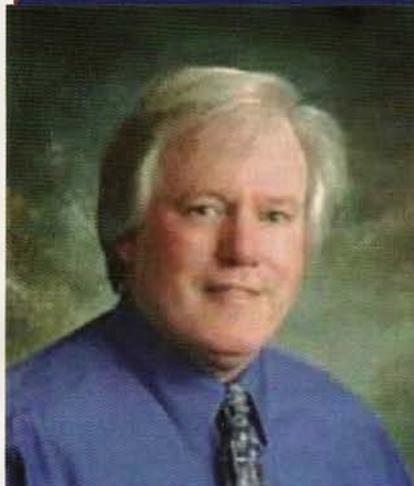


Modern Science Validating Complementary Therapies



Modern research science is validating and explaining the beneficial effects of a wide range of complementary therapies.

James L. Oschman, Ph.D. is one of the few academic scientists who have explored the basis for complementary and alternative medicines. He lectures widely on the energetic phenomena taking place in the therapeutic situation and has developed useful insights that can help all therapists better understand and advance their work and explain it to others.

James is the author "Energy Medicine. The scientific basis." and "Energy Medicine in Therapeutics and Human Performance,"

"I would like to talk about various things that happen before you actually touch the body. **The work is done before you touch the body.** What work? What are we talking about? What kind of energy are we talking about?"

What is energy?

In physics, energy is defined as the ability to do work.

"We all know what it feels like to not have energy, so it is not mystical. In medical circles "energy" is a politically incorrect term and that has to change. You cannot do any form of medicine without some kind of energetic action taking place and these energetic interactions are extremely interesting. This field that is emerging of energy medicine and the field being created with Bowen work is extremely interesting. It is revealing exciting new things about the human body. The value of physics is that it can give us, when talking to other health care providers, a knowledge of the language of energy."

Two laws of physics demystify energetics.

1. Ampere's Law

"In 1820, Hans Christian Orsted accidentally discovered that passing a current through a wire would cause nearby compass needles to rotate. **Electricity can give rise to magnetism!**

This has become a basic law of physics called Ampere's Law.

This is very important. We have what you call the right hand rule. Every electrician knows this. That's with the wire in the middle. When there is no electricity in the middle the compass is pointing to the North pole. When the current flows through the wire you stick your thumb in the direction of the current flow your fingers wrap around in the direction of the magnetic force. So that is the right hand rule.

Ampere's Law explains how currents produced by the heart and other organs give rise to biomagnetic fields in the space around the body.

I use the heart because it is the largest electrical generator in the body and the circulatory system is a good conductor so every heartbeat sends electricity up and down through your cardiovascular system and creates a field in the space around the body (and around your hand, if you are interested in your hand)."

2. Faraday's Law

"In 1831, Michael Faraday discovered that moving a magnet near a conductor induces a measurable current in the wire.

Magnetism gives rise to electricity!

Faraday's Law of Induction is another basic law of electromagnetism.

In Ampere's Law electricity can give rise to magnetism and in Faraday's Law Magnetism gives rise to electricity. I am going to use these two laws to explain how the electricity in your body gives rise to a magnetic fielding in the space around your body and around your hand and those magnetic fields can induce current flows in your patient even before you get your hand on them."

Faraday's Law of Induction explains how your biomagnetic field can induce current flows in the people near you.

"The inductive stage explains how you can begin interacting with your patients through your magnetic field as soon as they come into the room from a distance. The magnetic field of the heart has been measured 15 feet from the body so you are already interacting before they even lie down on the couch. The field can induce current flows when you touch the patient or get near them."

The electrical field of the heart is the strongest field in the body.

The circulatory system is an excellent conductor of electricity.

The heart's electricity is conducted to every part of the body.

The Heart's electricity gives rise to a biomagnetic field surrounding the body.

“We know that the standard system of recording the electrocardiogram is to use leads on the wrist and the ankle.

What I like about this is Richard Gordon who wrote a book on polarity 25 or 30 years ago made a wonderful drawing on the field of the body and what he felt with his hands. About the same time that he was publishing his book scientists at a New Age institution called the Massachusetts Institute of Technology were measuring the field of the body and the heart confirming that what he sensed with his hands was accurate.

Nature uses three tricks from physics to increase the intensity of the heart's field.

1. *the solenoid*

2. *helical conductor around a core*

3. *resonance with other helical structures*

“One is if you want to make a strong magnetic field you make a coil or a solenoid. In the circulatory system the aortic arch has a vortical flow through it. This has been measured using very sophisticated technologies and so the conductor itself, the blood is moving helically, this enables the heart to produce a large field.

