

Freeing Yourself

The Gentling Way

Heather Bruce

Gentling Way Self Care

We will be having fun primarily as we explore how we all got ourselves into the tangles we so seriously want to study/'fix'.

We will explore with/in multi media and on our own bodies.

As always – there is a pre course, hands on experiential (where below) followed by after class support - at the end of which is a certificate.

You will discover constantly – the tenets of this work.

1 - ***The body remembers everything that ever happened to it*** – this the rebirthing/Reichian/respectful roots

2 - ***The body heals itself*** (and something is blocking that - see above and be possible) and a support month – online.

3 - ***Structure determines function*** (thus we align to blueprint)

4 - ***Flows have to flow*** – life is movement

5 - ***Energy follows thought*** – you are what you believe – the kinesiology will assist here.

The Gentling Way site will in time be the way for others to find you.

As a GW practitioner - you know .

Content

1 – Setting the scene – being here now in form – introducing H's model

2 – Lineage – where we all came from

3 – 'Life recipe' – what is needed to stay anchored here.

4 – Three Treasures – and where they came from

5 – Blood – the essence of life and of being woman – why and how

6 – Food factory – and what runs it well

7 – Systems of flows

8 – 5 'T's – how we fall over – Stuck Liver Qi and Damp

9 – Introduction to Belly Care

10– Reichian armour bands /chakras

11 – Spiritual Healing

12 – Digestion – lymph to ligaments

13 – Ligaments and womb placement

14 - Man Matters – their lives mirroring women's

15 – Replication – otherwise known as babies. .and how they come – or not – and what happened when we were being made

16 – Advanced belly care

17 – Home remedies

18 – Integration – Self Love and Self Releasing

None of this you will have seen as I do it – as this is a lighthearted soul infused journey into how we are all here called together in sacred circle.

Enjoy . . being more of YOU



Welcome!

Your body and Soul will thank you.

This is different.

The three circles model will allow you to step out of judgment and resistance to what you know you have signed up for.

Change . .

1 - Setting the scene - Light

Clearance before during and after.

Safety is paramount.

All dimensions.

All are anointed with whatever **Aura Soma** I feel to use all through as the **copal** and **lustre bowls** are not able to cover what these do.

Antakarana – get all to connect with Soul Star and Earth Star and activate our silver cords, so that we are anchored, and then cleared all through the process – This is NOT a mental process with add-ons as stuck-in emotionality via armour bands.

Agreements - boundaries of acceptance – for the middle circle that may want to push through own agendas.

All content is contained within a new paradigm

Beings of Light

The line of duality to help make different sense of this

Three circles . . (*inclusion/exclusion – gangs and tribes and the wash up*).

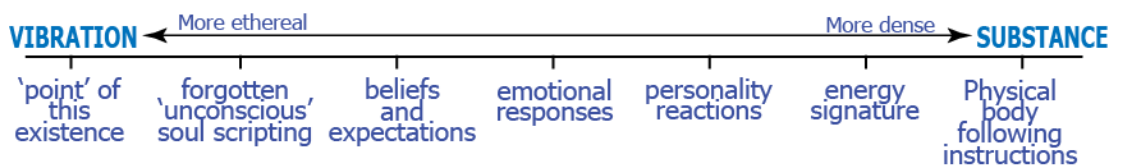
Beings of Light



More than the blood, bones and bits of flesh

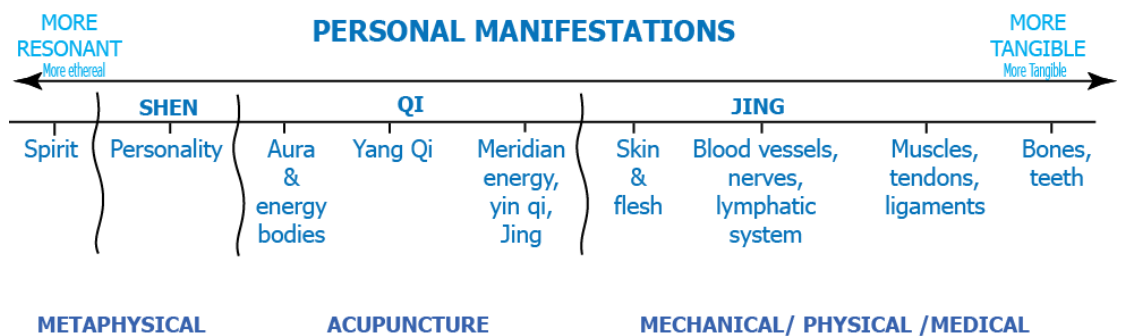
We may choose to pretend we are only here as a physical body/vehicle. ↓

