Alternative Modalities
# Table of Contents

Acupuncture: Qigong – Tai Chi .......................................................... 1
Alexander Technique ........................................................................ 6
Ayurvedic Techniques ...................................................................... 9
Color Therapy .................................................................................. 12
The Feldenkrais Method® ............................................................... 15
Healing with Food .......................................................................... 17
Hellerwork ....................................................................................... 23
Herbs/ Homeopathy/Flower Essences ........................................ 25
Polarity Therapy ............................................................................. 29
Reiki ............................................................................................... 32
Rolfing® - Structural Integration .................................................. 35
Thai Massage ................................................................................. 37
THE TRAGER® APPROACH ......................................................... 39
Yoga/Meditation ............................................................................. 42
**OVERVIEW**

Chinese medicine often called "Oriental Medicine" or "Traditional Chinese Medicine (TCM)," encompasses a vast array of folk medical practices based on mysticism. It holds that the body's vital energy (Chi or Qi) circulates through channels, called meridians, which have branches connected to bodily organs and functions. Illness is attributed to imbalance or interruption of chi. Ancient practices such as acupuncture, Qigong, and the use of various herbs are claimed to restore balance.

**Acupuncture** - is one of the oldest and most commonly performed types of medical procedure. The literal meaning of Acupuncture is “needle piercing.” As the name suggests, the procedure of acupuncture involves penetrating the skin with solid, metallic needles that are very thin. Acupuncture has grown in popularity in the United States since the 1970s and is now widely regarded as a safe and effective treatment for a variety of conditions.

According to Chinese medicine, the unimpeded flow of Chi, along with a balanced Yin and Yang, account for a person's overall health. Acupuncture targets more than 2,000 acupuncture points along these pathways to ensure the proper flow of energy through the body. Most acupuncturists espouse the traditional Chinese view of health and disease and consider acupuncture, herbal medicine, and related practices to be valid approaches to the full gamut of disease. Others reject the traditional approach and merely claim that acupuncture offers a simple way to achieve pain relief.

**Qigong** - is an increasingly popular aspect of Chinese medicine involving the coordination of different breathing patterns with various physical postures and motions of the body. Qigong is mostly taught for health maintenance purposes, but there are also some who teach it, especially in China, for therapeutic interventions. Various forms of traditional Qigong are also widely taught in conjunction with Chinese martial arts, and are especially prevalent in the advanced training of what are known as the Nei Chia (internal martial arts).

There are currently more than thirty three hundred different styles and schools of Qigong. Qigong relies on the traditional Chinese belief that the body has an energy field generated and maintained by the natural respiration of the body, known as Qi. Qi means breath or to breathe in Mandarin Chinese, and by extension the energy produced by breathing that keeps us alive; gong means work or technique. Qigong is then "breath work" or the art of managing the breath to achieve and maintain good health, and especially in the martial arts, to enhance the leverage and stamina of the body in coordination with the physical process of respiration.

Qigong and its intimate relation to the Chinese martial arts are often connected with spirituality. They have thereby been considered the province of religious practitioners in the popular imagination for many centuries. This link is much stronger than with other techniques in traditional Chinese medicine. Qigong was historically practiced extensively in Taoist and
Buddhist monasteries as an adjunct of martial arts training, and the claimed benefits of martial Qigong practice are widely known in East Asian martial traditions and popular culture. As well, the traditional teaching methods of most Qigong schools (at least in Asia) descend from the strict teacher-disciple relationship conventions inherited in Chinese culture from Confucianism. The bond between Qigong and religions is an important factor for the many forms of Qigong.

Attitudes toward the basis of Qigong vary markedly. Most Western medical practitioners, many practitioners of traditional Chinese medicine, as well as the Chinese government view Qigong as a set of breathing and movement exercises, with possible benefits to health through stress reduction and exercise. Others see Qigong in more metaphysical terms, claiming that breathing and movement exercises can influence the fundamental forces of the universe.

Tai Chi – Historically, T'ai Chi Ch'uan has been regarded as a martial art, and its traditional practitioners still teach it as one. It has developed a worldwide following among many thousands of people with little or no interest in martial training for its benefits to health and health maintenance. Some call it a form of moving meditation. T'ai Chi theory and practice evolved in agreement with many of the principles of traditional Chinese medicine. Besides general health benefits and stress management attributed to beginning and intermediate level T'ai Chi training, many therapeutic interventions along the lines of traditional Chinese medicine are taught to advanced T'ai Chi students.

T'ai Chi Ch'uan as physical training is characterized by its requirement for the use of leverage through the joints based on coordination in relaxation rather than muscular tension in order to neutralize or initiate physical attacks. The slow, repetitive work involved in that process is said to gently increase and open the internal circulation (breath, body heat, blood, lymph, peristalsis, etc.). Over time, proponents say, this enhancement becomes a lasting effect, a direct reversal of the constricting physical effects of stress on the human body. This reversal allows much more of the students' native energy to be available to them, which they may then apply more effectively to the rest of their lives, families, careers, spiritual or creative pursuits, hobbies, etc.

The study of T'ai Chi Ch'uan involves three primary subjects: Health - an unhealthy or otherwise uncomfortable person will find it difficult to meditate to a state of calmness or to use T'ai Chi as a martial art. T'ai Chi's health training therefore concentrates on relieving the physical effects of stress on the body and mind. Meditation - the focus meditation and subsequent calmness cultivated by the meditative aspect of T'ai Chi is seen as necessary to maintain optimum health (in the sense of effectively maintaining stress relief or homeostasis) and in order to use it as a soft style martial art. Martial art - the ability to competently use T'ai Chi as a martial art is said to be proof that the health and meditation aspects are working according to the dictates of the theory of T'ai Chi Ch'uan.

HISTORY

Acupuncture is an ancient system of treatment. It is part of the discipline of traditional Chinese medicine. Acupuncture is not, nor has it ever been, a complete system of medicine in its own right. It is, however, effective in many conditions which have often not responded to conventional approaches.
The main use of Acupuncture is in treating chronic and painful conditions such as arthritis, headaches and migraines. After tooth decay and the common cold, these are the most common afflictions of the human race. Its effectiveness has enabled acupuncture to survive against, at times, enormous odds. It was banned by law in China at the beginning of this century but continued to be practiced as folk medicine. Interest by Western doctors in acupuncture was stimulated by President Nixon's visit to China in 1972. Since that time medical interest in the subject has grown apace, underpinned by a number of important discoveries pointing to the effectiveness of Acupuncture.

Qigong under various names has a long history in China. The written records referring to qi and its effects are as old as 3,300 years (Shang dynasty oracle bones, Zhou dynasty inscriptions). Numerous books have been written about Qigong during the subsequent history of China.

In ancient China, people came to believe that through certain body movements and mental concentration combined with various breathing techniques, they could balance and enhance physical, metabolic and mental functions. These movements were worked out over time by exploring the natural range of motion through the joints, as well as drawing on motions in imitation of various animals. This research was passed down and refined according to teacher-disciple relationships of lineage or apprenticeship. This accumulated body of traditional knowledge is known as Chinese traditional Qigong. In later centuries, these practices became more standardized, very often associated with religious practitioners:

- For example, incense burning was originally used to measure time and also to repel insects during Qigong practice, and eventually became an important part of the meditative process itself. Over time, new forms of Qigong were created and passed down through various schools; Taoist, Buddhist, Confucian, Neo-Confucian, Chinese medicine, and the traditional Chinese martial arts.

- In the 1950s, researchers began studying Qigong using the scientific method, with peer-reviewed and controlled studies of various techniques to provide a scientific evaluation of claims for the efficacy of Qigong. Scientific study of this topic is still active emphasis in eastern countries; although research into the medical benefits is also active in western countries.

- Now various medical universities issue Bachelor's and Master's degrees in Qigong, or include Qigong in their curriculums.

Tai Chi's history is a difficult one, since it is often difficult to sort out fact from legend. But it can be said loosely, at least, that Tai Chi traces its roots back to approximately the 2nd millennium B.C. with the practice of yoga in ancient India. In China, yoga came to be developed into what is called Saolin chuan ("chuan," briefly, means boxing). In the 13th century A.D., a Taoist monk by the name of Chang Sang Feng developed what has come to be known as Tai Chi. Subsequently Tai Chi came to be associated with different families in China. These family names came to designate the different styles of Tai Chi. The Tai Chi family or style from which all other current styles or families of Tai Chi developed was the Chen family. A man by the name of Yang, subsequently studied with the Chen family and later modified the Chen style, thus developing the Yang style of Tai Chi Chuan. The Yang style is the most common traditional
Acupuncture: Qigong – Tai Chi

style of Tai Chi Chuan practiced today. The Yang style has three different forms that are practiced: the simplified form, the short form, and the long form.

**EASTERN TECHNIQUES IN PRACTICE**

Traditional acupuncture, as now practiced, involves the insertion of stainless steel needles into various body areas. A low-frequency current may be applied to the needles to produce greater stimulation. Some practitioners place needles at or near the site of disease, whereas others select points on the basis of symptoms. In traditional acupuncture, a combination of points is usually used.

Qigong has four major areas of application:

**Healing Qigong (Yi Gong)** (sometimes translated "Medical Qigong") - is the preventive and self-healing aspect of Chinese medicine. Qigong teaches us how to control our reactions to stress so that life events do not cause such symptoms as high blood pressure, frustration, or anxiety. Healthy people practice Qigong to become super-healthy. Healers use Qigong to prevent "healer burn-out" and to maintain a positive presence.

**External Qi Healing (Wai Qi Zhi Liao) (EQH)** - Qigong includes a sophisticated system of health assessment and non-contact treatment. The healer learns to tap into a well of healing energy in nature and "funnel" it through his or her body. Unlike some purely intuitive systems, EQH includes exercises that increase sensitivity to energy fields and efficacy of treatment. External Qi Healing techniques may be used as a stand alone form of wellness treatment or may be combined with massage, acupuncture, Therapeutic Touch, osteopathy, or any other form of body-work. Because treatment is generally performed at a distance from the body, EQH does not violate psychotherapists' professional ethics (which do not allow touching the patient) and is thus an ideal adjunct to body-centered psychotherapy.

**Sports Qigong (Wu Gong)** - In sports and martial arts, Qigong is the key to strength, stamina, coordination, speed, flexibility, balance, and resistance to injury. Qigong exercises can improve performance in any sport, improving the golf drive, tackling ability in football, accuracy in tennis, and stamina in swimming.

**Spiritual Qigong (Fo Gong, Tao Gong)** - As a spiritual discipline, Qigong leads to self-awareness, tranquility, and harmony with nature. The spiritual aspect of Qigong evolved from Taoism and Buddhism.

Qigong can be individual movements—think of doing one yoga posture with some breathing. Qigong can be sets of these movements—think of several yoga postures stopping in the middle to transition to the next one. Qigong can also be a form—a continuous series of different movements. Qigong is incredibly healing; but broad claims don’t make much sense. For example, let’s say that “Qigong cures migraines”. The question would be which type/set? Perhaps one series of exercises would do it; but another wouldn’t.

