



Auszüge von R. Paul
Lee DO, James Jealous
DO, A.T. Still DO

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INTERFACE - Mechanisms of Spirit in Osteopathy

by R. Paul Lee, DO

A.T.Still often described his contribution as a philosophy, and art.

Motion is perceived as the special characteristic that produces Health.

Health must be restored from within. The Tide then delivers Health.

Spirit is real, a substance, palpable. The Tide is a manifestation of spirit. We can directly work with spirit - with our hands. It's very pragmatic.

Still's Osteopathy is spirit in action. Healing occurs because spirit provides the impetus. One can feel it occur under one's hands when one feels the primary respiratory mechanism. It struggles to free the tissue that cannot receive health; it brings that tissue into synchrony with the remainder; then it becomes still; and finally it resumes an "easy normal" or healthy fluctuation. This is how healing happens. The action of healing is palpable.

With Osteopathy, we are dealing with the forces of healing, not the naming of disease.

We do not treat what is wrong. We treat by reestablishing the original perfection with which each of us entered the material world. The manner in which we re-order the distortion to return to the perfection of the original is by visualizing the original.

The morphogenetic field is there as a reference, the water is the mediator, and the piezoelectric connective tissue is ready to receive.

I moved from categorizing patients by their diseases to observing their body's potential for healing.

"We take up Osteopathy. How old is it? Give me the age of God and I will give you the age of Osteopathy. It is a law of mind, matter, and motion." (A. T. Still)

"To know all of a bone in its entirety would close both ends of an eternity." (Still, 1908)

Somatic dysfunction = TART = tissue texture change, asymmetry restriction of motion, tenderness

"An intelligent head will soon learn that a soft hand and a gentle move is the hand and head that get the desired results." (Still, in Booth)

"For the last 25 years my object has been to find one single defect in all nature, to find one single mistake of God. But I have made a total failure in this respect." (Still, in Booth)

"The God I worship demonstrates all his work." (Still)

According to Webster's Third New International Dictionary, health is a state of being whole, vital, flourishing, and functionally balanced. It is harmony.

"What is harmony but health? It takes harmony of every nerve, vein, and artery in every part of the body." (Still)

"Sickness is an effect caused by the stoppage of some supply of fluid or quality of life... He conquers the disease by knowing how to apply the principles of this science along the lines of sensation, motion, and

nutrition... An Osteopath is taught that nature is to be trusted to the end.” (Still)

“Divine law. That law we use in healing.” (Still)

“We have traced it by reason, by philosophy, under the microscope, in the light and in the dark; and we hear a response. That response is so intelligent, its answer is so correct that a man is forced to believe there is knowledge behind it.” (Still)

“Motion is the first and only evidence of life.” (Still)

“Osteopathy is surgery from a physiological standpoint. The osteopathic surgeon uses “the knife of blood” to keep out “the knife of steel”, and saves life by saving the injured or diseased limbs and organs of the body by reduction, in place of removing them.” (Still)

A vibrational perception, or intuition, comes as an awareness of a vibration carrying the essence of the thing perceived. It comes with a resonance, grounded in an awareness of its own inner alive knowing. It comes complete, like a flower, or a song. Instantly we perceive it in its fullness; we drink its light and it becomes part of us.

Naming a thing (“placement”) threatens the one who names it with getting stuck in form. Forms lead us toward attachments, and attachments glue us to a set time and place, hence suffering.

*“All living things follow a generalized, established pattern (morphic field) to create each unique individual organism. These patterns exist beyond biochemistry, genetics, and our normal set of expectations. **Morphic fields** exist as imprints of information or consciousness outside physical reality, memorized from previous material forms, from which each new physical form takes its cue.” (Rupert Sheldrake)*

What would medicine look like if it integrated ideas of modern physics? Simply put, it would look osteopathic.

He (Still) projected that the mind could do what an **x-ray machine** does, that is, raise the vibration to see inside a material body.

Era III medicine (Larry Dossey: Eternity Medicine) - this is nonlocal medicine or eternity medicine. Here, the mind plays a fundamental role in the healing of the patient. This form of medicine integrates the concepts of quantum physics. Intention plays a significant role in healing, both from the mind of the physician and the mind of the patient. However, this type of medicine cannot be measured by conventional means.

Solid matter is not solid at all. Instead, it is basically vibration. We experience objects as being solid because the negative charges of the electrons vibrating in the object and in our hands, repel each other. There is more “empty” space between the nucleus and orbiting electrons than there is substance. The substances of the atoms are defined as probabilities, not definite elements in a particular place at a particular time. Subatomic particles that make up the atoms emerge from an undifferentiated background and then wink off again to be replaced by another appearance of vibration. This is the fundamental act of manifestation of our material reality, **holomovement**. “Holomovement” is the name Bohm gave the process by which the explicate order emerges from the implicate order. Holomovement is the emergence of matter from a preexisting pattern of energy. Such a pattern of energy compares to Sheldrake’s concept of **morphogenetic field**.

Material reality (explicate order) emerges from an undifferentiated, unseen **sea of consciousness** (implicate order), which itself is a subtle form of matter. Consciousness

(Mind, for Still) creates the material form (Matter, for Still) and moves it (Motion, for Still).

William Tiller (Physicist) also asserted that the energy available in the information wave aspect is enormous; the energy available in the particulate space is a mere whisper by comparison. The space that exists within the atom and between atoms holds this enormous energy - "**vacuum energy**".