We could start there and walk our eyes back to the left



WHAT HELPS MAKE UP A 'PERSON'

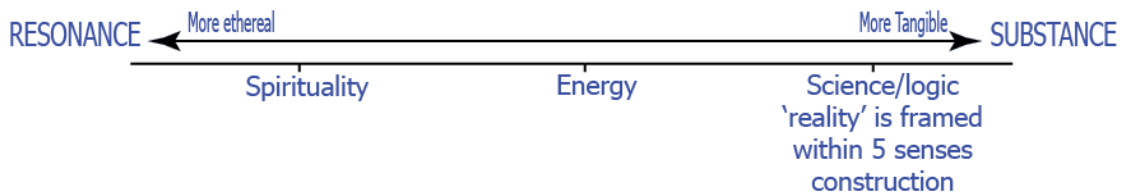
Differently



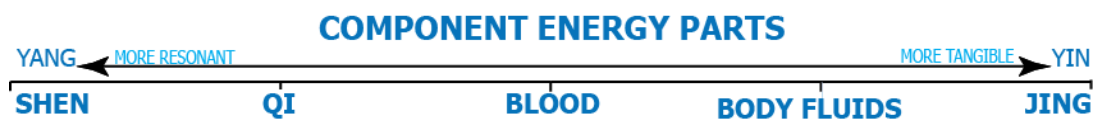
This can be broken down further - [in my meditation pages](#) - as the Anatakarana (your central cord anchoring you here – is your starting point in clarity.

The line of duality - relativity

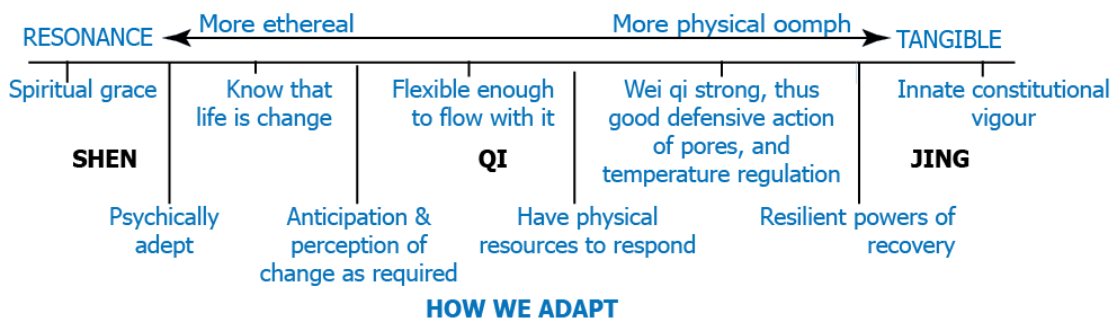
In all of my work I will give you a line - though I know we are not linear . .
 We live in the Third Dimension. Good/bad, day/night, left/right, male/female



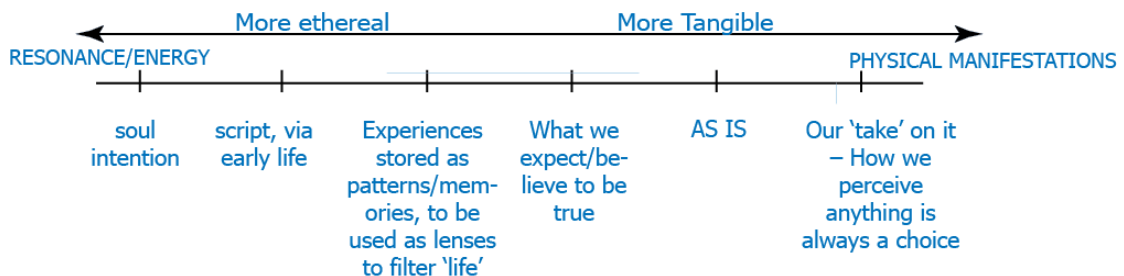
Understand we are condensed into a 'body' - (physical vehicle).



