobel Knight and has completed a new book entitled *Choices in Pregnancy and Childbirth* for Jessica Kingsley which is being published in August 2015. He is currently editing a new book *A Multidisciplinary Approach to Treating Babies and Children* which is to be published in 2016. [www.cyma.org.uk](http://www.cyma.org.uk)

***For more information and booking on courses with Kelly Clancy, Sharon Levin & John Wilks please see [www.therapy-training.com](http://www.therapy-training.com)***

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## Deadline for the next Edition – 1<sup>st</sup> June 2015

Send your articles to [dave.riches@bowen-technique.co.uk](mailto:dave.riches@bowen-technique.co.uk)

We are always eager to hear from you, for example interesting case studies, ways you have found to run your business, charity work you may be involved in, unusual circumstances you have done Bowen in, work on animals or children, events or shows you have been to – also please send in your pictures or post information on our Facebook site.

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