Second, if you want to make a strong electromagnetic field you put a metallic core in the middle of the coil. In the case of the human body the helical conductor is the spiral line, these designations are as described in Tom Meyer's book “The Anatomy Trains”

There is the spiral line, and the core of the helix is the muscles in the deep front line and this includes the psoas which we are going to talk about soon. The core muscles are profoundly important and very interesting muscles and the erector spinae act as the core so you can conduct a large field in the space around you.

Another trick the body uses is

resonance. For example, when the orchestra is going to perform the concert master comes out and points to the oboist and plays an ‘A’ note, the concert master tunes the violin and the whole orchestra tunes until everybody is resonant and they are all on the same scale. This is a standard orchestral tuning frequency. These frequencies allow the helical flow of blood and the electrification of the heart muscle to resonate with other helical structures in the body such as DNA and collagen. These are some of the helical structures that play a big part in the body. There is the tuning fork vibrating the air and sending a wave/compression through space producing what is called the tuning fork effect.



When you have two tuning forks tuned to the same frequency if you bang one the other will also vibrate at a distance away.

One of the interesting things that happens, and this is a hypothesis, is that the connective tissue has a tension to it and the tension of the connective tissue will determine its resonant frequency. If a person comes in and they have a tense psoas muscle for example, some of you, perhaps many of you will know which muscles are tense in the person. One of the ways you know is you tune into your own body and you feel what part of your body is resonating with what part of their body. Dolphins are very good at this. If you go to see dolphins in a pool they will come up and they will stick their head out of the water and scan, sending sonar up and down your body and measure

the reflections coming back. From this they know your body tensions and thereby know your emotional state and if you are depressed they will often do something that will make you forget you are depressed. Hence, resonance through the musculoskeletal system.

I was actually present at the famous event that happened with Ida Rolf in the last advanced class that she taught in Philadelphia. This is a famous story. She was almost blind. She was looking forward and one of the students was doing some work on a model out of her line of sight. She couldn't see him. And after a while he was struggling. It wasn't working.

Eventually she said, “No, no no, you're in the wrong place. Down a little bit.” So, he moved his hand down and what needed to happen, happened. How did she do that? I think it is some phenomenon like this where she knew what was happening in other people, where their tensions were, just from tuning into herself. Probably many of you do the same thing. The

tuning fork effect we learn about when we study hormones and receptors we learn a lock and key model. A hormone and receptor interaction. This is a simple model and like simple models it is partly right and partly wrong. Everybody has put a key into a lock and turned it and locked the door. The same applies with substrates and enzymes in cells. At body temperature a hormone will be vibrating and will be emitting an electromagnetic field because it has electrons in it that are moving through space. The receptor that has a similar matching structure should resonate with it. They will fit together and they should resonate. They have complementary structure. Hormones and nerve transmitters do not actually have to touch receptors to interact with them. They can communicate through the electromagnetic field.

What I suggest to you, those of you who have electronic car keys, you know that you can put the key in the lock and unlock your car door but when you get used to it you push the button when you are 20 feet away and the door unlocks. When you do that think of the hormone receptor interactions. Molecules do not have to touch to interact.

I have talked about electronic car keys and a guy said, "Jim when you are too far away from your car and the button doesn't work, try holding it up to your head." I tried it. It worked. Great. I tried it again with my belly, it didn't work. Then I tried it at the base of my spine. It worked. The body is an antenna. In fact, there are probably a number of antennas – the circulatory system, the nervous system, the musculoskeletal system and so on. The base of the spine is a good place to interact with all those. You can use your body as an antenna and this is in part how homeopathy works because it has been demonstrated that people will respond to a homeopathic remedy that is in a glass vial brought into the same room. They will respond with an allergic reaction or some other type of reaction – you don't have to

take the remedy into your body. It is a type of electromagnetic interaction.

At temperatures above absolute zero, atoms and molecules vibrate. Since they are composed of charged entities, such as electrons, they must emit electromagnetic fields.

At temperatures above absolute zero all molecules are vibrating and we have a phenomenon called the emission spectrum of a molecule. If you have a known substance and give it to a chemist, the chemist will run it through the spectrometer and the emission spectrum will tell you what each of these peaks mean and will identify the compound on the basis of the spectrum."

Spectroscopy: one of the most firmly established branches of physics.

"There are two type of spectrum, the emission spectrum where if you heat the molecules the sample gives off light. You can run light through a prism and find out what frequencies are produced. The absorption spectrum also works. You pass a light beam through the sample and certain colours will be absorbed by the molecules and you take a picture of the spectrum and you see dark places where no light has got through. This what the

sample has absorbed and generally the emission spectrum and absorption spectrum are the same."

Never underestimate the power of resonance.