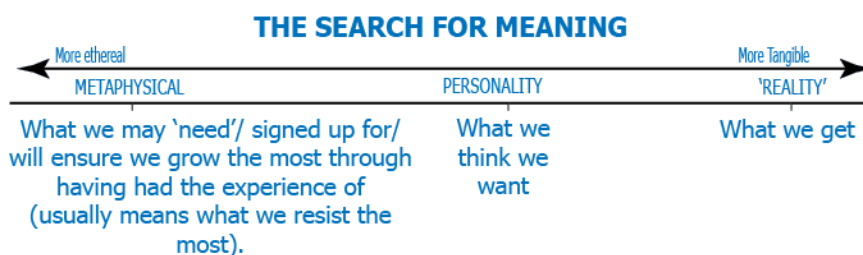
A different way of seeing - what makes up a 'person'.



Being 'here'.



Even in the philosophical



Three circles

Hugely useful teaching tool – when people start wanting to speak ‘research’ (etc) I tell them I am talking to the bottom circle: their biology – what holds us in this place and at time. We need a vehicle/temple to BE in.

Top

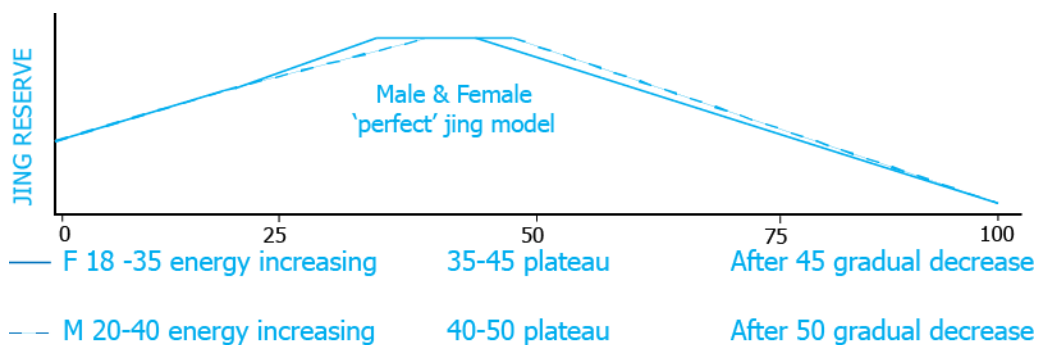
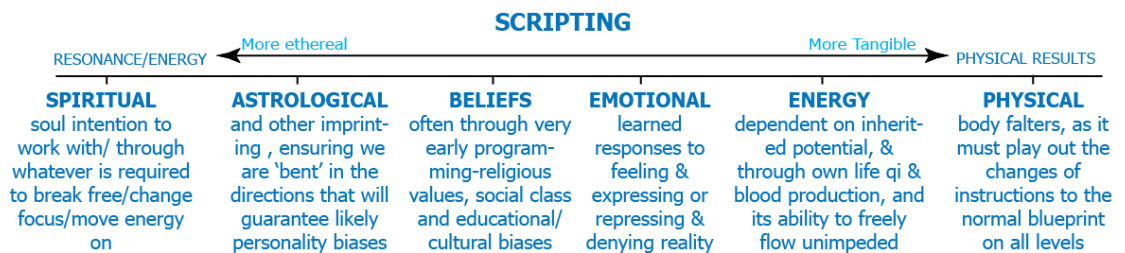
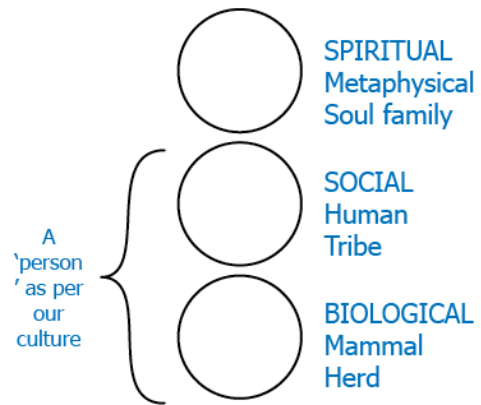
Is immutable and unknown to us here. Soul script? Mission here? Karma?