T'ai Chi Ch'uan techniques are said to physically and energetically balance *yin* (receptive) and *yang* (active) principles. The core training involves two primary features: the first being the solo form or *quan* or *ch'uan*; a slow sequence of movements which emphasize a straight spine,
relaxed breathing and a natural range of motion; the second being different styles of *pushing hands* or *t'ui shou* for training "stickiness" and sensitivity in the reflexes through various motions from the forms in concert with a training partner in order to learn leverage, timing, coordination and positioning when interacting with another. Pushing hands is seen as necessary not only for training the self-defense skills of a soft style such as T'ai Chi by demonstrating the forms' movement principles experientially, but also it is said to improve upon the level of conditioning provided by practice of the solo forms by increasing the workload on students while they practice those movement principles.

The solo form should take the students through a complete, natural, range of motion over their centre of gravity. Accurate, repeated practice of the solo routine is said to retrain posture, encourage circulation throughout the students' bodies, maintain flexibility through their joints and further familiarize students with the martial application sequences implied by the forms. The major traditional styles of T'ai Chi have forms which differ somewhat cosmetically, but there are also many obvious similarities which point to their common origin. The solo forms, empty-hand and *weapon*, are catalogues of movements that are practiced individually in pushing hands and martial application scenarios to prepare students for self-defense training. In most traditional schools different variations of the solo forms can be practiced; fast/slow, small circle/large circle, square/round (which are different expressions of leverage through the joints), low sitting/high sitting (the degree to which weight-bearing knees are kept bent throughout the form), to name a few.
**OVERVIEW**

The Alexander Technique is a therapeutic bodywork method which focuses on training in posture, body movement and positioning. The Alexander Technique is a method that works to change (movement) habits in our everyday activities. It is a simple and practical method for improving ease and freedom of movement, balance, support and coordination. The technique teaches the use of the appropriate amount of effort for a particular activity, giving you more energy for all your activities. The Alexander Technique is a method which helps a person discover a new balance in the body by releasing unnecessary tension. It can be applied to sitting, lying down, standing, walking, lifting, and other daily activities.

Alexander Technique is different from other approaches. It is not a treatment, such as chiropractic or massage. Any treatment has its own unique benefits. The Alexander Technique's unique contribution is a mode of self-management that gives you independence in maintaining your health. Rather than being solely a recipient, you learn to soothe your own nervous system, release your own muscles and balance your own structure. Alexander skills also make you a more informed, receptive patient when you do need any kind of treatment.

It is not a set of exercises such as those you might learn in yoga, physical therapy, Feldenkrais, Pilates or the gym. Because the Alexander Technique is a way to heighten awareness of how you move and to better coordinate your body during activity, it helps you do specific postures, procedures or exercises with less strain and more comfort. Since it is a tool to improve your overall coordination, you become a more intelligent exerciser who can focus effort during a strenuous challenge. You learn more about the body, and bring that refined understanding to a class or set of stretches.

**HISTORY**

The Alexander Technique was first developed in the 1890s by an Australian named Frederick Matthias Alexander. As a young and promising actor, Alexander faced a problem which risked ending his career - his voice would become increasingly hoarse during performances, until he could barely produce any sound at all. He consulted doctors, but they could not diagnose any specific disease or cause of the hoarseness. If there were no clear medical cause for his problem, Alexander reasoned that he might be doing something wrong when reciting, leading him to strain or "misuse" his own vocal organs. As his only resort was self-help, he decided to observe his way of speaking and reciting to see whether he could spot anything unusual and find a solution.

He watched himself in mirrors and discovered that he tensed his body when performing. The effort of projecting his voice made him bring his head down, which in turn restricted his vocal cords and impaired deep breathing and voice control. Alexander eventually modified the way he used his body when performing and found that he could overcome the “startle reflex pattern”, as he called it.
Alexander Technique

Alexander began to teach his methods of body realignment, moving in London in the early 1900’s; later going to the US where it also gained widespread recognition. The Alexander techniques are based on the principle of extending the spine, allowing it to reach its optimal length, and generally to redeploy the body’s entire muscular system. Exercises are geared toward restoring natural posture and ease of movement with minimal muscular effort. A common phrase used to describe the ideal movement is “the head leads, the spine follows.”

Up to the 1930s, Alexander taught his technique to pupils solely as a means of their helping themselves. A few of his keenest pupils gradually became assistants and teachers in their own right by apprenticeship. Then, in 1931, Alexander opened a formal teacher training course, so that an entire group of students could learn the skills needed to teach the Technique to others. He kept his three-year training courses running until his death at the age of 86. In 1958, three years after his death, his graduates founded the Society of Teachers of the Alexander Technique (STAT), to preserve and continue the work according to the standards Alexander had created (see About STAT) and training methods have continued to evolve.

ALEXENDER TECHNIQUES LESSON

A client would learn the Alexander technique in the form of lessons instead of sessions.

During an Alexander lesson, you don't remove your clothes. Nor is any kind of special clothing required - though as table work often forms part of the lesson, women pupils usually feel more comfortable wearing slacks, or jeans, rather than a skirt.

Alexander lessons are not painful. There is nothing physically aggressive about the work. On the contrary, it is a process of allowing the pupil to release tension and the harmful habits that were responsible for it - at the pace that suits him or her, individually.

During the lesson your teacher will be observing your posture and movement patterns. She will also supplement the visual information in a very important way by using her hands, gently placing them on your neck, shoulders, back and so on to get more refined information about your patterns of breathing and moving. To help her with this, she will probably ask you to perform some simple movements - perhaps walking, or standing up or sitting down in a chair - while her hands are kept in easy contact with your body. The teacher's hands will gently guide your body to encourage a release of restrictive muscular tension.

A lesson usually lasts between thirty and forty-five minutes. It will probably take a few lessons for you and your teacher to get an idea of how quickly you will make progress. The majority of students come for between twenty and forty lessons during a period a few months, and then, a refresher lesson, or groups of lessons, from time to time.

The Alexander technique is not viewed as a cure all, but improvements in the way we hold and use our bodies can improve many people’s overall health and movement. Alexander techniques are suitable for all kinds of occupations. Improvements in posture can be accompanied by health benefits such as greater mental alertness, better sleep, increased resistance to stress and enhanced performance of physical tasks.
ALEXANDER TECHNIQUE TRAINING

There are several thousand Alexander teachers worldwide. Most of them have completed a three-year full time training course and are certified teaching members of one or more Alexander Technique professional societies. Typically, these societies require successful completion of a 3 year full-time study program at an accredited teacher training course - 1500-1600 hours of instruction.

A number of teachers have trained more informally on an apprenticeship basis. Some professional societies have a waiver process allowing these teachers to become certified based on a peer-review process or, in certain cases, requiring attendance at an approved training course and approval by the Director. Some of these informally-trained teachers have elected not to be certified by a professional society. For more information about the Alexander Technique, consult: http://www.alexandertechnique.com
Ayurvedic Techniques
By Linda Dumbrigue

OVERVIEW

Ayurveda is India's ancient holistic healing science, the "Mother of all healing". Ayurveda means science of longevity. Besides healing and prevention, it focuses on rebuilding the cells and tissues to support longevity. Ayurveda is considered to be a spiritual science as its goal is to help with one's Self-Realization.

One extraordinary feature of this science is its method of personalizing each person's healing path through the insight of different body types or constitutions, called doshas (Vayu or air, Pitta or fire and Kapha or water). Through this individualizing of healing, balance of health is restored gently.

A second major exceptional virtue of Ayurveda is its broad based set of tools which may be used for healing. It offers methods for each of the five senses, taste- herbs and nutrition, smell- aromatherapy, touch- Yoga, gem and massage therapies, sound- mantras and sight- color therapy. Lifestyle suggestions are also offered.

Because of its deep and comprehensive insights, Ayurveda can help babies, children and teenagers, adults, seniors, and during pregnancy. Ayurveda offers therapies for all health concerns, from colds to cancer, emotional issues to epilepsy. Therapies cover hereditary, congenital, chronic or mild concerns.

HISTORY AND THEORY

At the essence of all of life exists five elements; ether, air, fire, water and earth. People, plants, pets, trees, foods, activities, colors, smells, etc., all are comprised of these five essential elements. Ayurveda notes that these five elements are responsible for and affect everything. Even diseases are nothing but excesses of one or more element. For example acid indigestion or hot temper is excesses of heat. Correspondingly, the stomach and spleen could be said to be containing too much heat (i.e., an imbalance of heat).

Perhaps the most outstanding quality that traditional Ayurveda offers is that it finds the root-cause of illness. By that healing is not only gentle but effective. The healing theory behind this system is that balance of the three elements (Vayu, Pitta and Kapha) is the state of health. An illness is merely and excess or deficiency of one or more of the elements. For example, excess air can cause spacey minds or physical gas. Fire overabundance can create heat rash or a hot temper. A overabundance of water may lead to lethargy, overweight or water illness in the chest region.

Ayurveda recognizes that all things in life are interconnected from the essential elemental level. Food, frame of mind, career, relationship, exercise, and spiritual life all have an effect on one another and all directly influence one's physical, mental and spiritual well being. The five senses are the gateways that bring in these influences; what one sees, hears, smells, touches, tastes
Ayuverdic

affects all areas of health and life. The mind also plays a major role in how we act and react to the information and experiences gathered from the senses.

When the mind is calm and clear, one handles a situation much better. The same situation, the same people or stresses exist at all times. How one deals with these situations will differ depending upon one's mental frame of mind.

Therefore Ayurveda recommends persons take time to nurture all areas of life to maintain the whole (or holistic) balance. Life is like a web, if you shake one area of the web, the entire web shakes. Like that, what one does in one area of one's life affects all areas. Thus Ayurveda's tailor-made health suggestions offer people a holistic approach to healing, prevention and longevity. Each person learns better through a different sense, so one can choose which therapies they prefer to work with. In this way healing becomes fun- not a punishment.

Balance is achieved through foods, herbs, exercise, lifestyle, spirituality, etc. For example, some foods increase air, like broccoli. When imbalanced, a Vayu dosha person will likely develop gas or constipation from broccoli due to its cool, drying nature (i.e., bitter taste). Yet broccoli will help balance the Pitta or Kapha dosha because its cooling nature helps Pitta and its drying nature balances Kapha.

Like this, all things – music, exercise, massage, etc., offer different elemental choices. By learning one's dosha and which things in life balance or imbalance our dosha, individuals can better take control on their health and lifestyle.

TREATMENTS EXPERIENCED WITH AYURVEDIC SCIENCES

Herbology - Herbs are the most effective, powerful, yet gentle form of healing in Ayurveda. Herbs are easily digested and closer to the essential elements, compared to vitamins, minerals, etc. They provide quick assimilation into the body for fundamental nutrition. Herbs have cooling/drying, heating and moistening effects, allowing one to tailor their use according to one's dosha. Herbs specifically help organs Herbs also target the tissue layers; plasma (rasa), blood (rakta), muscle (mamsa), fat (medas), nerves/joint fluid (majja), bone (asthi), and reproductive fluid (shukra).