Osteopathy tries to return the body to a state of the "normal anatomy" (Still) or the form of the "morphic field" (Sheldrake).

The **Life Force** is a substance that chooses its function and form in the material realm. These cosmologies all indicate there are two realities, one hidden and one material.

"By the law of knowledge and intuition all persons do succeed." (AT Still)

Still believed that the mind might be trained to see beneath the surface, as the **x-ray** does, and may be his mind did this for him in some of his rapid diagnoses. The mind should be able to view the body as the x-ray, if one raises the vibration.

Clairvoyance

Dr.Pribram (Neuroscientist) also suggested that if we saw reality without our mathematical computations performed by the brain, we would know a world in the frequency domain, without time or space, just events.

"Because our brains are a part of the big hologram, they have access, under certain conditions, to all the information in the principles of control. If there is no time and space, there is no here or there; psychic occurrences and the supernatural can occur in nature." (Pribram)

Information wave space

If the coupling to this source of information is enhanced by such practices as meditation, we should become more intuitive. That is where time and space have no meaning. That is where clairvoyance happens; it's the realm of spirit.

The Weight of consciousness

Amrit Sorli (Physiologist) has shown that the weight of a plant or an animal diminishes immediately at death when the living organism is contained so that it cannot exchange any material substance with its environment. He theorized that this change in weight corresponds to "vacuum energies" or "subtle energies" with which the organism is in active relation and that the organism finds essential to function. At death, this relationship is terminated and the energies are liberated, decreasing the weight of the body. This Life Force (spirit) is a "substance" containing mass.

Blechs Schmidt - Embryology

At the end of a limb bud, for example, the embryo first establishes influence over the space into which it will grow within the fluid medium. Then it sends its multiplying cells into the appropriated space. The form is first created in fluid; the material body follows. Thus, a pattern of energy advances before the expanding cellular encroachment into the extra-embryonic fluid environment as the limb bud forms.

First energy, then fluid, and then cellular structure.

Undifferentiated protoplasm is tissue whose form and function are yet to be determined. It is pluripotent, formless, and it is prepared for whatever assignment it receives.

James Jealous DO described healing as a return to the original. The return to the original is a resumption of the morphic field and the movement of Qi, which defines the form and function of health.

“Do not seek to follow in the footsteps of the wise; seek what they sought.” (author unknown)

The injured tissue is less vital, less imbued with health, less compatible with life; and, if left unchanged, it will progress to develop conditions of disease and to distribute these adverse effects to farther reaches through its connections through nerves, vessels, and connective tissues. Pain and disability mark this progression toward disease of the injured area. Vitality, called health, cannot penetrate the region as it did in its original conformation. If the original shape of the area is reestablished, health returns and recovery is possible.

Bone and other connective tissues transduce the impulse generated by morphic fields to determine the shape of the body. The connective tissues are the container for the fluid that carry the life force. If the fluids that carry health penetrate the tissues freely, the organism is healthy. If there is energetic or conformational distortion changing its original shape, the the health is less available and the condition of the organism declines. So, the **objective of osteopathic treatment** is to assist the organism from the outside in order to facilitate the connective tissues to restore themselves from the inside to their original conformation and to allow optimal health. Because the structural element of the body often requires assistance from outside to regain its original conformation, osteopathic manipulative medicine exists.

The preexisting functional element created the original conformation of the parts and the whole organism in the embryo. The exuberant forces of embryogenesis occur on a tiny scale in a mostly fluidic medium, facilitating the generation of the original form. However, once the form is firmly established in connective tissue matrices, it will not easily remodel when deformed. This is especially true if the sole influence for remodeling is the

energy of the function for which the structure was created. If the matrix is distorted, this functional activity, which is no longer equipped to generate form, also has to contend with a much larger mass of a much tougher tissue than the forces of embryogenesis did. In fact, the function itself, within this distorted form, has a reduced ability to deal with remodeling because the conformation change has reduced its **potency**. Thus, restoring full function depends on restoring the container of the function to its original shape. Then, the fluids can carry the life force and nutrition unimpeded throughout the system.

The connective tissues are both electrical and mechanical, that is, **piezoelectric**. The connective tissues transduce these and other forces that regularly impact it, such as **trauma**, thoughts, and emotions. Over time, the more subtle effects from thoughts express themselves in the mechanical structure of the organism. Disturbances of posture, mobility, and organ function result not only from injury, illness, and habits of drink and food but also from thought and intention.

Visions

“Some of us do not have to go to sleep to see visions. (Still)

“Osteopathic medicine beautifully combines art and science.” (David Hawkins)

Sutherland theorized that during the inhalation phase, the volumes of the fluid-containing compartments expand, both within the **ventricles** (in the interior of the brain) and within the subarachnoid space (on the exterior of the brain). The third ventricle widens from a slit into a V-shape, and its roof lengthens and flattens, stretching out the choroid plexus. Furthermore, the floor of the third ventricle elevates, drawing up the infundibulum and pituitary body.

Still referred to the brain as a dynamo, implying that its motion generates an electrical charge that is transmitted by the nerves to drive the whole system.

Electrochemical Potency

Because the cerebral hemispheres coil and uncoil, they resemble a dynamo. Through this dynamo-like activity, the brain develops a polarity and the CSF acquires an electrical charge.