Middle – programming – inclusion/exclusion

Bottom – the physical vehicle – 7 (women) and 8 (men) year cycles and as a

Programming is on all levels

WHO IS 'I'?

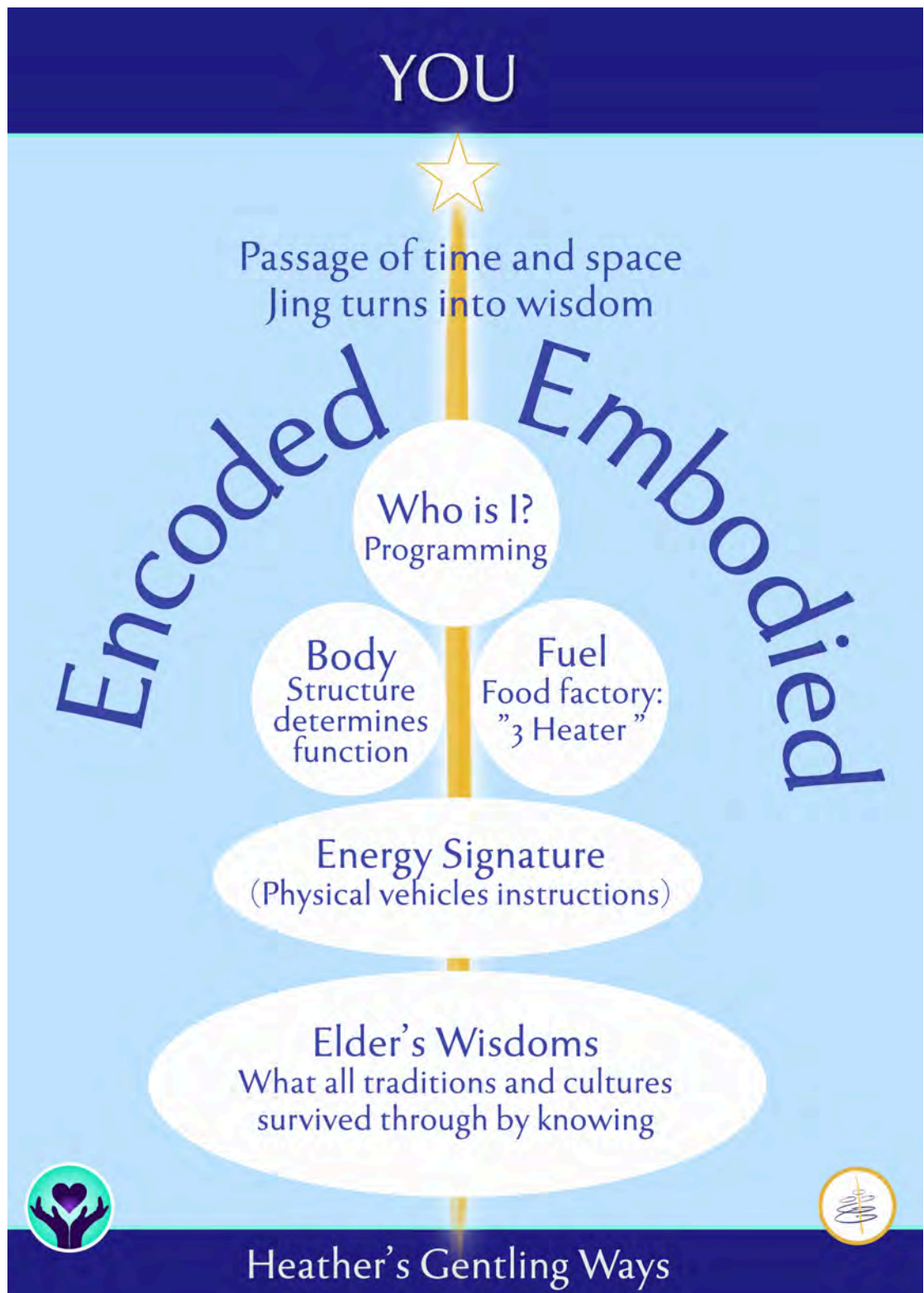


PASSAGE THROUGH TIME

That cage of beliefswe hold the keys – we start as a being - supposedly ‘free’ and imprison ourselves. Till we wake up.