Nutrition - Like herbs, different foods are better for some doshas while aggravating other doshas. In each food group, certain foods are good for some doshas but not others. Ayurveda offers the insight into which foods are good for which dosha. In this way persons can eat something from each food group; they don't have to deny themselves any food group. Thus meals are rather normal; there are no strange or extreme diets involved. Foods also have specific healing qualities. For example bitter vegetables are good for diabetes, cranberries are good for kidney problems, etc. Thus the knowledge of food compatibility according to dosha and according to disease or organs provides one with a very powerful healing and prevention therapy.

Aromatherapy - While foods are very helpful for the body, aromas and color therapies help balance the emotions and mind. Aromas can be in the form of incense, essential oils, soaps, scented candles, sachets, etc. Aromas are also specific for each dosha. Sandalwood is good for all doshas and is very useful for stress, worry, anxiety, nervousness, anger, impatience etc.
Ayurvedic

Frankincense is good for fear and lethargy. White flowers like jasmine and gardenia are specific for anger and impatience. Jasmine, ylang ylang and patchouli are useful for depression.

Meditation - Meditation is very simple. A meditative mind is one of calm awareness. Meditation can take forms. In short, whatever brings mental peace.

Color Therapy - Like aromatherapy, this modality is especially helpful for emotional or mental concerns. While aromatherapy works through the sense of smell, colors heal through the channel of sight. Color therapy is applied to one's clothing, home and office. An example of color therapy would be using the colors white, sky blue or pink to calm down.

Exercise - We now move into the wider range of holistic healing measures. It is important that the body be fit. Exercise programs vary according to dosha.

Lifestyle counseling and spiritual counseling are commonly included.
Color Therapy
By Linda Dumbrigue

OVERVIEW

Color therapy is the use of color; which is an energy source, to treat a disease condition, emotional issues or imbalance in our body. It is based on the fact that physiologic functions respond to specific colors. Different colors will affect us positively and negatively, as each color has both positive and negative qualities. The intent of using color therapy is to affect a positive change in our health and well-being; either psychologically, and/or physiologically. Each color in the rainbow gives off certain vibrations. These vibrations affect our bodies; therefore, color therapy can be used even with people who are blind, and thus cannot see color. Color therapy can be used as a complement to other alternative health treatments like massage, and aromatherapy.

Before looking into examples of how color therapy has been put into practice, here are some specific colors and their proven effects.

- **Black**: self-confidence, power, strength
- **Blue**: calming, lowers blood pressure, decreases respiration
- **Green**: soothing, relaxing mentally as well as physically, helps those suffering from depression, anxiety, nervousness
- **Violet**: suppresses appetite, provides a peaceful environment, good for migraines
- **Pink**: used in diet therapy as an appetite suppressant, relaxes muscles, and relieves tension, soothing
- **Yellow**: energizes, relieves depression, improves memory, stimulates appetite
- **Orange**: energizes, stimulates appetite and digestive system
- **Red**: stimulates brain wave activity, increases heart rate, respirations and blood pressure, excites sexual glands

HISTORY

It is said that color therapy had its roots in the ancient Egyptian and Greek cultures. The use of color became deeply embedded in Chinese and Indian medicine, and it remains an integral part of Ayurvedic medicine. In the second half of the 19th century interest in the use of color as a tool for therapy began to grow in United States and Europe. In 1878, Dr. Edwin Babbitt published "The Principles of Light and Color," in which he recommended various techniques for the use of color in healing. In the 1930’s an Indian scientist by the name of Dinshah Ghadiali who wrote a publication called "The Spectro Chrometry Encyclopedia", which laid the foundation for most modern day color therapy. About the same time a form of color therapy, known as "Syntonics," was developed in the U.S. by Dr. Harry Riley Spitzer. He found that he could produce profound physiological and psychological changes in his patients by altering the color of light entering their eyes.
Color Therapy

Our reactions and attitudes to colors differ from person to person, which makes an interesting study in itself. Our attraction to certain colors may very well signal areas where we are imbalanced. Understanding why certain colors effect us favorably while others bring about negative feelings helps us along our healing journeys. Schools, health care institutions, prisons and other businesses have put color therapy into practice, perhaps without even thinking of it as therapy. It’s been shown that some colors relax and calm us while others will excite us and move us to action.

Practicing color therapy can be as simple as choosing the color clothing you'll wear to what color you paint your bathroom.

COLOR THERAPY USE/SESSION

Color therapy, also known as chromotherapy, is applied in a wide variety of techniques. Color therapy is often facilitated in the healing rooms of alternative health practitioners. A therapist trained in color therapy uses color to balance energy wherever our bodies are lacking, be it physical, emotional, spiritual, or mental. A color therapist may have the client look at or visualize a particular color. They may apply the color on your body, using natural fiber fabrics. Some of the tools used in color therapy are gemstones, candles, wands, prisms, colored fabrics, bath treatments, and colored eye wear. Because colors affect us differently, color therapy is used in different ways. Color Zone Therapy, incorporates some of the principles also involved in Reflexology.

If doing work with chakras, they would apply one color or a combination of colors to the chakra. They could also suggest that you wear a particular color determined to address whatever disease or condition needing treatment. Another way color therapy is used is to have the client sit under a particular colored light. Some alternative health practitioners use color therapy in their treatment rooms.

Research has been done to test the effects of colored light on muscles. When subjects were using a hand grip and exposed to blue light, their grip lightened, while other tests have shown that when muscles were exposed to red light the electrical activity in them increased.

Exposing the body to colored light is also believed to aid in healing. Green light is believed to help heart problems and cancer, while blue is used to treat ulcer pain, inflammatory disorders and back problems. Red helps treat skin problems, bladder infections and anemia while orange works on allergies and constipation. Yellow light can also heal muscle cramps, hypoglycemia and gall stones. Color therapy can be experienced either by going to a color therapist, or self-treating.

With more formal basic color therapy, the therapist may interview you to get a health history and based on what they see, determine what colors will be helpful in treatment. A primary idea is to have the client relax. Some therapist will have you lie down; others have you sit (depending on your condition.) Colors can be used in Therapeutic kinesiology, where a color swatch is held up to either the solar plexus or a particular chakra to determine if there is a weakness. Where a weakness is found, colored lights can be applied to the associated chakra. Deep breathing is often used to encourage relaxation. Visualization or concentrate on the treatment colors, and the use
positive affirmations may also be a part of the treatment. With color zone therapy, either the practitioner or the client themselves can apply pressure to points associated with the condition.

**BENEFITS EXPERIENCED FROM A SESSION**

When working with chakras, and or color zone therapy, a client may experience a release of blockages. Color therapy is very relaxing, more especially when combined with other forms of alternative healing. Color therapy is a very subtle treatment, so you should not expect dramatic change right away. Some clients may experience immediate benefits or relief of a problem condition, some may not feel anything distinguishable, and others may require more than one session.

Since this is a modality that one could use to treat oneself, anyone could use it. Color therapists are not licensed or accredited by any state or any professional organization.

**RESOURCES**

- Color Healing. Lilly, Sue & Lilly, Simon (2001)
The Feldenkrais Method is a unique approach to human understanding, learning and change. The Feldenkrais Method is an unusual melding of motor development, bio-mechanics, psychology and martial arts. On its basic level, the Feldenkrais Method improves posture, coordination, flexibility, and suppleness. It is recognized for its demonstrated ability to improve, self-image and to alleviate muscular tension and pain. Feldenkrais is a method of movement re-education. According to Feldenkrais teachers, Feldenkrais can increase your ease and range of motion, and make your movement more graceful and efficient. Teachers also claim that these improvements will often generalize to enhance functioning in other aspects of your life. Some people have found Feldenkrais helpful in lessening their back pain. Teachers can figure out how you are moving, how this may relate to the pain that you are experiencing, and how you could move differently enough so the pain would lessen. With improved efficiency comes greater enjoyment and pleasure in daily living.

Clients with orthopedic or neurological problems may experience wonderful therapeutic benefits. Meanwhile athletes, actors, dancers and musicians substantially improve their performance skills through the Feldenkrais Method.

Feldenkrais alleviates pain by minimizing physiological and psychological stress associated with restricted functions. Patterns of inefficiency, compromised self-expression, and forgotten ways of feeling can all be improved. Today, Dr. Feldenkrais's teachings are recognized as a dynamic methodology to improve neuromuscular control and biomechanical efficiency.

HISTORY AND BACKGROUND

Dr. Moshe Feldenkrais (1904 – 1984), a Russian born physicist, educator, mechanical engineer and a black belt in Judo is the originator of the Feldenkrais method.

Upon suffering a serious knee injury, Feldenkrais was faced with a 50 percent chance for recovery and the possibility of confinement to a wheelchair for the rest of his life. Unsatisfied with the prognosis and conventional treatments available, he embarked on exploring new relationships between the mind and body to improve physical movement and function.

For 40 years, Feldenkrais developed an ingenious method for effective neuromuscular reeducation.

FELDENDRAIS SESSIONS

The Feldenkrais Method uses gentle movement and directed attention to improve movement and enhance human functioning. Feldenkrais is done in two ways; a group training class, or through private lessons.
Feldenkrais Method®

**Awareness Through Movement®**. In these classes the teacher verbally leads students through a sequence of movements in basic positions: sitting or lying on the floor, standing or sitting on a chair. Many of the movements are based on ordinary activities (reaching, standing, lying to sitting, looking behind yourself, etc.) and some are more abstract. The movements vary in complexity and difficulty. These classes last between 30 and 60 minutes.

**Functional Integration®**. These are sequences of movement tailored to each student's needs. In these private lessons, the teacher guides the students' movements through touch. Various props (pillow, rollers, blankets) are used to support the body or facilitate certain movements. These lessons typically last about 45 minutes.

**FELDENKRAIS TRAINING**

The Feldenkrais Professional Training Program is a four-year program (800 hours, divided into 2 to 3 week segments, 3 to 4 segments per year) which will offer participants extensive practical experience and in-depth training in both Awareness Through Movement® and Functional Integration®. The training program will also provide a thorough exploration of the theory underlying the Feldenkrais Method through lectures, discussions, study groups and assigned readings. By exploring the neurological, biological and psychological aspects of the Feldenkrais Method students will gain the knowledge and skills necessary to become outstanding practitioners.

Upon satisfactory completion of the second year of the Training Program, qualified students will be certified to teach Awareness through Movement to the public. At the end of the fourth year, upon completion of the Training Program requirements, graduates will become practitioners of both Awareness Through Movement and Functional Integration and will be eligible for full membership in The FELDENKRAIS GUILD®.

There are between 40 and 50 certified practitioners of The Feldenkrais Method in Michigan and approximately 3000 worldwide. The largest number have been trained by the Feldenkrais Movement Institute of Berkeley, CA, under the direction of Frank Wildman, PhD. Training is available in Michigan, in the Clarkston area. For more information, on training or to locate a certified practitioner: FGNA
OVERVIEW

Juice Fasting & Wheatgrass

It is proposed that juice fasting makes every other natural method work faster. Some believe that with juice fasting – massage therapy works faster for fibromyalgia, acupuncture works faster for pain, energy healing is sped up, etc. Juice fasting is a multidimensional experience in which total body transformation occurs. There are a wide range of metabolic changes and experiences. The blood and lymph are detoxified. When juice fasting, the release of toxins from the colon, kidneys, bladder, lungs, sinuses, and skin clears out complications that have arisen from a bad diet and unhealthy lifestyle. The benefits of following a juice fast include heightened spiritual awareness and relaxation of the body, mind, and emotions. Many people feel a sense of letting go of pain from the past and developing a positive attitude towards the present. During juice fasting, the body is able to clean out its system because it is not expending energy towards the digestive organs.

