



Part 3 - Maximising the Potential of Your Heart

We can have a whole seminars on listening and observing. Listening to the whispers that come from a person. Listening to your insights - your sudden flashes of insight which we tend, in our culture to ignore and think “that stuff is not important”. When assessing patients James L. Oschman, Ph.D. explains, “It turns out to be the most important stuff there is.”

“Part of the work is done before you touch the patient” is recorded in John Wilk’s book “The Bowen Technique.” which was included in the June issue of Bowen Hands, page 13.

John mentions:

- Listening
- Observation
- Minimal intervention

There is a wonderful book called “blink”. It is about people who solve very complicated problems and it happens in an instant. If you ask, “How did you figure that out?” they will answer “I don’t know. I don’t have any idea.” This is insight.

I believe when the patient walks through the door they are pouring information into your system. You become conscious of a tiny fraction of that information. Only a tiny fraction is picked up by your senses and sent to the brain. The senses pick up everything and send it to the brain. But only some of that information gets into the nervous system. The signals that are strong enough to depolarize receptor neurons.

I think all of the information comes into the body and enters the matrix. I have lectured about this and I have suggested that the matrix, the stuff we are made of and where information is stored and processed. After the subconscious processes that information it whispers to you. It will say, “The left shoulder.” Ah Ha! You say to the person. “How is your left shoulder?” “It’s bothering me.”

Listening, Observation and Minimal intervention

Minimal intervention, less is more, small is powerful. These are the mottos of the homeopath. This concept that deeper problems require more effort, forget that.

When you interact with the energy system of the body you interact with the whole system and I will tell you in a minute that the matrix conducts the information that comes in so it does not have to penetrate down to the place. It will do that anyway. **You do not have to push hard.** So, what’s going on here? Are these frequencies that are coming out of your hand, are they conveying information to cells? Probably. Do the therapeutic frequencies mimic the natural fields for example during movement – when you step on the ground you’re connective tissue is compressed and it sets up pulsing electric fields that move through your body? Maybe, those fields will stimulate the cells. Therapeutic frequencies neutralize free radicals in pockets of inflammation. This is the concept that I am working on now and I will tell you about it.

Amplification:

Small inputs of energy create large effects. The calcium channel is the amplifier. One photon triggers entry of thousands of calcium ions.

Tiny inputs of energy can activate cells and the amplifier is the calcium channel. A single hormone or photon of electromagnetic energy from a vibrating hormone can, and the sequence has been worked out, activate thousands of calcium ions. That is where the amplification takes place. A single photon hitting your

retina will generate a nerve impulse. That’s how sensitive these things are.

Various components of this system are directly affected by magnetic fields. The receptors, the coupling proteins, the calcium channel itself can be activated by a photon. This is based on hundreds of scientific studies (2 Nobel prizes) that show the molecules that control cell behaviour are sensitive to fields. So, it is not a surprise that when you bring your hand near your body things start to happen, in fact some of you have probably noticed that something you would like to happen starts to happen before you even touch the person. The tissues are poised to respond.

The therapeutic touch signal studied by Zimmerman sweeps through the same range of frequencies used in clinical medicine for jump starting the healing process in a variety of tissues.

Where do these signals come from?

We know where they come from. This is the work of the Heart Math Institute in Boulder Creek California. They studied the relationship between emotional state and the fields of the heart and they discovered that when you are frustrated or upset your heart rate goes up and down erratically and when you are in a state of appreciation or affection it smoothes out.

These results were published in the American Journal of Cardiology. They measured the energy spectrum of the electrocardiogram when you

are feeling love and appreciation and affection.

The spectrum is very evenly distributed. They refer to this as “coherence”. For example when your heart is beating 60 beats per minute the fundamental is one cycle per second but there are harmonics.

Like the overtones of a musical instrument, the frequencies of the heart make your life a symphony, if you spend a lot of time in affection and appreciation. When you get angry, anxious and frustrated it all gets jumbled up.

What they teach at Heart Math is, yes the policeman stops you and gives you a speeding ticket and you are frustrated your job is to get back to the appreciation mode as soon as you can for selfish reasons – it is good for you! You have to realize these feelings are expressed as electrical fields that go everywhere in your body through the circulatory system. They induce corresponding energy flows in the people near you.

When you are beginning your therapy session it is not a good time to think of your tuna salad sandwich or “I sure hope he pays cash today so I can have lunch.” No!

Total affection, appreciation and compassion is what works in medicine.

I have a great statistic for you. In the US physicians, on average listen to their clients for 17 seconds. Some doctors will listen for a couple of minutes, some don't listen at all, the average is 17 seconds. This is one of the reasons alternative and complementary therapies are taking over. The public likes these therapies and one of the reasons they like these therapies is because the practitioners spend time with them and many people, in these times need somebody to talk to about their aches and pains and their life in general. It works. **These frequencies go all**

through your body and they affect the people around you.

Feelings of love, care and compassion can all lead to a coherent ECG spectrum. Feelings of anger, anxiety, irritation or resentment all produce incoherent spectra. Remember that these frequencies are conducted to every cell in your body. Remember that these frequencies induce corresponding energy flows in the tissues of the people who are near you.

The therapeutic touch signal, 2, 7, 10, 15 Hertz that is produced by the heart all show up in the spectrum the people at Heart Math have recorded. This all fits together.