A different anatomy and physiology. Soul centred



Ways of knowing - encoded embodied

OR someone said/someone's said **AND** wrote and they are right – because????

White coat, letters after name, louder voice, gender, status, power conferred?

2 - Lineage and introduction

Where We All Came From

Our elders gave us this 'now'.

Colonization – mud map of the world as we know it, and how people have



moved around the world, and taken their beliefs (middle circle with them). Hence all is word medicine and all is about everyone and what they will fight (even themselves) to stay comfy with.

“All traditional medicine /cultural truths/old wives’ tales” and elder’s knowings

(e.g.) Don Elijo Ponti and the fridge problem (after 1950’s - never seen before).

‘Mother ‘s Torah’ and Julie’s additions.

How all humans seem to do/wish violence to others not in their tribe

Content:

1 - Explanation as to our energy bodies

2 - See [meditation info here](#).

3 - [Bao Mai](#) - how we nourish

ourselves and the connection being severed = what does this mean?

Circumcision is a case in point (setting men up for later ED and heart severance all of life and Reichian bands again). A great example of the bottom circle (biology) being at the whim of the middle one (beliefs/ideology), and how all live stuck in the judgment through their own. Also all birth trauma and how we have creating Birthing Into Violence and the disconnection all through life. Not how the elders would have had it in any culture.

4 - **‘Sastoon’** – movie showing – as an after tea break, also – how we got to be in our form - the **‘Great Sperm Race’** and the differentiation into male of female. We are all the same and this is *peoples’ not women’s medicine* – we all have the same bits – just in different sizes and locations.

3 – Life Recipe

In the past people lived in small tribes, villages, communities.
Shared common values, mores, ideals, beliefs.

Mammals train their young and the mums and female young stay together .
Often for all their days. .

All good cook-books give a list of ingredients needed and the method used to get you what you intend through using the book.

Not so with modern life.

Here we cover 7 briefly.

Without these and in balance and attend to – we will NOT Live Well

- 1 – Breathing – posture – skipping - clean - not old air - outside best
- 2 – Hydration – often – pure – not cool/cold
- 3 – Safety – on all levels - priority
- 4 – Outside – cleaner air, sunshine, nature, negative ions
- 5 – Touch – others and self if only one (belly at least)
- 6 – Raison d’etre (reason for being here – more than survival) Service?
- 7 – Sustenance (all layers of being – food /ingestibles only one level).

Sustenance is not JUST what goes in the mouth . .

- **Bottom** – biology. Needs you to be living well – in safety.
- Sustenance – meditation – karmic connections. .
- **Middle** – relationships within your tribe – not getting on with ..
- (Turn it into growth) what do we need still in our lives?
- **Bottom circle** sustenance – what are you fueling your self/life with?

Also see

- <https://heatherbrucehealing.com/life-recipe/>

Your heart may need watering . . .

(In giving you receive)

Service . .