Raw juices contain certain natural medicines, vegetal hormones and antibiotics. For instance, string beans are said to contain insulin-like substance. Certain hormones needed by the pancreas to produce insulin are present in cucumber and onion juices. Fresh juices of tomatoes, garlic, onions, and radish contain antibiotic properties.

Juice fasting fruits and vegetable juices may be divided into six main types:

1. Juices from acid fruits like orange, lemon, grapefruit, strawberry and pineapple.
2. Juices from vegetable fruits, namely, tomato and cucumber.
3. Juices from green leafy vegetables like cabbage, celery, lettuce, spinach, parsley and watercress.
4. Juices from root vegetables like beetroot, carrot, onion, potato and radish. Generally speaking, fruit juices stir up toxins and acids in the body, thereby stimulating the eliminative processes. Vegetable juices, on the other hand, soothe the jaded nerves and work in a much milder manner. They carry away toxic matter in a gentle way. Owing to their differing actions fruit and vegetable juices should not be used at the same time or mixed together. It is desirable to use juices individually. In any case when juice fasting not more than three juices should be used in any one mixture.
5. Juices from sweet fruits such as prunes and grapes.
6. Juices from sub-acid fruits like apple, plum, pear, peach, apricot and cherry.

Juice fasting is also safer than water fasting because it supports the body nutritionally while cleansing and probably even produces a better detoxification and quicker recovery time.

While juice fasting the stomach actually shrinks to its original size (the size of your fist). After three days of just ingesting raw organic and fresh juices, broth and tea, you will lose all cravings for solid food. Your mind might tell you otherwise, but your body is very content. When you just drink your food, your stomach gets a physiological rest, allowing the colon to shed old
compacted and putrefied material that was waiting there to cause future disease.

A juice fast is a liquid, nourishing diet consisting of just juice and water. Many natural healers have combined periods of fasting with certain supplements which help to speed up the benefits of the fast.

The favorable effect of raw juices in the treatment of disease is attributed to the following facts:

- The juices extracted from raw fruits & vegetables require no digestion & almost all their vital nutrients are assimilated directly in the bloodstream.
- Raw juices are extremely rich in alkaline elements. This is highly beneficial in normalizing acid alkaline balance in the blood & tissues as there is over acidity in most conditions of ill health.
- Raw juices of fruits & vegetables are extremely rich in vitamins & minerals, trace elements, enzymes & natural sugars. They exercise beneficial effect in normalizing all the body functions. They supply needed elements for the body's own healing activity & cell regeneration thereby speeding the recovery.
- Raw juices contain certain natural medicines, vegetal hormones & antibiotics. For instance, string beans are said to contain insulin like substance. Certain hormones needed by the pancreas to produce insulin are present in cucumber & onion juices.
- Generous amounts of easily assimilable organic minerals in raw juices especially calcium, potassium & silicon help in restoring biochemical & mineral balance in the tissues & cells, thereby preventing premature aging of cells & disease.

Each of us needs raw foods every day, and juicing is an excellent way to make certain you receive large quantities of such raw foods. Fruit juicing is certainly good for you, but it has one disadvantage over vegetable juicing: fruit juice tends to increase insulin levels when consumed. Vegetable juice does not raise insulin levels like fruit juice. The only exception to this would be carrot or beet juice, which function similarly to fruit juice. Vegetable juicing allows you to eat more of the vegetables than you normally would otherwise.

Wheatgrass is one of the so-called green foods that are valued by health-conscious individuals as great natural source of nutrients. Juice form it contains 70% chlorophyll, which is often referred to as the blood of plant life. It closely resembles the molecules of human red blood cells. Its molecular structure closely resembles hemin, the pigment that combines with protein to form hemoglobin. Chlorophyll has been shown to produce an unfavorable environment for bacterial growth in the body and therefore effective in increasing the body's resistance to illness. The high chlorophyll content of wheatgrass acts as a "magnet", in drawing out toxins from the body. Chlorophyll is an internal deodorant which cleanses tissues and is soothing and healing.

Wheatgrass is considered to be a complete food in itself. The fact is that one pound of fresh wheatgrass is equivalent in nutritional value to 23 pounds of choice garden vegetables. Drinking of wheat grass juice helps your body to build red blood cells which carry oxygen to every cell. By increasing the oxygenation the body you can help offset smog and carbon monoxide and increase your endurance during physical exercise.

Wheat grass has been found to dissolve scars formed in the lungs and in addition helps wash drug deposits from the body, purifies the blood and organs and counteracts acids and toxins in
the body. It helps to increase the enzyme level in our cells, aiding in the rejuvenation of the body and the metabolism of nutrients. It fights strep and staph infections, mouth odors and gum disease, and also promotes wound healing by stimulating the production of connective tissues.

This nutrient-rich grass contains 17 amino acids which are the building blocks of proteins. The body uses these amino acids for things like building muscle tissue, repairing cells, and clotting the blood. Wheatgrass retains 92 of the 102 minerals found in the soil. These minerals include calcium, phosphorus, iron, magnesium and potassium. It is a rich natural source of vitamins A and C. Wheatgrass has more vitamin C than oranges and twice the vitamin A as carrots. It is exceptionally rich in vitamins E, K, and B-complex. It is also a natural source of laetrile (B-17). Dr. Chiu Nan Lai of the University of Texas has found that wheatgrass produces an immunization effect against many dietary carcinogens.

Drinking fresh wheatgrass juice is an exceptional way to increase dark green leafy vegetables in the diet. (At this early stage of the plant's life it is considered a vegetable rather than a grain and is safe for gluten-sensitive individuals.)

**Vegetarianism/Veganism**

Among the many reasons for being a vegetarian are health, ecological, and religious concerns, dislike of meat, compassion for animals, belief in non-violence, and economics. The American Dietetic Association has affirmed that a vegetarian diet can meet all known nutrient needs. The key to a healthy vegetarian diet, as with any other diet, is to eat a wide variety of foods, including fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes. People choose to be vegan for health, environmental, and/or ethical reasons.

**HISTORY**

The history of fasting goes back thousands of years. Many religions, including Christianity, Judaism, and Eastern religions used and still use fasting as a healing process for spiritual purification and communion with God. Philosophers, scientists, and physicians have used it as a healing process to cure sicknesses. Fasting effects not only our physical being, but our mental, emotional, and spiritual self as well. Physicians with a spiritual orientation are more likely to prescribe fasting to their patients because they are also more likely than other doctors to use the fasting method for cleansing.

Ancient civilizations, such as the Egyptians and people of the Middle and Far East, turned to grass for sustenance and healing. In the 1940's a man by the name of Charles Kettering (former Chairman of the Board of General Motors) donated money for the study of chlorophyll. Chlorophyll was studied intensively by medical doctors using FDA required standards i.e. double blind studies, etc. (There are currently over 40 articles written up in medical journals about the healing effects of chlorophyll.)

Sometime during the 1940's a lady by the name of Ann Wigmore healed herself of cancer from the weeds she found in vacant lots in Boston. She began a study of natural healing modalities—and with the help of a friend, Dr. Earp Thomas, she found that there are 4700 varieties of grass in the world and all are good for man. With the help of her pets, she arrived at the conclusion that wheatgrass was the best—or the medicinal grass. She started an institute in Boston (Ann
Wigmore Institute) and since then has taught people from all over the world about the grasses and the living food healing program—and helped them get well from some very serious diseases. She has written over 35 books telling about wheatgrass and living foods.

The modern vegetarian movement really began gaining momentum in the mid-nineteenth century. Vegetarianism became trendy in the "psychedelic sixties, however, its origins date back much farther. Pythagoras was a vegetarian (vegetarians were called Pythagoreans up until the 1800's) as was the poet Percy Shelley. George Bernard Shaw, never one to shy from the spotlight, was a vocal proponent of a meat-free diet. Leading figures of the American group included feminist Susan B. Anthony and Bronscott Alcott, father of writer Louisa May Alcott. Across the Atlantic, Sylvester Graham, best known for creating the graham cracker, was one of the leading figures in Britain's vegetarian movement. The late 1800's saw the attempt to bring these societies together in the formation of the Vegetarian Federal Union. It's successor, the International Vegetarian Union, was formed in 1908, and remains active today.

In Asia, the tradition of not eating meat extends back much farther - its origins can be traced to eastern religions such as Hinduism and Buddhism.

**USING VEGETABLE JUICING/WHEATGRASS**

**Vegetable Juicing**

By incorporating the juice into your healing diet, you will easily be able to reach the roughly 1 pound of raw vegetables per 50 pounds of body weight that is generally recommended we should eat every day. Juice is best drank freshly juiced. Vegetable juice is one of the most perishable foods there is and ideally it would be best to drink all of your juice immediately. However, if you are careful you can store your vegetable juice for up to 24 hours with only a moderate nutritional decline.

You can do this by putting the vegetable juice in a glass jar with an airtight lid and filling it to the very top. There should be as little air in the jar as possible because it is the OXYGEN in air that will "oxidize" and damage the juice. It's a good idea to use an opaque container to block out all light which would also damage the juice and then store it in the refrigerator until about 30 minutes prior to drinking since ideally the juice should be consumed at room temperature.

Green LEAFY vegetables are the best to use in your vegetable juicing program. All green leafy vegetables work well. The easiest ones to use include all the lettuces including, but not restricted to: Red leaf lettuce; Green Leaf lettuce; Romaine lettuce; Escarole lettuce. Cabbage juice is one of the most healing juices when it comes to repairing an ulcer as it is a huge source of vitamin U.

Herbs also make wonderful combinations. Parsley and cilantro are great in vegetable juice.

**Wheatgrass**

Due to its fibrous nature, which is indigestible by humans, wheatgrass must be liquefied before it can be consumed. Wheatgrass juice is generally extracted from week-old shoots sprouted from winter wheatgrass berries.
Proponents frequently recite the wheatgrass liturgy: a single ounce of fresh juice is equal in nutrient value to 2-1/2 pounds of vegetables. Though it's also available in powdered and tablet form, purists reach for the fresh-squeezed, one-ounce "shots" served up in tiny paper or plastic cups at their local juice bars and health food stores.

Caution: Wheatgrass is a powerful "detoxifier" of both the liver and large intestine. As a result, people should start out slowly, sticking to an ounce or two a day, with the possibility of working up to eight ounces spread over the course of the day. Too much can release too many poisons too fast.

**LIVING AS A VEGETARIAN OR VEGAN**

**Lacto Ovo Vegetarian** - A lacto ovo vegetarian does not eat meat, fish or poultry, but eats eggs and milk. They eat eggs and products made with eggs in them, yogurt, cheese, milk and ice creams.

**Lacto Vegetarian** - A lacto vegetarian does not eat meat, fish, poultry or eggs, but includes dairy products in their diet. They will eat milk, ice cream (that does not include eggs), yogurt and cheese. They would avoid ice creams, baked goods, pancakes and veggie burgers that contain eggs.