The heart generates the body's largest biomagnetic field, which can be measured in the space around the body using the SQUID.

Since healing can be “jump started” with pulsing electromagnetic fields, the harmonics produced by the heart are logically involved in the effects of various complementary therapies.

So we can say that:

Sensitive individuals can feel the field around the body. They can detect the presence of injury or disease.

They can project energy into the body that facilitate healing.

The laws of physics and modern biomedical and biophysical research provide a scientific basis for this.

You will note:

What is coming from the hands?

- Magnetic
- Light
- Heat
- Infrasound

Well, maybe it all boils down to love. It's love that is coming out of your hands. Maybe we can divide it into different forms of energy but what it all boils down to is that the affection you feel for others comes out through your hands.

Maximising the

potential of your heart.

There is a wonderful book “Living from the heart. Heart rhythm. Meditation.” By Puran Bair. In this book Puran describes how to meditate on your heartbeat. Feel your own heartbeat, take your own pulse, put your hand on your chest, stick your finger in your ear, hear the thump, thump in your ear. Just meditate on your heart beat everywhere in your body and when you do that your energy field becomes enormous and you can do no harm with that energy because it comes from a very wise place from your heart.

How are the heart frequencies conducted within the body?

1. The circulatory system
2. The living matrix.

The living matrix.

I will describe the science behind the living matrix. It is a system that goes everywhere in the body. We used to think cells were bags filled with solution. They aren't.

The structure inside cells is called the cytoskeleton and inside the cytoskeleton is the nucleus which has a matrix inside it which is called the nuclei matrix DNA. This is a continuous system which is an import and discovery. It is congruent with the observations of many different alternative therapists that you can touch the body in one place and the whole thing would shift and that happens. This is an energetic and information nervous system but it is not the nervous system, It is a system that conveys information from place to place. It began, with the scientist, Mark Bretscher, Cambridge, England.

A profound discovery by Mark Bretscher

Bretscher was studying a protein in erythrocytes by using radioactive tracers and discovered a major protein which spans the human erythrocyte membrane. Many cells have proteins extending from one

side to the other. This protein crosses the membrane 7 times.

Important molecules called “Integrins” link the cellular matrix with the extracellular matrix and with all of the connective tissues.

The extracellular matrix is “hard wired” to the cytoskeleton and nuclear matrix. The links are both mechanical and energetic.

This concept of a matrix with another matrix around it which is made up of energy fields of the body and within is a smaller matrix. The matrix of space. Space is not empty. It has a structure to it. It is a fabric.

We are a matrix, within a matrix, within a matrix, within a matrix. Space is the matrix we have the most of. The biggest component of the human body is space.

The living matrix is the largest and most pervasive organ-system in the body.

It connects with the tendons, ligaments, the myofascia cartilage, fascia and all that is included in the concept of the living matrix.

Collagen, the most abundant protein in the world and the basic building block of the human body, is a semi-conductor. The matrix system that extends throughout the body, is a semiconducting electronic network.

Many people have thought that living tissue is like an electric circuit and many of the miracles that occur in Bowenwork happen because it is one electric circuit. You are speaking to another electric circuit – your client.

The living matrix goes everywhere in the body. The nervous system does not. The nervous system is made from the living matrix. Of this, Albert Szenr-Gyorgyi said, “The proteins are the stage upon which the drama of life unfolds, such as electrons and protons.”

In the protein backbone he described how the double bonds occur periodically and have a pair of electrons. One of those electrons has

to stay there for structural integrity and the other one is free to move. So, these are mobile electrons. They can move about within the body, carry energy and information and also protect against oxidative stress.

In Bowenwork you move energy. There are two different kinds of energy: REPAIR and REPLACEMENT

A book I recommend is “The extracellular Matrix and Ground Regulation” by Alfred Pischinger. Pischinger’s point is that the cell is not the smallest unit of life.

“The smallest unit of life is the vertebrate organism is a triad: capillary/matrix/cell.

A.T. Still, the founder of Osteopathy says the same thing: “The fascia is the place to look for the cause of disease and the place to consult and begin the action of remedies in all diseases.”

Modern medicine is based on the cellular pathology – medical disease begins in the cell and you treat this by dumping chemicals into the cell. Pischinger says all problems arise in the matrix and then the cells get mixed up.

This is the matrix which you contact with Bowenwork.

An important part about the living matrix is the we do know a lot about it.. It is a whole system which goes everywhere in the body and it is very important

“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”

In Bowenwork you move energy.

What has happened to our medical system? It has no concept of moving energy. In fact, it thinks moving energy is some kind of weird thing. Physics explains how you can move energy.

There are two different kinds of

energy healing.

Repair

- Hands on and electromagnetic therapies
- Use low frequency energy fields.
- Removes inflammation and other blockages
- Opens pathways for communication and cell movements.
- Can take time.

There is another type of healing that you catch out of the corner of your eye, now and then, by some good luck or sensitive operation you hit the magic spot and the whole body shifts. It is spectacular when it happens.

Replacement

- Restoration of pattern
- Quantum holography, morphogenetic field
- Uses extremely high frequency energy fields
- All tissues are regenerated or replaced
- Can be virtually instantaneous.
- Operates over distances.

There is scientific basis behind all this and it is fascinating to look up the books, do the study and apply the scientific facts to your work in Bowen therapy.

Our appreciation to Dr. Oschman for allowing us to reproduce his presentation at Winchester Conference.