*“Pay attention to the clear water, in the battery of your car. You have chemicals in that water, material chemicals. But you cannot see the invisible element, the electrical “juice” that comes from that water, that passes along the wire that runs to the motor of your car. This is the **potency**, the power, that comes from the battery.”*
(Sutherland)

Intelligence of the Tide

“Learning to work with the potency of the CSF has profound effects. In using the direction of the Tide for correction, for treatment, you use the same direction process that you used for diagnosis... If you did nothing other than direct that Tide, there would be, in time, a correction of the lesion.”
(Sutherland)

According to Sutherland, if one feels the tide rebound from the area opposite from where he or she is directing it, then one knows there is an obstruction in that place. *“The diagnostic rebound is specific. You do not even have to test for the pattern of mobility at the sphenobasilar junction. The Tide will tell you. It is uncanny.”* (Sutherland)

“Don’t try to drive the mechanism through any external force. Rely upon the Tide.”
(Sutherland)

The **Breath of Life**, Sutherland said, is liquid light; it exists in the fluid between the fibers.

The love of **God** is present everywhere, pre-existing, generating, and permeating everything. Our physical forms exist in this sea, differentiating from it only by having managed to reduce the vibration of its material constituents as they manifest.

Cerebrospinal fluid: **“fluid within a fluid”**

“An intelligent head will soon learn that a soft hand and a gentle move is the hand and the head that get the desired results.”
(Still)

The Tide in the fluids is the expression of spirit, the **Breath of Life**. The Breath of Life is in the unseen and the Tide manifests in the visible (palpable) world. In its most basic palpable function, the Tide cyclically resonates in the fluids and moves the tissue matrix. In its greater functional ramifications, the Tide also creates metabolic activity. (“tissue respiration”)

The fluctuation of fluid is a mechanism of **Health**. Health, with a capital H, implies an activity, not just a condition, a verb, not a noun. Health originates from, exists in, and permeates the tissues. *“It generates all of the fundamental forces involved with healing. Health is undifferentiated, non-directional, and unorganized. The Health provides the raw material for healing.”* (Steve Paulus DO)

Healing happens when diseased tissues that have been cut off from this supply are once again nourished by it.

Sutherland proclaimed that there is an interchange among all the fluids of the body at the **Still Point**, when the oscillation (Anm.d.Red.: of the PRM) is brought down to an idling.

The **Breath of Life** permeates totality of creation, both the material and the nonmaterial.

An individual heals as distortions of influences from material and nonmaterial sources resolve into symmetry.

Sutherland called the **potency** “intelligent” and “unerring”.

Fascia is the container of spirit and the fluids reveal the activity of spirit. In osteopathic treatment spirit in the fluid changes its solid container. And spirit delivers health.

The **healing of the psyche** occurs simultaneously with the physical if we realize the inseparability of mental/emotional and physical attributes. Usually, this culture’s dualistic paradigm separates in our view of reality these physical and nonphysical aspects, separating their healing as well. If we adopt quantum effects into our understanding of reality and see physical and nonphysical as different aspects of the *same thing*, they will behave as one, in illness and healing.

The resumption of the normal shape of the container of the patient is a return to the original creative impulse that emanated from the **Love of God**. The fluids of the body transport this influence from Mind as health for this ongoing resupply of the tissues. Distorted tissues impede this fluid impulse.

Water

To imbue the material element with the life force, something less fixed that connective tissue must interpose itself between spirit and matter. **Water** proves to be that substance to perfection. Water conforms to the shape of its container. It carries and transfers energy (information) that spirit provides to stimulate metabolism. In solution, the necessary elements exist to carry on the activities of life. Water brings together certain minerals, amino acids, and hormones for anabolic functions, literally transforming energy from the ethereal realm into substance in the material realm.

Within the medium of a watery bath, catabolic reactions take energy from the ethereal realm to produce adenosine triphosphate (ATP), the currency of energy in the material realm. Thus water mediates between the implicate order and the explicate order to manifest the activities of life in the physical realm. Water also participates in the creation of the physical form in the embryo and then maintains the adult form through its hydraulic, electrochemical, and spiritual power. Formless water assumes whatever conformation is required and transmits information according to its internal organization. It carries the dynamic power for change that spirit brings, unlike the fixed connective tissue structures whose shape is relatively determined.

Charge and shape, the two defining characteristics of piezoelectricity. The potency of the fluid resupplies the requisite charge to vivify and maintain the conformation of the container. Without charge, the shape collapses. Without the container, electrostatic holographic patterns cannot be fixed in three-dimensional space.

The interface between spirit and matter in the living human exists by evidence of what we feel in the tissues, the **fluctuation of the primary respiratory mechanism**.

“**Spirit**” refers to the energetic, unseen reality without the cultural attachments and dogma of religion. (concept of vitalism)

The “**earth-suit**” in which each of us resides is a closed system with respect to the resonance of water (taking into account imbibing and excreting events as the means by which the container exchanges with its environment).

The **morphogenetic field**, a template of the physical form of living things, is holographic. A **hologram**, by definition, exists in space as a three-dimensional image, which is

projected by coherent light from an interference pattern that has been developed on a physical object, such as a plate of glass. This three-dimensional image is a field or a pattern of charge that is capable of transferring its orientation to physical matter for its own arrangement.

I believe that the **morphogenetic field** exists in **another dimension** and uses water as the medium to transduce its effects into our ordinary three-dimensional reality.