**Vegan** - A vegan does not eat any fish, meat, poultry, eggs, dairy products or foods that contain any of these products. They also do not use any non-food items that contain products from animals, including wool from sheep, leather and silk. Vegans often do not eat honey, because bees may be killed while harvesting it.

According to many vegans, it is pronounced VEE-gun. A vegan diet consists of vegetables, grains, beans, nuts, fruits and seeds. This diet tends to be high in fiber and moderate in protein and fat.

A vegan will not use margarine that has casein, a milk product, in it and they do not use shoes that are made from leather. Vegans do not eat white granulated sugar because it is often processed by using char derived from animal bones to whiten the sugar. They also do not use products that are tested on animals, as are many cosmetics.

The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes.

**Macrobiotics**

A macrobiotic diet is mainly vegetarian, but macrobiotic diets often include seafood. In this diet all other meat products are excluded, as are eggs and dairy products. They also do not eat "nightshade vegetables" (potato, pepper and eggplant), refined sugar and tropical fruits. This diet contains many foods found in Asian countries such as miso soup, root vegetables (daikon and lotus) and sea vegetables (seaweed, kelp, arame).

It emphasizes eating locally grown foods that are in season. Meals consist of 50% to 60% grains, 25% locally grown produce, and the rest of the diet mainly consists of beans and soups. In lesser amounts fruits, nuts and seeds are eaten.
Healing with Food

This diet is based on the Chinese principles of yin and yang. Some people follow this diet as a philosophy of life and others follow it for health reasons.

**Fruitarian**

A fruitarian is a person who only eats fruits and vegetables that are actually classified as fruits such as avocados, nuts, seeds, eggplant, zucchini and tomatoes.

It is very easy for a vegan diet to meet the recommendations for protein as long as calorie intake is adequate. Strict protein planning or combining is not necessary. The key is to eat a varied diet.

Almost all foods except for alcohol, sugar, and fats are good sources of protein. Vegan sources include: potatoes, whole wheat bread, rice, broccoli, spinach, almonds, peas, chickpeas, peanut butter, tofu, soy milk, lentils, kale...
OVERVIEW

Hellerwork involves somatic education and structural bodywork, based on the inseparability of body, mind, and spirit. Hellerwork is based on the assumption that every person is innately healthy. Hellerwork is a series of one-hour sessions that incorporate deep tissue bodywork combined with movement education and dialogue of the mind/body connection. Guided dialogue is used to assist the client in becoming aware of emotional stress that may be related to physical tension. Self-awareness facilitated through this dialogue is an important component of the Hellerwork series as it enhances a deeper awareness of the client’s emotional and cultural patterns allowing for choice and change.

Hellerwork is an integrated system designed to recondition the whole body. It may be effective for temporary pain or tension relief, but it is not a remedy for illness. Rather, it is a process in which people are moved from their current "average" state to an optimal state of health and well being. This optimal state of health is the body's "normal" and natural condition.

A recipient of Hellerwork is affected both physically and emotionally. Hellerwork encourages you to make the connection between movement and body alignment. Hellerwork restores your body's natural balance from the inside out. When the body comes into alignment within the field of gravity, chronic pain and tension dissipate. Movement education is incorporated to enhance fluidity and ease of motion and helps the client to develop a deeper awareness of their body and its expression in the world.

HISTORY

Joseph Heller developed the Hellerwork method. Joseph Heller, born in Poland in 1940 received his early education in Europe. He came to the United States at the age of 16, and lived in Los Angeles. Heller graduated from Cal Tech, and worked as an aerospace engineer at the Jet Propulsion Laboratory in Pasadena, California for ten years, where he gained extensive experience of structural stress.

Heller became involved with humanistic psychology and eventually left engineering became the director of Kairos; a Los Angeles center for human development, and participated in year-long training programs in bioenergetics and gestalt, along with shorter workshops with Buckmister Fuller, John Lilly, and Virginia Satir. He became a Rolfer in 1972 and continued to study through 1978 with Ida Rolf, the originator of structural integration. In 1973 he became a Structural Patternner after learning Patternning from Judith Aston. He received advanced training with Brugh Joy, a noted physician, author and innovator in the field of preventive medicine and the use of energy as a means of healing. He became the first president of the Rolf Institute in 1975.
As a result of his unique combination of expertise and training in structural integration, movement education, and body energy awareness, Heller began to synthesize a new form of bodywork. In 1978 he left the Rolf Institute and moved to the San Francisco Bay Area where he founded Hellerwork.

**THE HELLERWORK SESSION**

Hellerwork takes place in an 11 section series. The number of sessions can vary from person to person due to the varying needs of individuals, and each section can take one or more sessions to accomplish the desired result.

In this series of treatments, the structural balance of your body is accomplished through the systematic release and reorganization of muscle and connective tissue using a variety of bodywork techniques. A Hellerwork session starts with a check-in to discuss how your body has been assimilating the work, what changes have been noticed, and what is capturing the client’s attention in the moment. This is followed by an assessment of structure and movement patterns. The practitioner utilizes this information to individualize the session to address particular needs.

The bodywork is received primarily while lying on a massage table, although some seated and standing work may be included. Hellerwork generally feels like slow deep pressure followed by a pleasant sense of ease and release. As a client you may be asked to make slow movements while the practitioner guides the tissue, releasing patterns of strain and tension. Sensations may range from pleasure to temporary discomfort depending on the condition of the tissue.

An important part of the session involves movement education and body/mind awareness. The Dialogue component of a Hellerwork session helps to enhance awareness of the inseparable connection of mind, body, emotion, and spirit. Movement exercises are designed and taught to meet individual needs. Proper mechanics involved in walking, sitting and standing are emphasized. In general, clients have reported feeling a sense of lightness, length, and well being upon completion of a session.

**HELLERWORK CERTIFICATION**

There is a 1250 hour certification program for Hellerwork deeply rooted in both skills and science, which includes: Structural Bodywork & Functional Assessment, Movement Education, Somatic Psychology, Anatomy and Physiology, Business and Marketing.

The curriculum and graduation requirements are the same for every training, however the format varies from training to training in order to accommodate the needs of locations and participants. In most regions, Hellerwork training may enable the practitioner to get local massage therapy licensing, if needed.

"For more information about Hellerwork trainings, or to find out more about the Hellerwork training process, visit [www.hellerwork-trainings.com](http://www.hellerwork-trainings.com)."
Herbs/ Homeopathy/Flower Essences

By Linda Dumbrigue

OVERVIEW

Herbal Therapy - Herbal therapy is the use of natural substances in their direct form. It is an alternative to conventional medicine and treatments. Herbal therapy rarely provides a cure but it may alleviate pain and aid recovery from ailments. Herbalism is the knowledge and study of herbs. From the beginning of time man has used plants and herbs for their healing properties. There is a false sense of security that herbal therapies are safer than conventional medicine because it is all natural. They do have side-effects.

If you’ve ever taken aspirin, you’ve taken a drug derived from an herb.

“In the past, almost all medicines were herbs,” says Varro E. Tyler, Ph.D., professor of pharmacognosy (the study of drugs from natural sources) at Purdue University in West Lafayette, Indiana. Like aspirin, many of today’s medicines are synthetic forms of herbs. Aspirin’s main ingredient is isolated from the bark of a willow tree. Norman R. Farnsworth, Ph.D., director of the Program for Collaborative Research in the College of Pharmacy at the University of Illinois at Chicago reports that at least one-fourth of all of the drugs that doctors prescribe contain active ingredients derived or synthesized from plant medicines.

Homeopathy – The Word HOMEOPATHY is derived from the Greek "Homolos" meaning similar and "pathos" meaning suffering. Homeopaths believe that symptoms are the visible signs of the body’s attempt to heal itself and resume its natural healthy state of balance. Practitioners of homeopathy match each person with a remedy or remedies according to the individual’s unique situation and symptoms. The remedies reinforce the person’s natural healing capacity and strengthen the natural defenses of the body.

Homeopathy is truly “energy medicine.” Remedies are prepared by grinding the active ingredient and mixing it with alcohol and water, then allowing it to soften and steep. The mixture is then filtered to produce what is called a tincture. These remedies are extremely diluted in preparation and work with a person’s vital force to heal. Contrary to what you might think, the dilution and succession (vibration) of a remedy during preparation actually increases the potency of the remedy. An added benefit of such low dosages is a lack of side effects that make homeopathic remedies safe for children and pets. Today, over 2,000 remedies from plants like wild hops (Bryonia), marigold (Calendula), and poison ivy (Rhus toxicodendron); animals and animal products like honeybee (Apis mellifica) and inky fluid from cuttlefish (Sepia), minerals and mineral ores like sodium chloride, flint, and sulfur; and even diseased tissue have been tested and are in current use.

Flower Essences - Flower essences are an alternative healing remedy that is used specifically for emotional healing. Flower Essences is a kind of subtle, aromatic and volatile liquids extracted from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes, shrubs and trees through distillation. It is a form of Vibrational Healing. Flower essences, also called flower remedies, are made from the blooms of specific flowering plants and trees. Flower essences are so useful for
emotional sensitivity that it is almost as though they were made exactly for the issue of empathic ability.

According to ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using essential oils thousands of years ago to heal the sick. They are the oldest form of medicine and cosmetic known to man and were considered more valuable than gold.

**HISTORY**

*Herbs* - Herbal studies and the use of herbs dates back to over 5000 years ago. The Summarians used them in most of their medicines. Primitive discoveries were eventually systematized in ancient Rome, Greece, Egypt and China. Chinese have books that date back to 2700 B.C. These books have over 350 medical uses for herbs in them. The Egyptians from 1000 B.C. also have records showing the use of herbs for food, oil and medicinal use. In ancient Egypt, for example, there was the Papyrus Ebers, a sort of hieroglyphic version of the Physician’s Desk Reference. The more you look into the historical aspect of herbs every culture used them for healing.

The first “herbalists” probably watched the animals, noticing which plants the beasts grazed on when they weren’t feeling well. They tried those plants themselves. They also discovered by trial and error which plants helped and which harmed. When someone felt better after eating certain flowers, others would try them. If someone broke out in a rash after chewing certain roots, everyone would stay away from them. Eventually, primitive people found plants that helped them sleep, plants that helped them stay awake, plants that cured stomachaches and plants that soothed sunburned skin.

*Homeopathy* - Homeopathy is based in principles of healing that originated even before Hippocrates. But in the late 1700s Samuel Hahneman (a physician who actually quit practicing medicine because he was horrified by such traditional treatments as blood-letting and violent purges) spent several years testing the theory of “like cures like.” His research and “provings” of several remedies during that time are the foundation for the system of Homeopathy practiced today.

*Flower Essences* - Flower essences have been a form of healing for a very long time. The channelling of Gerudas, a Lemurian guide, gives incredible insight and detailed knowledge about the various uses of flower essences in Lemuria (refer to "Flower Essences and Vibrational Healing" by Gerudas and "Gem Elixirs and Vibrational Healing, Volumes 1 and 2" by Cassandra Press). There is other evidence that suggests the use of flower essences in ancient Egypt. The Aborigines knew, as did the Lemurians, of the benefits of sitting beside a particular flower in order to receive its healing frequency.

