

GV – day 3

More resources . .

Wilhelm Reich

<https://orgonomictherapy.com/2013/07/29/armoring/>

<http://www.orgonomy.org/articles/Baker/Armoring.html>

Reichian armour bands . . . a bit like dowsing.

<http://reichiantherapy.info/book%20in%20pdf/Reich%20home%20Book.pdf>

Schumann fields –

https://www.nasa.gov/mission_pages/sunearth/news/gallery/schumann-resonance.html

<https://www.sedonanomalies.com/schumann-resonance.html>

Orgone accumulator

<http://www.orgonics.com/whatisor.htm>

Reichian armour bands – hold the body hostage. We hold in what we can't deal with. Relationship between how we hold our body is a measure of our emotions.

Story of emotional breakthroughs with a breath out – and very very gentle moves . . <http://www.gentlebio-energetics.com/> See more here also.

Brazilian toe massage

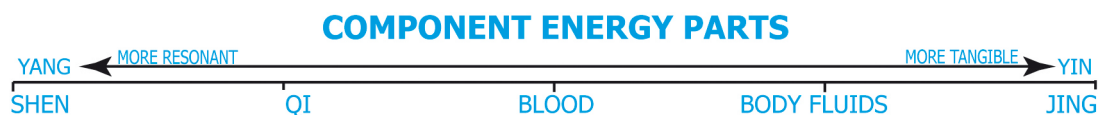
<https://www.body-wise-healing.com/brazilian-toe-technique.html>

<http://psycholistics.com.au/news/brazilian-toe-massage-to-help-someone-relax-or-get-back-to-sleep-after-a-nightmare>

<http://blog.innersource.net/2010/02/brazilian-toe-technique.html>

What is a body?

More than the physical . .



Five flows . .

Why are we doing this work?
We want everything to move again . .

On a line for the least to the most physical
Shen Qi (yang & Yin) Blood Lymph Nerves actual structures.

How it breaks down . . .

Five 'T's'

1 – **Tension**

2 – **Temperature**

3 – **Torpor**

Step before hibernation – and also past fright or flight there is freeze . .

E.g. bipolar - schizophrenia

4 – **Trauma** – including **Matter of the Heart** –

<https://heatherbrucehealing.com/matters-of-the-heart/>

Moving the blockages – the shock, the cold, the scars – we need to move the lymph. Reichian work to look at – from the Self Care manual page 29.

All the different language around how hold ourselves when we feel and do not express. . Like 'plum stone throat' in Chinese medicine

Why we start always with Stuck Liver Qi . . .

Can roll up a towel (not a bath sheet) and hit something – the corner of the house, the furniture whatever – the floor to let it all go. Liver 2 – between the 1st and 2ⁿ toes . . to undo some of the irritations.

Story of me being shut down to model the Reichian work for Sali . .

Circumcision trauma for little boys – shut them down instantly for ever.

5 – **Toxins** – all levels

Hot Blood.

See also [more here](#)

Wearing ourselves out . . we need to look after our [Blood](#) and Yin/[Jing](#) . .

Look again at the hormones info from Day 1 please.

All must know – we are only gifted ONE body

It is only way to be here – please look after self first!