Because of its sensitivity, water is able to transfer vibrations of thought, intention, emotion, and spirit. Such information is passed on through the arrangement of the water molecules, determined by hydrogen bonding, which is registered in the pattern of the water crystal (Anm.d.Red.: Masaru Emoto!). The thought pattern is holographic, and the pattern carried by the water likewise is holographic.

“Cleanliness is next to Godliness. Turn the waters of life loose at the brain, remove all hindrances and the work will be done, and give us the eternal legacy, LONGEVITY.”
(Still)

Still said that the brain is a battery that develops charge by moving like a dynamo. Electroencephalograms and tests of oscillating magnetic fields of the brain prove the existence of this dynamo activity postulated by Still. He also commented that the dynamo starts with the action of the cerebellum. (PRM: cerebrum; rolling anteriorly, cerebellum; rolling posteriorly/down)

With each shortening of the long dimension of the curved lobes of the cerebrum, the overall brain is felt to decrease its anteroposterior dimension and increase its bilateral dimension. With each lengthening of the coiled wormlike long dimension, the overall change of shape of the brain

increases the anteroposterior diameter within the skull and decreases the bitemporal measurement.

Simultaneously, the brain stem, diencephalon, and cerebellum ascend with the shortening of the cerebral “worm” and descend with the extension of the long dimension of the cerebrum.

Bone

Yet, as rock-hard as it seems, bone is fluid-filled in the living body. It is constantly remodeling. Bone is pliable to a microscopic but essential degree. Looking at the remains of physical life in dried bones, we often forget this important point, that living bone is moving and flexible. When bent bone discharges electric current; when injured it develops an “injury potential”; and when healthy, it transmits energy through its fluid content, just like any other connective tissue.

Robert Fulford DO, referred to the etheric body as the energy field within which the material body is constructed. The etheric body and the physical body interpenetrate the same space, have the same form, and directly interrelate with each other. The etheric body acts as the energetic scaffolding on which the physical body is constructed. The etheric body “channels energy from the soul, the mental and emotional levels into the physical body.”

Brain, CNS motion

This motion recapitulates the embryonic ram’s-horn development and creates a dynamo, charging the posterior brain positively and the anterior brain negatively.

The CSF derives its potency from this dynamo. The charge of the CNS, a vibrant standing wave, intensifies and subsides in cycles with this rhythmic movement.

An Osteopathic Odyssey

by James Jealous D.O.

*"We must learn to communicate and cooperate with **natural laws**, not framed by human hands."* (AT Still)

Knowing the mechanism of life is not a willy-nilly going with the flow... not at all; it is the **result of long and disciplined experience**.

The **Tide never repeats** a procedure exactly the same manner - never.

Essentially there are no techniques, **only Principles**. You will have great joy from seeing the ever-changing vistas under your hands and the service to humanity that the Tide orchestrates everywhere.

Keep silent about your experiences until you are aware of who is listening, inside and outside.

Wait until you pass beyond that which you want to relate to others. Then, from the future, look back and speak.

If you speak before your cup is full, there is a loss of relatedness to the Tide. This can create power without love... you will be lost and alone. You will fail to find peace... and you may not even know the difference. Too much talking, too soon, will cause depletion of understanding and leave only word relics. Teaching from ideas, rather than from a living experience, will cause depletion in the soul and discourage students.

A little knowledge creates projection...

Knowledge from the Tide creates Love.

A **lesion** is an attempt by the Whole to isolate stress in a part of the organism to prevent lesioning of the whole.

A **lesion field** is not between bones; it has a form and boundaries that contain all elements of the patient. The boundaries of a lesion field pass through bones, tissues, viscera, fluid fields, psyche... The penetrating forces of the lesion field make a design not limited by the biomechanics of the soma.

Dr. Fulford opened my eyes and mind when he said to me: "The fulcrum is established pre-cognitively by the Tide before the impact of the insult." The Tide sees the future and establishes a fulcrum through which it channels the forces of the **trauma**.

Dr. Alan Becker studied lesions and their natural progress. He found that **36,5 hours** before the symptoms appear there is a shock that sets the system up to lesion.

The lesion created by the operator does not become fixed in the body system for many hours so **reversal** is very simple. Alan helped me appreciate this and treat accordingly. **Fresh injuries** can be treated more easily than one might think, if one has this understanding.

- Simply go to the fulcrum of the fresh lesion and find the stillness in it. Sense the whole and wait.

The Health organizes the lesioning parts, their shape and fulcrum. **Lesions are not stupid**, their I.Q. is very high. Lesions are connected directly to the Health by motion present.

The doorway through the fulcrum field of the chief complaint leads to another lesion field with boundaries and force vectors and a fulcrum. **Follow this trail** until the Tide stops the passage. Here is where you begin your treatment - not in the area of chief complaint.

The Health creates the lesion to protect the whole in an act of wisdom.

When we hate lesions in ourselves, we miss the real story of love. Does hating a lesion

help healing? Self-pity is a poison. Feeling healthy or ill is the same fulcrum. Neutrality can improve both levels of function. How often do you consult with your patients on this?

In the development of any function/structure the space is first defined as an opening of the pattern in the fluid. Space opens... function moves in. This truth can effect how our treatments are oriented to the Tide.

*“The space between atoms (“vacuum energy”, Anm. E.Muntinga) is pure **Intelligent energy**... the fulcrum of all matter and its function permeates all the space of the Infinite universe.”* (Dr. Schooley)

Enter the **seams between the anatomy** and you will be in Space.
Work to sense Space without feeling anatomy. What happens is quite remarkable.