The modern day expert that is acknowledged as the "father" of flower essences is Dr. Edward Bach. Edward Bach was a renowned physician who gave up his medical practice to develop flower essences. Dr. Bach began such a journey when he observed that morning dew contains potentised healing virtues of the whole plant. He determined what each essence was for merely by looking at the plant and instinctively knowing which emotional state the flower would heal. He also tried them on himself.
USING HERBS/HOMEOPATHY/FLOWER ESSENCES

*Herbs* - Herbal remedies form a strong first line of defense against colds, flu and other infectious diseases. Unlike antibiotics, herbs can be used to treat both bacterial and viral infections, says Rosemary Gladstar, a Barre, Vermont, herbalist and author of several books about herbs, including Herbal Healing for Women.

Bruises, swelling, sprains, cuts, colds, fevers, minor burns and rashes respond well to herbal treatments, says Cynthia Mervis Watson, M.D., a physician who specializes in homeopathic and herbal therapies in Santa Monica, California. There are also effective herbal therapies for women's reproductive problems, including premenstrual syndrome, infertility, irregular periods, menstrual cramps, menopausal symptoms and vaginal infections.

Some alternatives worth checking out include ginger as a good alternative to antihistamines, which can cause drowsiness, and to the scopolamine patch, which can cause dry mouth; ginkgo and saw palmetto can alleviate some of the afflictions of old age. Even though herbal remedies are not drugs, they are used for therapeutic purposes. Drinking a cup of lemon balm tea, a natural relaxant, can relieve stress and calm you down, says naturopathic physician Mary Bove, L.M., N.D., director of the Brattleboro Naturopathic Clinic in Vermont.

“It’s important to remember that herbs are medicines. As with any medication, it’s important to know how to take herbs, how frequently and in what dosage. Using books and magazines is a good way to gain guidance on using herbs, however, it’s also a good idea to ask for advice from health professionals, including M.D.’s and R.N.’s who have an interest in herbal therapy, naturopathic doctors (N.D.’s), who specialize in prescribing herbs, and herbalists, who are usually self-trained and often very knowledgeable. Be sure to ask them about side effects or possible interactions with other drugs that you might be taking.

*Homeopathy* - Homeopathic doctors prescribe their remedies in pellets, tablets, and dilutions (liquids). The mixing, or potentiizing, affects the way a homeopathic medicine works. In general, the lower potencies, like 3x and 6x, have a larger affect and are used for acute illnesses and are taken once every 15 minutes to once every 4 hours. Medium potencies, like 12x and 30x, affect the senses and nervous system and are used for chronic conditions. They are taken once a day to three times a day. High potencies, like 60x and above, affect mental conditions and are taken once a month to once a year.

There are many different potency ranges. The base tincture has a potency of 1x. To make a 2x potency, one part of the base is mixed with 9 parts alcohol and shaken 10 times. To make a 3x potency, one part of the 2x potency is mixed with 9 parts alcohol and shaken again. This process is continued until the desired dilution is acquired. In addition to alcohol, other mixing agents include water, glycerin, and lactose.

Homeopathic medicines come in c potencies as well as x potencies. C potencies are created by mixing bases in a ration of 99 to 1 instead of 9 to 1. There are k potencies as well. The 1000k potency is labeled as 1m, a 10,000k potency as 10m, and so on.

A typical homeopathically effective remedy is taken in the form of 3 tablets to 10 pellets for adults and 2 tablets to 5 pellets for children.
Flower Essences - The key to using flower essences correctly is to follow the directions on the bottle. Take the recommended small dose consistently. Increase the dosage by using the essence more frequently, not by taking a larger amount at a time. Taking a larger amount will not make a difference, and will only waste the essence you paid for. The recommended dosage of a small number of drops is completely sufficient. I mention this because a few tiny drops seem like such a small amount, that people have the tendency to want to take more at a time. The recommended dosage varies slightly by the brand. Trust the dosage that is given on the bottle. Flower essence makers have researched their products. The number of drops they recommend is the optimal amount to use.
Polarity Therapy
By Linda Dumbrigue

OVERVIEW

Polarity Therapy is a comprehensive health system involving energy-based bodywork, diet, exercise and self-awareness. It works with the human energy field, electromagnetic patterns expressed in mental, emotional and physical experience. In Polarity Therapy, health is viewed as a reflection of the condition of the energy field, and therapeutic methods. Polarity Therapy is the art and science of stimulating and balancing the flow of life energy within the human being. The term Polarity relates to one of the fundamental laws of nature, namely the attraction and union of opposites through a balanced middle point. Polarity Therapy concerns itself with the flow of a very subtle high-frequency energy which in the East is called prana or chi, but which is perhaps best referred to in this context as life-energy.

To maintain good health the life energy must flow freely and easily through the entire body. There should be no areas of excess or depletion. The complete energy system must be balanced however, and the balance looked for is not a static one but rather a dynamic uninterrupted cyclic flow of energy.

Polarity Therapy uses four different approaches to balancing the life energy: body work, nutrition, exercise and counseling. A typical polarity session will consist of a body work treatment and a combination of work in the other three areas. The body work of Polarity Therapy consists of specific manipulations aimed at releasing tension and holding in the physical body and then balancing the life energy.

The polarity approach to health and well-being is a positive one that seeks to give the client a number of tools to use in maintaining a balanced way of life. It encourages self responsibility and ultimately greater self-esteem.

HISTORY

Polarity Therapy was developed by Randolph Stone, a chiropractor, a naturopath and an osteopath (1890-1981), who conducted a thorough investigation of energy in the healing arts over the course of his 60 year medical career. Polarity Therapy evolved out of his desire to discover the fundamental laws of healing - a unifying principal, which would explain how all forms of healing work. He believed that all pain and illness is a manifestation of energy imbalance, whereas pleasurable good health is the result of having an uninterrupted and abundant flow of life energy.

Drawing information from a wide range of sources, he found that the Human Energy Field is affected by touch, diet, movement, sound, attitudes, relationships, life experience, trauma and environmental factors. Since Polarity Therapy lends an energy-based perspective to all these subjects, the scope of Polarity practice is often very broad, with implications for health professionals in many therapeutic disciplines. As a result, Polarity has strong, mutually supportive connections to many other holistic health systems.
Randolph Stone published his first work in 1947, and by 1954 had completed the seven books which contain his published findings. In his medical practice in Chicago, he applied the energy approach in a wide range of conditions and experienced remarkable success with patients. He began to teach in the 1960's and finally retired in 1974, at the age of 84.

Following his retirement, many of Stone's students continued to research and apply his teachings. By 1984, a core group of advanced practitioners gathered to launch a national organization, the American Polarity Therapy Association, to support the continuation and expansion of the work. The annual conference of the new association immediately became a key forum for the exchange and dissemination of new understanding, a role which continues today greater than ever.

In 1989, APTA published the Polarity Therapy Standards for Practice, creating a consensus statement of the scope and content of Polarity Therapy, and setting the foundation for the registration of practitioners and Approved Trainings. Shortly thereafter, APTA also produced its Code of Ethics and created administrative functions to support the growth of Polarity Therapy. In 2003, APTA published the Standards for Practice and Education, 4th edition, which establish the minimum requirements for Approved Trainings relevant to Program Administration.

Polarity Therapy today enjoys a steadily increasing usage worldwide. The concept of energy in the healing arts has been validated repeatedly, numerous books and new resources have made study easier and more efficient, and the practice of Polarity Therapy has become ever more diverse and sophisticated.

Basic characteristics of the human energy field are described in many sources, both ancient and modern. For example, the term "Polarity" refers to the universal pulsation of expansion/contraction or repulsion/attraction known as Yang and Yin in Oriental therapies. Similarly, Polarity integrates the "Three Principles and Five Chakras" of Ayurvedic tradition, and has been called the modern manifestation of ancient Hermetic Philosophy. At the same time Polarity Therapy also enjoys rich ties to modern science, which has confirmed its essential theme of energetic relationship as the basis of all phenomena.

**POLARITY THERAPY SESSION**

In the healing arts, Polarity Therapy is special in its comprehensive exploration of multiple dimensions of the human condition, and in its effective bridging of the full spectrum of experience, including body, mind and spirit.

In a typical Polarity Therapy session, the practitioner assesses energetic attributes using palpation, observation and interview methods. Sessions usually take 60-90 minutes, do not require disrobing. Bodywork in Polarity Therapy should not be confused with massage as the client's body is not stroked or kneaded. Applying the Polarity Therapy system can take diverse forms, always based on the underlying intention to support the client's inherent self-healing intelligence as expressed in its energetic patterns.

These range from working with the hands off the body, through a molded contact with body which is sometimes combined with gentle rocking that helps to release physical tension patterns and encourages the energy to move, to a deeper, more penetrating touch which can break up chronic, deep congestion in the tissues and enliven the area. As well as discovering where the
body needs releasing at a physical level, the Polarity therapist is always tuning into the underlying energy patterns and flows and encouraging their movement. The therapist will sense where and how the body needs to be touched by a developed sensitivity of his/her own senses so that by listening, observing and palpating, the most effective mode of interaction can be employed to best effect. The practitioner supports the client in increasing self-awareness of subtle energetic sensations.

As the therapist works the client can experience deep relaxation, release of pain, greater range of movement, changes in breathing, shifts in the nervous system, sensations of heat or cold, spontaneous movement and the surfacing of memories which can also lead to a powerful emotionally expressive release of energy blockages characterized by an outburst of tears or laughter. Just as each client is unique so too each polarity session is different as both client and therapist adjust to the needs of the energy at any one time. As the energy which may have been locked in the body for a long time due to physical damage, fear or emotional holding releases, that body part and its associated experiences are accepted and re-integrated and profound healing takes place.

Polarity Yoga consist of a group of simple exercises which were developed by studying the movements and positions that we instinctively adopt when we wish to relax, ease pain in our bodies or wake ourselves up.

Polarity Therapists recognize that the life force can not flow freely through a congested, toxic body and so one of the first things a Polarity therapist may recommend is that the client should follow a simple purifying diet and cleansing regime for a few days. It is not a starvation diet, the client can eat as much as they like of certain permitted foods. These consist mainly of fruit and vegetables (steamed or boiled) salads, soups, herbal teas and a morning cleansing drink.

Working with an understanding of the energetic qualities of food, a practitioner will often suggest modifications to a client's diet to support the energy balancing done during the body work session. Over and above any chemical or energy balancing of the diet, a positive mental attitudes towards eating is essential if the body is to digest food properly.
OVERVIEW

Reiki (ray-key) is a Japanese word meaning Universal Life Energy, the vitalizing, healing, loving, creative energy that is all around us.

The word Reiki is also used to describe a natural, hands-on approach for healing the body/mind/spirit that utilizes this energy.

HISTORY

Mikao Usui (1865-1926), a scholar/philosopher from Japan experienced a profound awakening during a fast and meditation on a sacred mountain and was empowered to transmit the powerful energy he called Reiki. In 1922, he developed a system of applying Reiki to bring balance, harmony and wholeness to the body/mind/spirit.