- **Something to do**
- **Someone to love**
- **Something to look forwards to**

See this in the online *Selfing* course - *What Causes Health?*

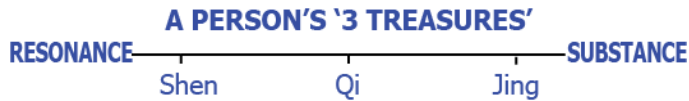
4 - Three Treasures

The ingredients that allow us to be in a body and alive are

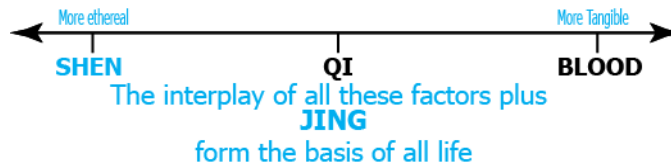
Shen - spirit

Qi – what gives energy to being

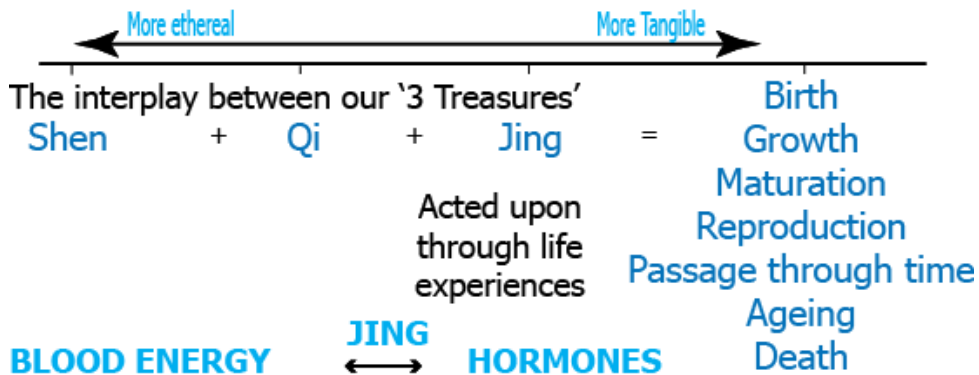
Jing – the inner ‘bank’ account.



These whilst being energy constructs, are listed from the more resonant to the more substantial. See the textbook “*What Dads Can Do*” and also ‘*Woman Tides*’.



How well we live, develop, mature, reproduce and age is all tied into these concepts. Not so much about these: genes are the physical manifestation – but still - environment – leading into epigenetics is all.



Further . . .

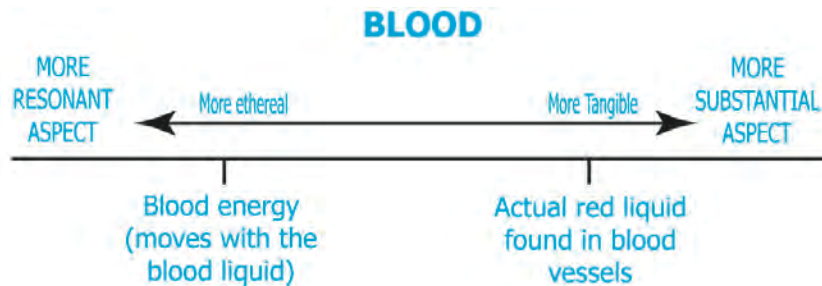
You may have heard of the terms Yang and Yin. Qi in the body is broken down into functions. **Blood energy** that nourishes Shen and also all structures: lubricating life. Blood and Qi, and body fluids are made by the actions of our gut or Food Factory. (see next page for more).

5 - Blood

Blood is one of the treasures.

Blood is needed to flow to the structures and all aspects of the body.

It replenishes with nutrients and oxygen, and washes away wastes



NOTE:

Blood when used in this document with a 'B' is much more than the red liquid that spurts out from a cut . . .

Apparently only 5% of the blood at any time is circulated to the ligaments – the Ligaments are what holds the structures together and keeps all in place.