Balanced Membranous Tension

The balance point is a suspension of all tensions around a point of balance. This leads to the direct awareness of Transmutation. Tissue becomes fluid...

The **bones** have their own membranes, called the **outer and inner periosteum**, which are metabolically active in managing osteoblastic and osteoclastic activity, as well as in shaping the bones. The envelopes around the cranial bones are not the Dura mater. Anne Wales told us that Dr. Sutherland said many times that people want to move the bones rather than the envelopes they were in.

Healing is the emergence of **Originality**.

We **evolve** in our skill not through removing lesions, but by what we learn at the endpoints.

The Fluid Body

We have coined the term, Fluid Body to symbolize the activity of the fluid as a whole. It is also called Zone B to differentiate from Zone A, which is tissue that cannot go to Neutral. When we are in perfect Health, the Fluid Body does not exist because then we feel the perfect Fluid Body... we call this the Health. It has a different transparency than Zone B. Zone B is optically homogenous and silvery-gray. The Health is more transparent and has a quality of liquid light... like warm honey.

The potency of the **Stillness** is different at different rates. The potency of the **Silence** is always the same.

There is no death.

At death we transpire into the Health. Access your fear of death and that of your patients... it is a primary lesion.

Dr. Sutherland called the Tide ‘Dad’. There is a **persona to the Tide**, it is not a biological force. In this persona it is a teacher and a beloved.

Dr. Still wrote inside the cover of a student’s book, *“I love to **love** and be loved, do you?”*

There is healthy motion and unhealthy motion.

Lesion motion lacks potency; its power is inertial. Lesion motions are repetitive and their fulcrum is dead. Lesions are not internally disengaging. If you are watching lesion motion there is no change in the autonomic nervous system until it begins to disengage or connect with Health and transmutate.

When in doubt – go into deeper water.

When you reach your limit

When you feel lost and at a dead end and you cannot find a sense of direction, ask for help from the “Other Pair of Hands”.

The “**Other Pair of Hands**” is a reality that many elders spoke about when I interviewed them. I began to see the “Other Pair of Hands” when I was really lost and had used up my capacity to find a doorway to understand the treatment. The clinical outcomes were dramatic.

If you become quiet and wait, sensing the edge of the skin around the whole patient, the hands will be seen. You can learn great skill from them... this skill is only momentary and is only moments when you have reached your limit.

Wait for the autonomies to balance, just wait... then wait some more.

Try and see how the Tide is trying to create the balance. What is its method?

Wait in a healthy place... there is a healthy place in the lesion.

There is a healthy place in you. There is a healthy place almost everywhere if we look for it.

Be still and know.

One becomes a victim of love... centered by the Divine. Love drowns out the stillness. Be still is “rapha” in Hebrew; it means to become or to let it drop... drop what? Drop your claims on knowing, your will, your self-centering.

Synchronize with something healthy.

This is where we begin. The patient enters; we see their Health. We ask how can I help you?

When we follow motion, without the stillness leading us, we are following lesions and not the **therapeutic motion**.

First do no harm.

Do not **synchronize** with the person or their thoracic respiration. As nice as this seems it is a means of creating dependency and weak boundaries. You could imprint, lose yourself and not know it.

Synchronization occurs around a midline that is independent of any persona or personal goals.

Palpation is Newtonian and fits into the ideas of mechanics that structuralists prefer.

Sensing is a fearless receptivity of something new.

Mental activity in oneself or the patient makes for a tedious and vague understanding of the intention of the Tide in the moment. This mental activity makes the waters opaque and forces one to motion test and use force. At quieter mental proportions and slower rates the water becomes more and more transparent and more detail becomes evident.

An excited mind or faster rates, more than 3 cycles per minute, will make clarity impossible, making one dependent on palpation and direct action. At slower rates the mind is afferent and listening with the hands.

I waited for the **diagnostics** from the Tide.

My **treatment room** is a sacred space where I give myself 100 percent to God and his work. I clean it and care for it; the room is like a church for me. Attend to your treatment space and over time your room will build character and will heal you.

At the end of the day, light a **candle** in your **office**. Return after a while and extinguish it. This clears the heart.

Every patient will be a variation, not a norm and so we must meet the variation, and adjust our technique so as not to override the variation. Our technique is often asymmetrical.... as it should be.

The **Tide** never treats the same way twice.

*“When all the fulcrums are synchronized there will be **peace and harmony**.”*

(Sutherland)

Dr. Sutherland is very clear about a picture of **normal**. Have you felt this? It is a picture of wholeness.

*“Our skill is proportionate to our understanding of **Normal**.”* (Still)

Everything you perceive is from one point; all motion is from one point.

Small simple motions will yield great results if they are in tempo with the intention of the Tide. **Tempo** is the gait of manifestation, it saunters. It does not rush to overcome. It seeks balance, not victory... balancing the whole into the Whole... it uses power that in seconds does the impossible. It transmutes faster than your mind can see.

