

What is Healing?

Connective Tissue: the Energetic Medium

- A microscopic web, of infinite complexity
 - Wraps the musculature. A sleeve made of this netting wraps every fiber of every muscle
 - In its condensed form it is the balloon-neck of the pouch that holds the muscle: tendons
 - Partitions made of connective tissue surround internal organs and form separate body compartments
- Dictates how the body populates space
 - E.g., scoliosis as a deformation of tissue, rather than of the skeleton

What is Trauma? (1)

- Loose connective tissue is:
 - Elastic
 - Of healthy volume and low density
- Crushed connective tissue is:
 - Of granular texture
 - Condensed and of decreased volume, therefore pulling in healthy tissue from every direction
 - Stuck to surrounding tissue

What is Trauma (2)

- When a tissue is crushed the damage is also associated with emotional hurt. It resembles an entangled ball of twine, pulling in connective tissue webbing
 - Those hyper-tonal (overly stretched) lines of tissue look like sun rays
 - Traumas suffered on different occasions that have a similar emotional patterning tend to arrange in layers in a single body location, as a conglomerate
- The nervous system's neurological / energetic function is faulted in the nerves that are in the damaged area. The associated emotional capacity there can be repressed, active but denied, or active and conscious

“Trauma Metaphors” Channeled in Treatment

- “Trauma metaphors” are intuitively divined neurological / energetic action patterns describing the trauma, a diagnosis form known as channeling
 - The metaphor is received in experience as an amorphous understanding, or as a phrased insight, or visually
 - The metaphor relates to a body location, where solidified “hinged” templates and action patterns have associated dysfunctional cognitive capacity such as bad emotions or reflexive forms of expression
- The metaphor might describe neurological / energetic patterning that is superfluous, lacking, faulted, infirm etc.
 - E.g., a block of communication flow triggered by imposed expectation to agree or comply, as visual “talk to the hand” imagery

Channeled Healing

- Healing of the expression of a trauma metaphor in the patient's body occurs when their neurological / energetic facet is ordered to normalize
- Healing can be a local effect, but many problems are diffuse by nature, e.g.:
 - An area or line of connective tissue, or a tissue sheet
 - An anatomical unit or an organ, such as the lymph system or the spleen
- In that process, the relevant connective tissue will rehabilitate. Muscle fibers previously made spastic by the crushed tissue will relax, and sensation of them regained

Definition of healing: De-spastification driving neurological / energetic function

Treatment Quality

- There are different approaches to fix neurological / energetic patterns, and many sets of “commands” that the patient’s body can be given within these approaches
- These “commands” are made possible by effectively coupling two nervous systems. Proprioceptive expansion is possible, so that somatic signals from the patient’s body can be felt
- The most appropriate command given by the strongest nervous system will give optimal results
 - If the patient has a stronger nervous system than the therapist’s, effect will be dictated by their nervous system
 - Kundalini masters have the strongest nervous system

Session Operating Procedure

- Where the approach includes a pre-defined method, specific modifications will often be done at a given order. This can be learned and carried out without an intuitive capacity
- The optimal approach is intuitive. It is similar to a sort of map to a very complicated knot of twine, with an arrow indicating exactly where to start undoing the knot
- It's possible to address multiple locations in the body in any given moment. The more integrated the therapist's own body experience, the more effective this type of rehabilitative effect will be
 - Kundalini masters who have no attention disorders have maximum integration of their body experience

Treatment End Conditions

- An effective treatment will end in an emotionally balanced state: without active traumas, so that all remaining traumas are in a repressed state
- No modifications should be done that overly weaken the body. Increasing the amplitude of the craniosacral rhythm, for instance, can cause fatigue that requires a day or two of rest
- Psychological limitations prevent drastic changes. The upcoming repressed layers that will now surface need to match the patient's mental fortitude and their understanding of the process and of their damaged personality layers

Treating Groups

- It's possible to treat many people together
- Heart Rhythm Meditation (HRM) boosts this effect further, since it increases the therapist's physical range of effect:
 - Inhale counting to 6, exhale counting to 6, hold full lungs counting to 12 (square breath)
 - Counting is of heartbeats, sitting on the knees
- Kundalini masters have been performing group treatments for a millennia, the Shaktipat act.

Appendix: Typical Treatment Processes

Treatment Stages

- Healing can be seen as having 3 phases:
 - Early-stage: curing pressing issues and resolving blocks for a progression style that is easy and fast
 - Middle stage: bringing to awareness and resolving childhood issues around which life experience was framed
 - Late-stage: resolving the main infancy conflicts
- There is no hard-wired order. The therapeutic reality is dynamic and responds to events as they occur

Treatment Objectives: Early-stage

- Physical balance: diseases, pain
- Mental balance:
 - Chronic distress, including depression
 - Attention disorders
- “Unwrapping” the immediate experiential envelope
- Grounding and addressing fear/anxiety
- Resolution of overly-judgmental attitude in the back aspect of the throat chakra

Treatment Objectives:

Middle stage

- Addressing childhood mental constructs
 - Interpersonal behavior patterns, authenticity
 - Emotional trauma solidified over the lifetime into an unhealthy approach to life
 - Opening of the heart chakra
- Soothing the “emergency state” vibe: ego energy
- Integration of the voices of the psyche

Treatment Objectives: Late-stage

- Central infancy conflicts
- Resolving ego energy deposits
- Dismantle Reichian character structures
- Integrating the physical body experience
- Healing early-life and birth trauma
- “Enlightenment Threshold”: no-return point in transition to dynamic balance