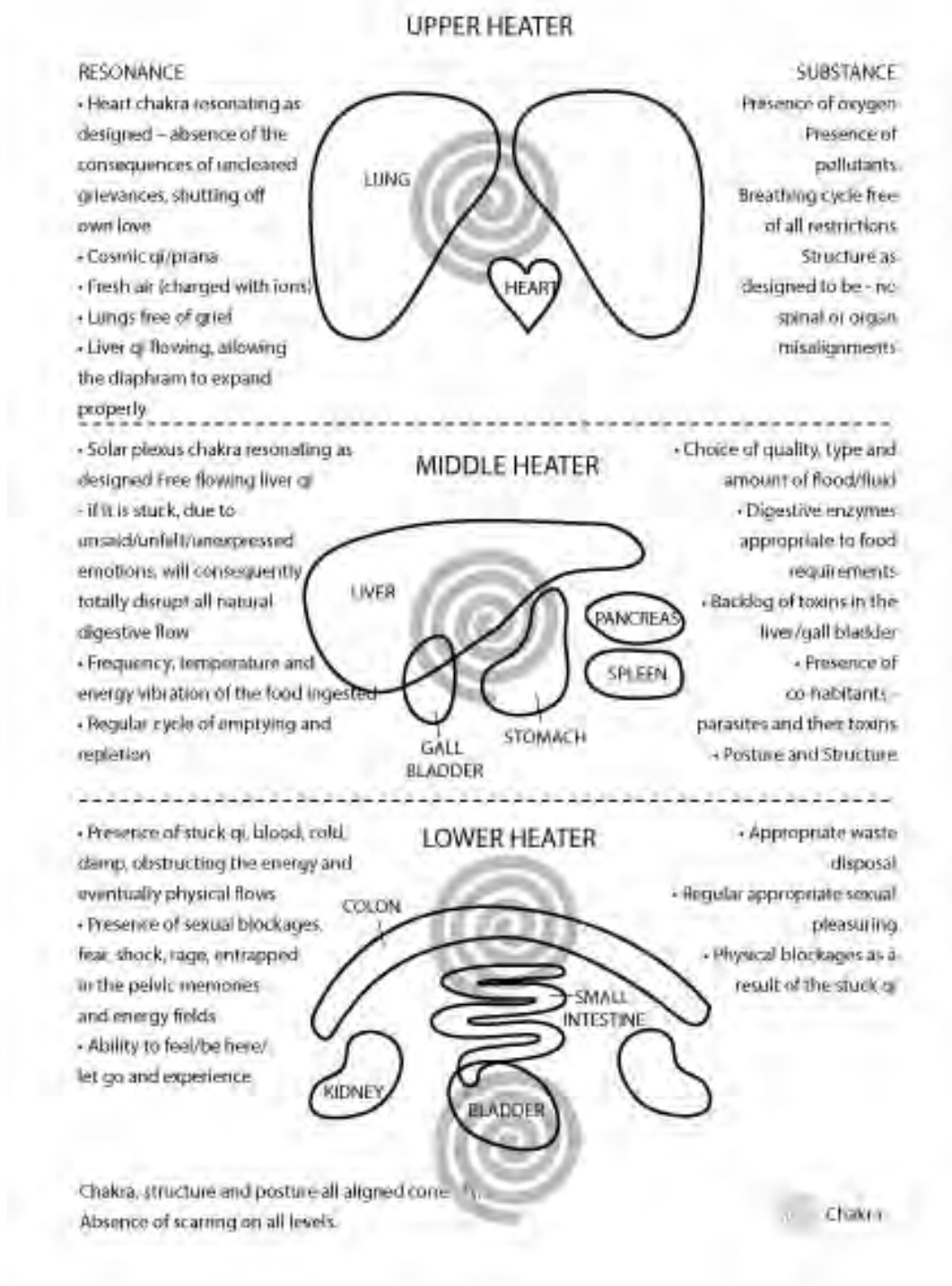
Blood is also what breast milk is made directly from – when lactating mum needs a lot more nutrients as does any woman who is making a baby nest – in some cases – for over 40 years this process goes on.

What the energy of Blood does :



6 – Food Factory

The more energy version of what happens when food reaches a body is on the left – the more physical – as you are used to seeing – is on the right. The gut in its entirety can only work when the Liver Qi freely flows. Yang Qi is what provides the ‘oomph’ to heat, transform, and to circulate. The torso is divided into three portions or ‘heaters’. Much more is in the online course - *Love Your Body Better*.