The Ego

- it fears humiliation
- it fabricates
- it is self-centered like the early belief that the earth was the center of the solar system
- it creates linear time
- it defines spaces through ownership... my house, my car, my teaching, my child, etc.
- the Ego lacks refined sensory skills. It will not cross into the unknown without force, thusly distorting the new landscape
- suffering is to be avoided and denied for pleasure
- it must be the saviour
- it makes one clever
- it refuses the third principle as leadership¹
- it must always gain ground
- it thinks it can find God
- it thinks it is the Whole

- it uses the senses to prove others are wrong
- it sorts memories into good and bad
- it is unaware of tempo from others. It cannot love
- if forgets even the greatest moments of Divine Love

Old Osteopaths used to say: “We are **seekers of the truth** - not theories. We want to communicate with the real thing, not laws framed by human hands.”

*“Let that by which you are wounded become your **cure**.”* (Jacques Paul Migne)

When it cures you it is because you have learned to love the cause.

An elder is one who has discovered the friendship of **death**.

When we separate from our Health at an early age, one part of the embryo stays around us like a **guardian angel**, and does not return inside until we fall in love with the Health, recognizing it as our true self. Then we are safe from self-destruction and self-betrayal.

The Neutral, the Endpoint, and the Stillpoint are each windows into the patient's **Wholeness**.

“Treat me as a newborn.”

There is something that does **not change with time** - the nature of the healing forces. They are the same forever, as is Health. - We have to free our hands from the age of the patient.

Fulcrums transfer potency from cause to manifestation.

Fulcrums are in motion. They are suspended automatically shifting still points.

Fulcrums are spatially related to the midline. A fulcrum is not a Still Point. Still Points have fulcrums.

Reciprocal tensions have fulcrums.

¹ Acceptance of one another and encouragement to spiritual growth in our congregations

Attention has a fulcrum that may or may not shift.

There are moments that are fulcrums.

Fulcrums are doorways between worlds.

“What do you want at the end of this life?”

This allows your/their **dreams** to surface.

The most common thing I find is a lack of **diagnostic precision**. It seems that people want to get into the lesion and fix it rather than put it in perspective within the whole.

In children, there is one breathing expression from a single fulcrum.

Thoracic and Primary Respiration are expressing themselves from one point or origin, with different formats.

What does this mean?

When children are isolated from the family circle, Thoracic Respiration desynchronizes and establishes a fulcrum separate from Primary Respiration. We see this when children have been in the hospital, or have had surgery, even though the parents sleep there. Surgery most often causes a shift from one to multiple fulcrums. When the breathings separate from each other, the mothers notice the eyes of their child have become dull. We need to be alert to the oneness of breathing in children. If it is broken then the treatment is simple. Synchronize with the pattern of Thoracic Respiration during its inhalation period. This will often successfully return the unity of breathing in a child.

*If the patient is trying to **steal energy**, I contact my silent space and then the patient's.*

Rollin E. Becker was clearly not hiding. Neutrality is an aspect of the Health and Divinity. So he did not hide from negative forces he was naturally safe where he was. He moved to the Health in himself and the patient, which is untouchable by negative forces.

6 - 24 - 100

Thoracic Respiration in adults is 6 seconds per cycle, when in neutral. **Primary respiration** is poly-rhythmic at 24 seconds per cycle, and 100 seconds per cycle. They are related by a factor of four.

Fluid fluctuations that reveal no connection to a midline are **lesions**.

The goal of **CV4 and EV4** is the same. They both bring the fluid body to neutral or idling so that the Longitudinal Fluctuation can be reestablished to provide the power and spatial dynamics to heal and renew the fluid body as a whole. Direct action is not necessary. Leave the bones alone, unless the patient has a perfect head!

Sutherland actually says that the bones do not need to be addressed.

Bring the fluid in the fluid in the direction of ease and it will go to neutral. This is a central principle in Osteopathy Still and Sutherland taught: finding neutral.

The Midline centers us.

This is how we know we are at the midline of the functions for Zone B... it centers us when we approach it. The **midline** in this context is a doorway to the ocean of Dynamic Stillness that becomes the Meeting Place where the Master appears once we are at home with being neutral.

Real Osteopathy is challenging; it requires some inner changes that are severe.

Ruby Day told me the following:

The whole **thoracic spine** can be treated as a single vertebra. Having one's hands at the two ends, one engages motion in the whole region as one event. Then one synchronizes and the whole column disengages. She said it coils and uncoils like a snake. This was from Will?

*The unfolding of therapeutic changes must fit into the **tempo** of the whole, as it is already engaged, before treatment is administered.*

One can learn to be aware of what is already happening before engaging new therapeutics; this knowledge potentiates the treatment. This avoids superimposing a new pattern on the whole which has a tempo. Otherwise the Tide has to rebalance the part into the Whole.

The Tide:

No force is necessary, not even intention.

The **Tide** is not the waves moving in the fluid. It is what moves the waves, shapes them, and directs them.

Always begin with the Health!

This means ultimately to find Beauty. Find it in the moment you are in... This may not be "in" the patient. Find something that makes you peaceful, joyful. This is the Health.

The scheme of things:

Rate: 8-14 cycles/minute – Mental state: fluctuates, lots of ideas, thoughts and distractions. (**CRI**)

Rate: 2-3 cycles/minute – Mental state: mental pauses, thoughts range into more order. (**Fluidtide**)

Rate: 100 seconds/cycle – Mental state: Aware of the horizon and all that moves in Nature. (**Longtide**)

Rate: **Dynamic Stillness** – Mental state: Stillness fills Zone D. The movement of the long-tide is not present. This is called third level stillness. It empties the mind and prepares it for conversion by the Master.