"It is a fantastic phenomenon. Here is an example: In 1963, Pioneer 10 became the first man made object to leave the solar system. On the 30th anniversary of its launch, NASA sent a message to Pioneer, which was then 7.4 billion miles away. A response was received 22 hours and six minutes later. Pioneer's last and very weak signal was received on 23 January 2003, when it was 7.6 billion miles away. Then the power supply ran out. This blow me away, boggles my mind. This is resonance. The transmitter in Pioneer was a 40 watt transmitter. Imagine taking a light bulb and sending it 7 billion miles away and still seeing it. My question is, if the power supply did not run out, would we still be able to communicate with Pioneer 10, would that extend indefinitely into space?"

End of part 1.

In the next issue, "the electricity of touch" and how you "jump start" the healing process.



Robyn Wood enjoyed meeting the eager Module 4 students in Belo Horizonte, Brazil. Robyn was holidaying in Sth America, but called in to assist new Instructor, Rackel deOlivier. The smiles tell the story. We wish Rackel every success in bringing Bowen to South America.

The 'Electricity of Touch' & the Healing Process.

The idea that an energy exchange of some type occurs between individuals is a central theme in many healing techniques. James L. Oschman, Ph.D. explains how scientific research has shown how this energy is used by practitioners to 'jump start' the healing process.

"The concept of an energy exchange between individuals is recorded in a very valuable article called "The Electricity of touch: Detection and measurement of cardiac exchange between people" by Rollin McGraty et al.

"This research is from the Institute of Heart Math, California and they have recorded what happens to your client's brain waves when you touch them or bring your hand close to their body. Even when your hand is a foot away from them your electrocardiogram begins to show up in their brain waves.

(It is interesting to note that in October 1995 at the Institute of Heart Math Research Centre in California Ossie treated patients wired for monitoring with Bowtech. Ossie was also wired while doing the treatments for monitoring purposes. The report of this research is recorded in issue number 15 of Bowen Hands 1995).

What is coming out of the hands? What enters your client's body before you even touch them?

There is the magnetic field of which I will go into some detail.

Light comes out of the hands. Heat comes out of the hands and it can be therapeutic. In fact, if you bring your hand near a persons body sometimes they can feel the warmth from your hands which are the frequencies of the molecules in your hand that are vibrating, living, live molecules that are functioning, broadcasting their information into the patient's body. Hand measurements have shown that very low frequencies called infrasound come out of the human hand. This was done by

measuring what comes out of the hands of chi quo masters. They produce specific frequencies that are too low in frequency to hear but you can pick them up with a microphone.

The very sensitive magnetometer or Superconducting Quantum Interference Device (SQUID) is used to map the biomagnetic fields in the space around the body. This is a very valuable tool.



Biomagnetic measurements in the space around the body give more detailed information than bioelectric measurements at the skin surface

If you compare the electrocardiogram and a magnetocardiogram it is interesting to note that the magnetocardiogram has more information in it.

The reason for that is the electrical recordings that are made at the skin surface record the field of the heart the electricity has to pass through various layers of tissue and it gets distorted on the way, similarly with electrodes on the scalp picking up the so-called brain waves. The biomagnetic

waves are much more detailed and have much more information because the tissues are transparent to magnetic fields. What does this mean? The sensation you feel with your hands is probably more sensitive than anything we can measure at the skin surface."

Modern Clinical Magnetocardiographic Apparatus.

"The reason I go into detail here is because many people do not know that the research has been done. This work is being researched in laboratories all over the world. It is important because many of the alternative and complementary therapies talk about the energy field and it is important to know that it is scientifically measured and not something science fiction cooked up. Physicians are frequently making diagnostic decisions based on the properties of the field of the heart.

Detecting brain waves is like listening for the footsteps of an ant during a rock concert. The signals are tiny and the noise is nearly overwhelming, yet they did it in 1972 when they refined the SQUID sensor and they measured the brain's biomagnetic fields."

Therapeutic application of theses fields

"An example of this is the use of Pulsing Electromagnetic Field Therapy (PEMF) for delayed union of fracture. One of the underlying causes of delayed union or fracture nonunion is chronic inflammation.

In the early 1980s, Brighton, Basset and others demonstrated that fracture 'non-unions' could

be stimulated to heal using tiny electric and magnetic fields. First they demonstrated that they could put pins in the bones on either side of the fracture site and pass a tiny current through the fracture site and the bone would begin to heal. Later they got the brilliant idea of using Faraday's Law of induction using coils that were placed on either side of the fracture site and for eight hours a day the patient would turn on the coils and the bone would induce a current flow through the fracture site and it worked.

Andrew Basset has said, "Jump starting a car with a dead battery creates an operational machine; exposure of a nonunion to PEMF's can convert a stalled healing process to active repair, even in patients unhealed for as long as 40 years!"