Usui spent the last four years of his life practicing and teaching Reiki in Japan. His work was in great demand and he established a large clinic in the city of Nakano.

Over 2000 students were trained by Usui before his death in 1926. One of the students he trained to the Master level was Chujiro Hayashi, who faithfully carried on Usui’s work.

Hayashi had retired from his service as a doctor in the Japanese Navy when he met and began studying with Usui. He later went on to open a Reiki clinic in Tokyo. It was to this clinic in 1935 that Hawayo Takata, a young widow in very poor health, came to receive Reiki treatments. Takata recovered completely and began studying with Hayashi.

After completing the first two levels of training and working in Hayashi’s clinic for one year, Takata returned to her home in Hawaii and began her practice. Hayashi visited her there in 1938 and initiated her as a Master in the Usui System of Reiki Healing. Thus Reiki was brought to the West.

Before her death in 1980, Takata trained 22 Reiki Masters to carry on her work. The practice that Hawayo Takata brought to Hawaii has now taken many forms and spread throughout the world under the general name of Reiki. Those who honor the lineage of Usui, Hayashi, and Takata practice the Usui System of Reiki Healing or Usui Shiki Ryoho, the form of Reiki taught by Takata.
REIKI TREATMENTS

During a Reiki treatment, generally performed with the client lying on a padded table, the hands of a practitioner are placed lightly in specific positions on the body. Reiki flows through the practitioner to the recipient. The practitioner does not use any of their personal energy, serving only as a conduit for Reiki.

As the Reiki flows the recipient may experience sensations of warmth, cold, vibration, tingling, or heaviness. Most people experience Reiki as deeply relaxing and soothing. A full treatment takes 60 to 90 minutes.

A Reiki treatment reduces stress, relieves pain and facilitates healing on all levels, creating an enhanced sense of well being. Reiki accelerates the body’s innate ability to heal itself and to return to a natural state of balance. Every physical, emotional or mental symptom is a manifestation of a deeper underlying disruption in the flow of energy in the body. Reiki works to restore this flow.

“Human beings are energy systems. If we accept this premise, then life energy is the essential and most basic element of the human energy system. We suffer when we do not have enough energy to carry out our life functions or when we as energy systems, are out of balance.

The effect of receiving a Reiki treatment is that our supply of life energy is increased and our energy system is brought into balance. In this state of balance and renewed energy we can heal.” Paul Mitchell, Reiki Master

Reiki is simple, gentle and natural. It can be used anytime, anywhere. It is easily learned by anyone and widely practiced at home, in hospices, clinics, and hospitals.

Reiki is a complete system of self-healing. Daily self-treatments promote optimal health and support both personal and spiritual growth.

“The Reiki method is not only for curing illness. Its true purpose is to correct the heart-mind, keep the body fit, and lead a happy life using the spiritual capabilities human beings were endowed with since birth.”

From the memorial stone of Mikao Usui
Founder of Usui Shiki Ryoho

REIKI PRACTITIONER TRAINING

There are three levels in the Usui System. During the training, initiations or attunements are given to the student by a trained Reiki Master. The initiations enable the student to transmit Universal Life Energy – Reiki. The initiations awaken the ability to heal one’s self and facilitate the healing of others. Reiki flows effortlessly from the hands with a simple touch.
First Degree - Students learn the history of Reiki, the Spiritual Precepts, how to give treatments to themselves and others, and receive four individual initiations.

Second Degree - Students learn to work with three symbols passed down from Usui. The symbols intensify the Reiki energy, assist in deep mental/emotional healing, and allow the practitioner to send Reiki at a distance. One individual initiation is received.

Third Degree - This is the Master level. The student learns how to conduct trainings in the Usui System and how to confer the ability to transmit Reiki to others through the initiations. This level is generally taught in an apprenticeship style requiring a large commitment of time and resources on the part of the student.

FINING A PRACTITIONER OR TEACHER

Takata’s Masters formed the Reiki Alliance in the early 1980’s. The website below is a good resource for finding teachers or practitioners who practice the Usui System of Reiki Healing. http://www.reikialliance.com
Rolfing® - Structural Integration
By Linda Dumbrigue

OVERVIEW

Rolfing is a system of structural integration named after its founder Dr. Ida P. Rolf. It is a holistic system of soft tissue manipulation and movement education that organized the whole body in gravity.

Dr. Rolf discovered that she could achieve remarkable changes in posture and structure by manipulating the body's myofascial system.

"Rolfing" is the nickname that many clients and practitioners gave this work, and is now a registered service mark in 27 countries. People seek Rolfing as a way to ease pain and chronic stress, and improve performance in their professional and daily activities. It's estimated that more than 1 million people have received Rolfing work.

Research has demonstrated that Rolfing creates a more efficient use of the muscles, allows the body to conserve energy, and creates more economical and refined patterns of movement. Research also shows that Rolfing significantly reduces chronic stress and changes in the body structure. For example, a study showed that Rolfing significantly reduced the spinal curvature of subjects with lordosis (sway back); it also showed that Rolfing enhances neurological functioning.

HISTORY

In 1920, Ida Pauline Rolf received her Ph.D. in biochemistry from the College of Physicians and Surgeons of Columbia University. Despite the resistance she faced as a woman in the field of science, she furthered her knowledge of the body through research in organic chemistry at the Rockefeller Institute. Driven to find solutions to her own health problems as well as those of her two sons, she spent many years studying and experimenting with different systems of healing and manipulation.

Throughout most of her life she was intrigued with and explored many forms of alternative healing including homeopathy, osteopathy, chiropractic and yoga. The notion that proper alignment, physiologic function and anatomical structure are related is the basis of many of these healing methods. Dr. Rolf agreed that the body functions best when the bony segments are in proper alignment. She believed that the imbalances in structure placed demands on the body's pervasive network of soft tissues: muscles, fascia, tendons and ligaments, thereby creating compensations throughout the body structure.

Her life's work was devoted to an investigation into the conditions that must be met for the person as a whole to function optimally. This investigation led to a system of soft tissue manipulation and movement education designed to organize the whole body in gravity, what we now call Rolfing. In order to pass along her work to others and to make the education process accessible she developed an expedient series of ten sessions, which came to be known as the Ten-Series.
Rolfing training begins with the ten session series that Dr. Rolf developed, and several variations of this protocol are taught. Over the years, the faculty of the Rolf Institute has articulated the principles on which the original series was based. By understanding these principles, it is possible for practitioners to develop strategies of intervention that recognize the unique needs of the individual client, and to work outside of the ten session series when appropriate.

**ROLFING SESSIONS**

When Dr. Rolf began teaching students to Rolf in the 1960s, she taught them a sequence of sessions which is are generally referred to as "the recipe." This recipe is a sequence of 10 sessions each of which focuses on a specific region of fascial geography and has detailed structural goals.

The first three sessions are called the "sleeve sessions" and are devoted to loosening and balancing the surface layers of connective tissue. If the first three hours have been performed successfully, the deeper work can be translated through the surface and integrated more completely. The first hour is often referred to as the breath session and focuses freeing and mobilizing the ribs and discriminating them from the pelvis. Connective work is also done along the upper leg, hamstrings and through the head, neck and spine. This connective work from the head to the sacrum is typically done at the end of each hour. The second hour provides support for the first session and focuses on balancing the foot and muscles of the lower leg. The third hour typically involves a view of the body from the side and seeks to organize the body around a conceptual lateral line that runs from the earlobe to the lateral malleolus, the protruding "ridge" of bone on the outer lateral surface of the ankle. Increasing a client's awareness of this line is an important aspect of this and later sessions.

The next four sessions are referred to as the core sessions. The core sessions begin with a session in the inner leg. It focuses on a conceptual inner line that supports the core and runs from the inner arch of the foot to the deep adductor tendons that attach into the pelvic floor, a thick band of connective tissue at the base of the pelvis on which the intestine sit.

The fifth session is concerned with the abdomen and focuses on balancing the surface and deep abdominal muscles. Fascial restrictions in and around the visceral (organ) system are normally addressed in this hour as well. The six and seventh hours can be thought of as a unit which includes the surface and deep structures of the hips and the spine and continues that work up to the head and neck.

The last three hours are referred to as the integrative hours. This is where the Rolfer has an opportunity to tie his previous sessions together, working in the middle layers of connective tissue. Dr. Rolf encouraged her students to look at the body anew in these final sessions. Rolfers are encouraged to ask a series of questions about what our client's body needs to be more complete, more balanced, freer to express its full potential. While there are a variety of creative ways to achieve this higher level of integration including movement sessions, subtle body cueing (a type of education and awareness through movement) and subtle middle layer integrative techniques there is a simple model many use. You might call this approach the upper, lower, joint sequence. The traditional integrative pattern might look something like this: an upper body 8th hour, a lower body 9th hour and a 10th hour which emphasizes small movements in major joints and movement education in sitting and standing positions.
Thai Massage  
By Linda Dumbrigue

OVERVIEW

What is known in the western world as Thai Massage is known in Thailand as Nuad Bo’Rarn. Nuad is a Thai word that translates as “to touch with the intention of imparting healing”. Bo’Rarn is a word derived from ancient Sanskrit which translates as “something which is ancient and revered. In Thailand, Thai massage is recognized as a core component of an entire system of traditional medicine.

The theoretical foundation of Thai massage is based on the concept of invisible energy lines running through the body. The Indian origin and influence is obvious here since the background of this theory clearly lies in Yoga philosophy. Yoga philosophy states that life energy (called Prana) is absorbed with the air we breathe and with the food that we eat. Along a network of energy lines, the Prana Nadis, the human being is then supplied with this vital energy. Out of these energy lines Thai massage has selected 10 mainlines on which there are especially important acupressure points. Massaging these lines and points makes it possible to treat a whole range of diseases or to relieve pain. The 10 mainlines are sufficient to conduct practical treatment for the whole body and its internal organs. Disturbances in the flow of energy result in an insufficient supply of Prana, which will in turn lead to sickness. Working on the energy lines with massage can break the blocks, stimulate the free flow of Prana, and help to restore general well-being.

Looking back at the tradition of Thai massage it is very clear that it was never seen as a mere job. Massage was always considered to be a spiritual practice closely connected with the teachings of the Buddha. Until fairly recently it was the Buddhist temple, where massage was taught and practiced. Even today one of the most important massage schools in Thailand is at the Wat Po monastery in Bangkok. The establishment of legitimate massage facilities outside of the temples is a recent development.

HISTORY

Traditional Thai massage can look back at a long history of therapeutic healing. If one traces the evolution of the techniques of healing massage practiced in Thailand, one discovers the astonishing fact that the earliest roots of Thai massage lie not in Thailand but in India. The legendary founder of the art is believed to have been a doctor from Northern India. Known as Jivaka Kumar Bhaccha, he was a contemporary of the Buddha and personal physician to the Magadha King Bimbisara over 2,500 years ago. The teachings of Kumar Bhaccha probably reached what is now Thailand at the same time as Buddhism - as early as the 3rd or 2nd century BC.