Rate: **Breath of Life** – The movement of Eternity, Creation, and Love suffuse all. The sense of I is lost. All of life is one movement.

Wholeness is not altered by disease.

Doctor A.T. Still in the Living

His Concepts and Principles of Health and
Disease

by Robert E. Truhlar

These capsules of wisdom and knowledge must be preserved for those who come after us, they are the guideposts of the Osteopathic way of life, just as they have been for us and others before us.

“An osteopath reasons from his knowledge of **anatomy**.”

“The Grand Architect of the Universe builds without sound of hammer; nature is **silent** in her work.”

“Osteopathy is king of **asthma**.”

“An Osteopathic adjustment is and must be one of **precision**.”

“**Don't ape others. Fit yourself to do what others cannot do.**”

“Boys, a little more **brain** and less brawn.”
(brawn = Muskeln)

“To know of a **bone** in its entirety would close both ends of an eternity.”

“Of all parts of the body of man, the **brain** should be the most attractive. It is the place where all forces center, where all nerves are connected with one common battery.”

“Let your search-light ever shine bright on the **brain**. On it we must depend for power.”

“Unobstructed blood cannot form a **tumor**, nor allow inharmony to dwell in any part of the system.”

“Snapping and **popping of the bones** is no evidence of an adjustment.”

“That ‘**popping**’ is no criterion to go by. Bones do not always pop when they go back to their proper place nor does it mean they are properly adjusted when they do ‘pop’.”

“In **adjusting bones** the mechanic is governed by three principles – the lever, the screw, and the wedge.” (wedge = Keil)

“Never mind what the **book** says, God gave you a brain.”

In order to have good arterial blood the **lungs** must receive good wholesome food from the **abdomen**.”

“When a cat gets his tail caught in a door, don't say, ‘poor kitty’, or try to appease its pain by petting it. Open the door and turn it loose. You are Osteopaths, and thus get at the **cause**.”

“Do not tell me you cannot put your fingers upon the **cause**.”

“He had a constipation of ideas and diarrhea of words.”

“**Clairvoyance** is mental X-radiance”

“There is now **no drug**, nor never will be whereby any chemical can balance and correct structural abnormalities that affect functions adversely.”

“When all parts of the human body are in line we have **perfect health**. When they are not, the effect is disease. When the parts are readjusted disease gives place to health.”

“Watch the **fourth dorsal**.”

“**Disease** is only too much dirt in the wheels of life.”

“All parts of the body have a direct or indirect connection with the **diaphragm**.”

“The **diaphragm** says: ‘By me you live and by me you die. I hold in my hands the power of life and death. Acquaint thyself with me and be at ease’.”

“To cure disease, the **abnormal** parts must be adjusted to the **normal**.”

“We say **disease** when we should say **effect**; for disease is the effect of a change in the parts of the physical body.”

“Disease in an abnormal body is just as natural as is health when all parts are in place.”

“**Bacteria** do not cause disease as they are the ‘Turkey Buzzards’ of the body, and live on dead cells.”

“What is **death** but a birth from the second placenta to which life has been attached.”

“You are **engineers**, not engine wipers.”

“I never found a **bed-wetting** child or older person with both innominates (= Os coxae) and coccyx in proper position.”

“I know no part of the body that equals the **fascia** as a hunting ground.”

“**God** is the father of Osteopathy, and I am not ashamed of the child of His mind.”

“Be sure the **foundation** is **level** and all will be well.”

“**Brute force** is dangerous. Hands off unless you know your business.”

“The **great Wisdom** knows no failures and asks no instructions from inferior man.”

“The people expect more than guessing of an **Osteopath**.”

“Every **ganglion** on the great chain of the sympathetic nerve has a special and important function, but upon the **superior cervical** falls the greatest burden of responsibility.”

“Harmony only dwells where **obstructions** do not exist.”

“To find **health** should be the object of the doctor. Anyone can find disease.”

“The **heart** is undoubtedly the ‘King of all, Lord of all’, the first command, the last to yield.”

“We must avoid the dust of **habit**. We must so adjust our telescopes that we may set our compass to run to stars of greater magnitude, that shine from the breast of the exacting Infinite.”

“**Courage** and good sense are the horns that scatter hay for the calves to eat.”

“I love Him because He can put sight in your body, hearing, sense of touch, in fact all five senses and about **five hundred other kinds of senses** on top of them.”

“Learn to give treatments without **distressing** the patients more than necessary but if the patient is cured he will soon forgive one **hurting** them.”

“An **intelligent** head will soon learn that a soft hand and a gentle move is the **hand** and the head that get the desired results.”

“I do not need to learn the form nor physical actions of the **heart** but I want to know what attributes of life are located in the heart between conception and manhood.”

"I think much of the diseases of the **heart** are not of the organ but from a feeble supply of electricity that is cut off in the **medulla** or heart nerves between the heart and the brain. Why singing and roaring of the ears in heart diseases, if there is no waste of pectoral electricity?"

"A man dreads to give up his old boots for **fear** the **new** ones will pinch his feet."

"I pray the Lord to keep my head combed with a fine comb, and get all the **ignorance** out of it, then thou knowest the dandruff of **laziness** is rank **poison** to knowledge, success, and progress. It is the dust of hoggish meanness. Keep it off, O Lord, Amen."

"The Osteopath uses the **knife** of blood to keep out the knife of steel."