And I am sure you have seen this happen sometimes in your clinics that someone comes in who has a problem that has been a persistent problem for a long time and you do what seems, not much. The outside observer would say, "What did you do? That wasn't much!" You jump start the healing process. It is wonderful when that

happens.

This was so successful with bone that medical researchers tried it on other tissues and they found each tissue responds to a different frequency."

- **Nerve – 2 Hz**
- **Bone – 7 Hz**
- **Ligament – 10 Hz**
- **Capillaries and Skin 15 Hz**

"Each tissue responds to a different frequency. The signal must be very low intensity. They must be of the level of about when you bring your hand near a person. That doesn't sound like a lot of electricity. What is induced into the tissues it turns out it has to be very low intensity and we shall see why shortly.

Therapists can emit low frequency, low intensity biofields from their hands.

Using the SQUID Dr John Zimmerman studied the therapeutic touch of practitioners to see what comes out from their hands when they do their healing work. When the practitioner is holding their hand over the client, not touching, the SQUID detector is placed near the hand. The practitioner closed his eyes, cleared his mind and allowed

his signal to come out of his hands and it is a strong signal. It is a pulsating electromagnetic field, sound familiar? It varies in frequency through the range of 0.3 to 30 Hz. Biomagnetic fields were measured by Zimmerman before and during therapeutic touch session. Pulsing signal varied in frequency from 0.3 to 30 Hz, with most of the activity in the range of 7-8 HZ.

It turns out that this signal coming out of the hands sweeps up and down through the same range of frequencies that medical researchers have shown will jump start the healing process in various tissues.

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

I asked DR Zimmerman for a time recording of the sample. During one particular second there was 15 Hz and this is the frequency that stimulates capillary formation and fibroblast proliferation and beneficial effects on the skin. Then the frequency went down to 10, the frequency



Nancy Pierson's Deep Anatomy class at the picturesque Crystal Lake, WA assisted by Karin Twohig.

that works on ligaments. Then it went down to 7, that is the bone growth frequency then it went down to 2 which is the nerve regeneration signal. In other words what was coming out of the therapeutic touch healer were the frequencies that medical researchers have identified, through very careful research that can stimulate healing in these different tissues. This, for me, was exciting. It was a nice intersection of western, biomedical research with the experiences of complementary and alternative therapists.

So that was very satisfying and very nice. Why low intensities? What is this all about?

Tiny fields can have big effects on cells. We are composed of a colony of micro organisms all of which are living things paying close attention to the world around them for survival reasons. Our cells are trying to survive as we are as intact beings. Cells are listening to their environment. Cells are amplifiers of very tiny signals. The bone growth signal used in orthopaedic surgery, and virtually every orthopaedic surgeon has

prescribed this system, has to be tiny. We are talking Nano watts and virtually no heating. I say this because there is old literature that says you cannot affect a living thing unless you heat the tissue. **It is not true.** You do not have to heat or ionize tissue to have a biological effect.

Induced electrical power of more or less than these levels was less effective. Rubin et al 1989.

This was placed into a nice context by the late Ross Adey who developed the concept of a frequency power window. You have to have the right frequency and you have to have the right intensity. If either one is off you do not get the maximum effect.

This is the explanation for what is happening in many complementary and alternative therapies. Patients present with horrible problems. In some cases so-called incurable diseases. "I am sorry, Sir. You will have to take pain killers for the rest of your life unless the pharmaceutical industry will find a drug that may some time cure your problem." They go to the alternative practitioner as a last resort. **They go to a Bowen**

practitioner, and what appears to be a very minor intervention jump starts the healing process. It's like BLING, off it goes.

Modern biophysical research has confirmed that tissues respond to very tiny energy fields of the appropriate frequency, intensity and pulse shape.

If you are not getting results, try less energy or shorter treatments.

Physiotherapists report, "We use ultrasounds and have found if we turn the intensity down it works better. This is not the usual way we think in this culture. We think if we are not getting results we push harder. Exert more. Well, my message today is try less. The work of complementary therapists is getting easier the lighter touch is getting better results. **Bowen appears to be really the extreme example of the power of the light touch.**

End of Part 2.

In the next issue, "maximizing the potential of your heart" and "how we use energy fields for healing".



*SPORT BOWEN in Linz, Austria...
While Australia was having bush fires
I was knee deep in snow!
Regards
Robyn Wood*



Rev Course, Scotland in April, 2009. L to R: Trevor Griffiths, Instructor, Julia Blake, Caroline Madden, Rosemary MacAllister, Irene McBride, Maureen Ryan, Katrina Potter, Gerry Ryan, Jean Hanlin, Fiona Campbell, Graeme Brown and David Murphy.



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 depolarise 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 neutralise 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.