

Learning to Access the Wisdom of the Physical Body

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A firm knowledge of the body gives us lots of clues, a real "heads up", of how to work in an energy treatment. It enhances rather than diminishes intuition--we can interpret our messages from spirit in the language of the body. A concrete knowledge of anatomy and physiology (structure and function) can help us understand symbology, and help us in utilizing such techniques as Healing Touch or other energy medicine techniques, Guided Imagery, Focusing, and dialoging with specific body parts or cells.

For example, if a client comes in with high blood pressure (BP), some anatomy knowledge will clue you in to pay extra attention to and energetically balance:

- 1) **The Kidneys**, because they help control the electrolyte balance including sodium, which can affect BP. They can be found at the inferior edge of the ribcage, halfway to the spine from the side. Kidneys like warm, wet, wavy energy, and can be connected to the kidney meridians on the inside of the knees. (Anatomy for Healers, Level 1)
- 2) **The Adrenals**, which produce the mineral corticoids in their cortex, especially aldosterone, which controls blood pressure (BP). They also produce the body's own cortisone, a natural anti-inflammatory, which can cause fluid retention. They are found covered by the ribs on top of the kidneys, near the spine. They often need considerable loving, calming energy.
- 3) **The Hypothalamus**, also, plays a big part in regulating the BP, partly through the antidiuretic hormone, and by mediating the stress response. It can be found in the middle of the brain, inward from the third eye. The Healing Touch Mind Clearing techniques (Healing Touch, Level 1 & 2) are especially good, as well as the Limbic Balance from Anatomy for Healers, Level 1).
- 4) **The Sympathetic Nervous System**, the "fight and flight" response of stress. This system increases heart rate, dilates pupils, and brings blood to the muscles, getting the body ready to handle danger, i.e. "tigers". So many people fight "paper tigers" as an everyday way of living. Healing Touch techniques quiet the sympathetic response, bringing parasympathetic relaxation, the "rest and repair" system. Once again, the Mind Clearing techniques are very good, as is the Limbic Balance from Anatomy Level 1.

Another example of where the knowledge of the body is helpful is when you are giving Healing Touch postoperatively. We know that the Magnetic Clearing is good for clearing anesthesia and pain control, as is the Pain Drain. The Chakra Connection is great for overall balance, and Wound Sealing is very important. These are all excellent Healing Touch Level 1 Techniques for this occasion.

Using the knowledge of how the body clears toxins (drugs and anesthesia), you could also work effectively to support:

- 1) **The Kidneys** which eliminate toxins, maintain acid/base balance, keep electrolytes in balance, maintain blood oxygen levels through the hormone, erythropoietin.
- 2) **The Liver**, which detoxifies drugs and releases the wastes into the intestine via the bile. You can find the liver under the diaphragm and covered by the ribs on the right side, with the left lobe extending slightly over to the left side. You can vibrate and pull off congestion from it, & energize it with wet, warm, wavy energy (Anatomy for Healers)
- 3) **The lungs** are also clearing anesthesia and toxins. Ultrasound and clearing passes from Healing Touch Level 1 are excellent, as well as the vibrating and pulling out treatment from Anatomy for Healers, Level 1.
- 4) **The Skin** clears many toxins, and is sometime called the "third kidney". Magnetic Clearing, (Healing Touch Level 1) and lots of water as soon as tolerated would be helpful.

Other areas that could benefit from attention postoperatively would be the

5) **Lymph/Immune System**. The Lymphatic Drain (Healing Touch Level 3) and/or The Lymph Flush (Anatomy for Healers, Level 1) could be helpful to clear debris and toxins. Also, the Immune Boost (Anatomy 1) intervention that activates and connects the thymus, Peyer's Patches (lymph aggregates in the wall of the small intestine), and the spleen. You can also ask the thymus to send the proper immune cells (like the Killer T cells, macrophages, etc) to any potential area of infection. (Cell Talk, John Upledger).

6) **The surgical wound** could benefit from the Scar Integration Technique (Don Stouffer, PhD, CHTP), which uses Ultrasound energy from the palm and finger tips in a figure 8 motion to re-establish energy flow and reweave tissues in a normal pattern. You can also ask the stem cells (prototype cells that can become any cell) from the bone marrow or blood to come to that area to encourage tissue regeneration (Cell Talk, John Upledger).

The subtle energy flows of Healing Touch also encourages healing while holding the vision of health and wholeness.

Clinical applications of anatomy similar to this apply to all organs and systems of the body. Once you use your knowledge of structure and function in your healing, intuition and guidance still takes over in a profound way. Janet Mentgen's healing tool, the Mind Mirror, similar to a laptop EEG, showed that when healers are healing, they are in right and left brain, and Beta, Alpha, Theta, and Delta levels of consciousness all at the same time. I believe that we shouldn't think of ourselves as meditative zombies doing healing, but bring in all our faculties as much as possible, being grounded while connected to spirit. That way we can be available to assist our client to self heal in the highest way possible.

References:

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2. Hovland, Sue P., Anatomy for Healers, An Energetic Approach to the Physical Body Levels 1 & 2 notebooks, 2003-present.
3. Stouffer, Don, and Stouffer, Joan, and Joyner, Marilyn, "A Healing Touch Approach to Scar Integration", HT Newsletter Aug. 1998.
4. Upledger, John E., Cell Talk, North Atlantic Books, 2003.