Ancient Medical texts were carved in stone in attempts to preserve the tradition of Thai massage; these stone inscriptions still sit within the walls of the Wat Pho temple in Bangkok. In Thailand, there are many agricultural people who do a lot of physical work through the day and their muscles become very tight and sore, so they teach their children massage skills they learned from
their parents. In this way Thai massage is passed down as an oral tradition. Massage has a unique style in each area of Thailand. When people would gather together from different regions they would exchange their techniques of massage. In this same way influences came from other countries such as China, India, Burma and Tibet creating its evolution and development.

Thai massage has undergone a subtle shift as a result of western influences, which greatly increased in the 1950's and continue to this day. Traditionally practiced in Buddhist temples by monks specializing in this "manual manipulation", the work in Thailand today is no longer limited to the temple setting. When western medicine came into vogue, traditional medicine suffered a downswing. It went somewhat underground, and re-emerged years later after western medicine was no longer viewed as always superior.

Historically, Thai massage was not specifically what Westerners consider massage. It was thought of as and utilized as a hands-on practice of traditional medicine. Thai massage techniques were applied to the treatment of the varied ailments that afflict humanity, including mental and emotional illness.

THAI MASSAGE SESSION

Today, Thai massage is being practiced in clinics and spas all over the world and has experienced a remarkable growth and acceptance. Thai massage combines the elements of yoga, meditation, acupressure and assisted stretching. Thai massage is different from western massage in a number of ways. Listed below are some key differences you could expect when receiving Thai Massage:

- Thai massage is practiced with the client fully clothed in loose-fitting clothing
- No oils or lubricants are used in Thai massage
- Thai massage is practiced very slowly
- Thai massage emphasizes pressing, compression and stretching techniques. There are no rubbing techniques
- Thai massage practitioners use their feet, knees, elbows and forearms in addition to their hands and fingers
- The massage session takes place on a cotton pad or mat placed on the floor or low platform
- Thai massage therapist are encouraged to work in a concentrated and meditative state of mind. They are supposed to transmit this quality of mind to their client via their touch
- The primary focus and intention of Thai Massage is to bring balance and harmony to the “energetic” body and mind of the recipient.
The Trager® Approach is a method of movement education and body/mind integration using gentle, non-intrusive movements in harmony with the natural rhythm of the body’s weight and structure. These movements convey the feeling of greater ease, comfort, freedom and fluidity to the body/mind.

The Trager® Approach, also known as Trager Psychophysical Integration, includes tablework as well as self care movement explorations called Mentastics that assist in recalling the sensations experienced during a session through out daily life.

“Trager Psychophysical Integration and Trager Mentastics, its related system of exercises, comprise a profoundly simple approach to body movement that can end stress-induced tension and replace aches, pains and stiffness with pleasurable sensations. The movements are easy to do, very gentle, and work for people of all ages and abilities, from athletes to the functionally impaired. They offer a graceful, free and energetic state and can dramatically impact (and prevent) a wide range of ailments, from lower back pain to paralysis.” Betty Fuller, Founding Director of the Trager Institute

HISTORY

Milton Trager, M.D. (1908-1997), created the Trager® Approach. As a young man, Trager explored gymnastics, dancing and eventually boxing in spite of being born with a congenital spinal deformity. His boxing coach would give him a massage after workouts.

One day Trager offered to massage him. His coach, Mickey, was amazed at the effectiveness of the intuitive work that he received from Trager. Encouraged by Mickey’s enthusiastic response, Trager went home to experiment with his father who had been suffering with sciatica. After several sessions, his father’s pain was gone. This inspired Trager to continue his exploration.

Initially, as a lay practitioner and later as a medical doctor, Trager continued to develop and refine his work over a period of 50 years, applying it to all that were open to the experience. He believed that physical restriction was a learned response developed over time in response to everyday stress or to physical and emotional trauma. The gentle movements he performed on the body reached the unconscious mind to assist it remembering an easier way of being.

He was almost 70 when he began teaching his approach to others and he continued for nearly 20 years. The Trager Institute was founded in 1980 in Mill Valley, California. Today, there are over 2,000 Trager Practitioners in countries all over the world.
TRAGER SESSIONS

A Trager® session usually lasts 60-90 minutes with the client dressed for his or her own comfort, draped appropriately and lying on a padded table. The practitioner supports and moves the client’s body in a soft, rhythmic fashion within its natural and pain-free range.

Clients report feeling deeply relaxed, energized, lighter and experience less pain with increased flexibility.

In order to impart a sense of ease and freedom, it is essential that the practitioner be in a relaxed almost meditative state referred to by Trager as “hook-up”. Trager taught that in order to give a feeling, you must embody it.

Following the tablework, the practitioner will teach the client some simple Mentastics®, short for mental gymnastics. Just like the table work, Mentastics® assist the client in discovering ways of moving that require less effort. Mentastics® can be done at home or at work as a way of reminding the body/mind that it can be lighter and softer.

Individuals receive Trager sessions for relaxation, musculoskeletal complaints, personal growth or increased feelings of joy and wellness.

THE TRAGER PRACTITIONER CERTIFICATION PROGRAM

The Trager Practitioner Certification Program consists of three levels of classes. Each level is followed by a required number of fieldwork sessions and supervised tutorials. The student learns the full tablework session protocol and variety of self-care Mentastics® movements in the first level.

In each succeeding level the tablework is refined and expanded and additional Mentastics® material is added. For certification a class focusing solely on Mentastics® is required, as is an anatomy class. The program provides for certification at 226 supervised hours.

For more information or to find a certified practitioner:  http://www.trager.com

There is a way of being
Which is lighter
Which is freer
A way in which work
As well as play
Become a dance
And living a song
We can learn this way.

Milton Trager, M.D., Founder of the Trager® Approach
“I feel like a dancing cloud.”

Chungliaang Al Huang
Tai Chi Master, author, philosopher and calligrapher

Chungliang Al Huang offered this calligraphy of a Dancing Cloud to Dr. Trager in appreciation of his work. It is now the logo of Trager International
OVERVIEW

Yoga is a science of life, a spiritual science of self-realization, developed over thousands of years. It promotes health and happiness by working on the mind, body and spirit. Yoga originated in India, and has spread all around the world. It is not a religion. Yoga deals with universal truths and is therefore compatible with all faiths and none.

The sanskrit word "yoga" means "union". The ancient yogis practiced meditation to join their inner spirit with the spirit of the universe. If they achieved this unity (often after many years of practice) they became enlightened. All the yoga postures that we now do were originally devised to prepare the body so that it can sit perfectly still for long periods in meditation.

Over the years, several distinct paths of yoga emerged, although they all ultimately lead to the same destination. Hatha yoga is the main form of yoga practiced in the West. Hatha yoga seeks to promote health and well-being through physical exercise. Hatha yoga involves asanas (the yoga postures) and pranayama (breathing exercises). Yoga is a Hindu discipline aimed at achieving a state of perfect spiritual insight and tranquility. In the West, the term is most commonly understood as the physical exercises that are practiced as part of this discipline. Most Westerners identify yoga with hatha yoga.

Over time, the regular practice of asanas, and breathing exercises (pranayama), makes the body strong, relaxed, supple and promotes health and well being. It has a profound effect on the circulation and on the functioning of the inner organs, glands and nerves, keeping all systems in radiant health and leading to greater energy, and better concentration. The asanas loosen joints and stretch muscles to improve posture and maintain strength and flexibility. Breathing exercises boost energy, calm the mind and the nervous system and improve the efficiency of the bodily systems. Relaxation counteracts the effects of stress and allows the body to recharge. Many common physical ailments can also be improved through the regular practice of yoga, and it is never too late or too early in life to take it up. Anyone can practice yoga.

There are many styles of yoga. Amongst the most popular are:

- **Ashtanga Yoga** a fast flowing, aerobic yoga workout
- **Iyengar Yoga** strong, precise style of yoga for the fitness conscious
- **Viniyoga** a gentler style with emphasis on healing
- **Satyananda yoga**, a gentle style of traditional Hatha Yoga, suitable for all age and shape.
- **Bikram Yoga**, a scientifically designed 26 pose series constructed to enhance physical strength and balance, providing an energizing work out. This dynamic style of yoga, practiced in a heated room, increases flexibility and accelerates detoxification.
- **Kundalini yoga**
HISTORY

On the History of Yoga there is surprisingly little known, despite the fact that many scholars have studied Yoga History, many gaps still exist. Though Yoga's Origin is shrouded, evidence links the earliest Yoga tradition back at least 5000 years to the beginning of human civilization. Scholars believe that Yoga grew out of Stone Age Shamanism, because of the cultural similarities between Modern Hinduism and Mehrgarh, a neolithic settlement (in what is now Afghanistan). In fact, much of Hindu ideas, rituals and symbols of today appear to have their roots in this shamanistic culture of Mehrgahr. Early Yoga and archaic shamanism had much in common as both sought to transcend the human condition. The primary goal of shamanism was to heal members of the community and act as religious mediators. Archaic Yoga was also community oriented, as it attempted to discern the cosmic order through inner vision, then to apply that order to daily living. Later, Yoga evolved into a more inward experience, and Yogis focused on their individual enlightenment and salvation. The first archaeological evidence of Yoga’s existence is found in stone seals excavated from the Indus valley. The stone seals depict figures performing Yoga postures. These artifacts officially put Yoga on the History books circa 3000 B.C., and more importantly link it to the great Indus-Sarasvati Civilization.

YOGA/MEDITATION SESSION

Yoga has become a very common term in the Western world today, and yoga classes can be found in virtually every town.

Just like any other exercises, Yoga follows a series of poses. You start by opening or warming-up. The first thing you do is to sit quietly for a few minutes. This will allow you to gather your energy, let go of all your concerns, and become centered. This will also help you in planning about the Yoga Poses you want to do. Then you shift from feeling the outside to the inside by centering your attention to your Breathing. Breathe freely, then breathe deeper after a few minutes. Then you may start with opening poses. Remember that Yoga Poses are done slowly and meditatively combined with abdominal breathing. These gentle movements not only reawaken your awareness and control of your body, but also have a profound effect spiritually - freeing you from fears and helping to instill confidence and serenity. And at the end of the Yoga Session, you will find yourself relaxed and full of energy - quite unlike other forms of physical exercise which cause fatigue through overexertion. Most hathayoga classes also include periods of relaxation and meditation.
Yoga Poses or asanas are based on seven primary types of movements:

1. flexion
2. extension
3. hyperextension
4. abduction
5. adduction
6. rotation
7. circumduction.

These are basically the movements your body can make. A Yoga Pose may be one or a combination of any of these types of movements. The locust pose, for example, uses hyperextension. These poses are designed to release tension in your muscles and joints in order to make your body stronger, more flexible and balanced. A Basic Yoga Session will include opening poses, standing poses, salutations, shoulder and hip exercises, back and forward bends, inversions, twists and finishing poses.

It is important to realize that yoga is non-competitive. Everyone works at their own level and without strain. The saying "no pain, no gain" has no relevance in yoga. If there is pain, dizziness or nausea STOP and come gently out of the posture. In yoga, one should work smoothly with the breath and with concentration and awareness. Your teacher will give general safety advice for postures, but you must take responsibility for your own safety by listening to your body, respecting it and working within your limits. If you have any doubts about your health in relation to practicing yoga, discuss this with your teacher and consult your doctor.