"Osteopathy is **knowledge**, or it is nothing."

"I do not want to go back to God with less **Knowledge** than when I was born."

"The knowing how or the lack of knowing how to **re-establish this natural law** will make of you either a success or a failure."

"The Osteopaths are the **champions** of natural law."

"The **Lord** never runs out of material."

"Each strand in the cord of **love** is so pure that the acids of time never corrode it."

"We get the leavings of the medical world, their **incurable** cases."

"Nature means **wisdom**, means mental ability, means business **honesty**, and we must not disobey its teachings."

"Let your light so shine before man that the world will know you are an **Osteopath** pure

and simple, and that no **prouder** title can follow a human name."

"Life in **danger**, and can be saved by skill, not by force and ignorance."

"**Cleanliness** is next to Godliness'. Turn the waters of life loose at the **brain**, remove all hindrances and the work will be done, and give us the eternal legacy, Longevity."

"**Motion** is the first and only evidence of life."

"All matter is **living substance**."

"All **motion** is **matter** in action"

"A **mule** goes out in the woods, eats what is good for him and refuses what is not. A **man** should have as much sense as a mule."

"If the **mechanic's machine** is not running correctly he **adjusts** it. Why not apply it to the human body since it is likewise a machine?"

"**God** manifests Himself in **matter**, **motion** and **mind**. Study well His manifestations."

"All **manipulators** are not Osteopaths any more than all **butchers** are surgeons."

"The mathematics of **heaven** are perfectly **trustworthy**."

"To the mechanic all **abnormalities** are effects."

"Whenever mentality is not powerful enough to control the emotional we have the condition known as **insanity**."

"**Nature** never changes."

"When you have **adjusted the physical** to its normal demands, Nature universally supplies the remainder."

“We must first acquaint ourselves with all its workings in the **normal** before we are prepared to comprehend or think intelligently of the meaning of the word ‘**abnormal**’.”

“An Osteopath is taught that **Nature** is to be **trusted** to the end.”

“When we take up **principles**, we get down to **Nature**. It is ever willing and self-caring, self-feeding and self-protecting.”

“Nature does not jump from the abnormal back to the normal. **Step by step** she retraces herself, that is why it takes time for the chronic cases to recover. See that your patients understand this.”

“If you can **learn** all of **Osteopathy** in four years I will buy you a farm, and a wife to run it and boss you.”

“Pressure upon the symphysis will produce inhibition to the pubic nerve and relax the circular fibers of the os, thus hastening the **delivery**.”

“We want no moderate **Osteopaths**.”

“An **Osteopath** should be clear-headed, conscientious, truth-loving man, and never speak until he knows he has found and can demonstrate the truth he claims to know.”

“**Osteopathy** is as broad as the Universe.”

“An **Osteopath** shows his skill by the results of his work.”

“Do **one thing well** and leave the rest alone.”

“Not only must you be able to locate the obstruction, but you must have the **skill** to remove it.”

“Unless you have something better to offer and can do the job better than it is being done, there is no excuse for your existence;

and unless you teach it, preach it, and practice it, neither **Osteopathy** nor you will survive.”

“The practical **Osteopath** must be very exacting in adjusting the system.”

“Tell the boys to keep it pure. Tell the boys to **keep it pure**.”

“I have found the ischia too close together in all cases of **enlarged prostate glands** that I have examined and treated in the past thirty years.”

“A young physician should analyze and study his **patients** as they often are his best **books**.”

“My patient’s **recovery** was more to me than the dollars.”

“Be **careful** and stop when your patient says, ‘You hurt my neck’.”

“When we take up **principles** we get down to Nature.”

“I want to emphasize to every **Osteopath** – never tell a patient he is in a bad fix, worse today than yesterday, or that he looks ill. I believe more patients suffer and die from such imprudence and fright than the world has ever dreamed of.”

“My **compass** was reason; my **test** was that all truths do love and agree with all others.”

“The **seeker of Truth** is a man of few words and they are used by him only to show truth and facts he has discovered.”

“The man who **succeeds** does more than follow a theory.”

“Never **surrender**, but die in the last ditch.”

“**Success** is the stamp of truth.”

“**Osteopathy** is **surgery** from a physiological standpoint.”

“I want men and women to study **Osteopathy** who reason and think for themselves.”

“It is the little things that are the big things in the Science of **Osteopathy**.”

“I first saw the **tracks of God** in the snow of time. I followed them.”

“**Truth** has no cause to fear opinions. It wants no flattery. It neither loves nor hates. It is food and comfort.”

“It doesn't matter so much the name of the disease, the principal thought of the **Osteopathic** physician is to treat the spine, know how to normalize structure; function will take care of itself.”

“A **truth** is only a hopeful supposition if it not supported by results.”

“Attend to **one thing at a time**, and that one thing all the time.”

“Don't fool away your time fumbling to '**stimulate**' and '**inhibit**'.”

“Here I want to emphasize that the word '**treat**' has but one meaning, that is to know you are right, and do your work accordingly.”

“As you advance in your understanding, you will find it is always the **deeper structures** that are responsible in keeping the parts in lesion when they have once formed, and no amount of massaging of the superficial tissues will adjust a bony lesion.”

“Some of us do not have to go to sleep to see visions.”

“**Woman** is finer principled than **man**, she is sensory, man motor. He is motor, she is intellectual.”

“Use no man's **opinions**; accept his **work** only.”