Love Your Self Better

Drink more pure **WATER**

- Drink at least one litre before eating or drinking breakfast
- Sip generously (but do not scull)
- Only body temperature, not chilled
- Pure water, not tap water

Eat more **FAT**

- Essential ingredient for hormones, happy brain function and nervous system
- Use high-quality saturated fats, preferably solid at room temperature: butter, eggs, fish, seeds and nuts

Get plenty of **SUNSHINE**

- Allows Vit D3 to be made in fat cells under your skin
- Vit D3 is essential for life
- As a happiness vitamin it assists your immune system
- Vit D3 is a building block of all hormones

BLEED Safely

- Women need to bleed
- Use safe intimate care products
- Let it flow
- Don't block it with moon cups or tampons

Love your self better...
Enjoy being in your body.

www.heathersays.com

hyperemesissolutions.com

Love Your Self Better

COLD

is not your body's friend

- Body temperature water is best
- Never chill your gut with cold food/liquids
- Protect all parts of your body from cold invasion (especially feet on the floor)
- Sleep without draughts - no fans or AC directly on you

Leave out the

SWEET taste

- All that tastes sweet or converts to sugar in your body adds to body fat/flab
- Fat is a fuel source that rebuilds your brain/nervous system and hormones. Sweet is optional and makes you fat/sick
- Sweet feeds inflammation and 'bad' gut flora

Have plenty of

SALT

- Without salt you cannot live or digest your food properly
- Only use coloured salt, never white
- If you're too ill to eat, suck on a salted nut
- Salty broth to sip

Paint on some

IODINE & MAGNESIUM

- paint them on the skin - bypass digestion.
- Both are essential body ingredients for life
- Iodine - paint on with cotton bud at least x2 daily (15% Lugol's Solution)
- Magnesium - roll-on is easiest - pain relief/feeds good gut bacteria
- Calms all stress away

Love your self better...
Enjoy being in your body

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Essentially – the opposite of standard current 'best' medical practice – this is NOT **medical** but LIFE

7 - Systems of flow – practical – hands on

To be more comfortable in your body, your gut will thank you if you move your Qi. Lymph is a liquid that is part of your circulatory system. A fluid that escapes the blood vessels to irrigate your tissues, arriving back to be mixed, pumped and circulated to begin again. When it congeals through inactivity and other non life activities, 'Damp' is said to fill the spaces. Life will feel easier starting with moving the likely Stuck Liver Qi (a sure way to mess with Release first and the Sacral Moxa Fan – a lovely way to relax and release and allow all massage moves to feel less tender and invasive. Alone these two moves form the basis of my work. BUT – you need a partner as neither are what you can do alone. Below is your starting point – with your own hands.

1 - Belly

All of this work is very gentle, very slow, and very shallow.

I use a little coconut oil

First move is around the perimeter of belly

Second is above the navel

a) - perimeter



This is also to be done after each change of move – to help the lymph flow

b) - above navel



c) - repeat a)



a) - Slow gentle x 9
(Pads of fingers)

b) - Slow gentle x 9
Very shallow palm contact

c) - Repeat step 1 in between steps

This is really all you ever need to do – calm the Shen and all works better.

Get the lymph to flow – and teach everyone around to do this – to their pets, children and of course themselves.

When she is about to bleed (uterus is larger) or when pregnant, come up off the skin almost so it is just a feather touch over the 'busy' uterus.

2 - Chest 'gouging'



Slow gentle x 3



Slow gentle x 3



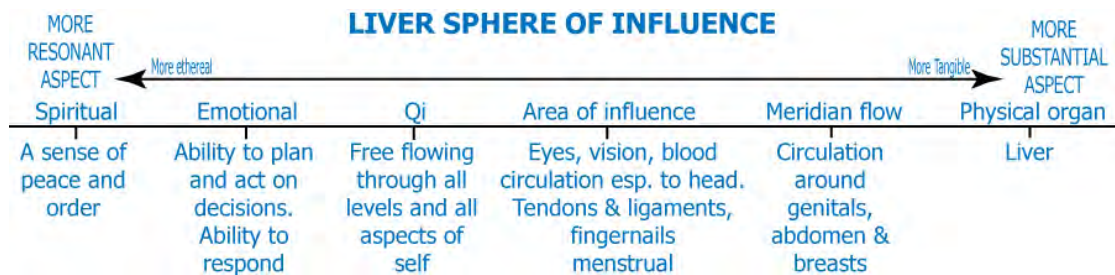
Slow gentle x many

7a - Systems of flow - Liver

Everything must move for us to Live Well

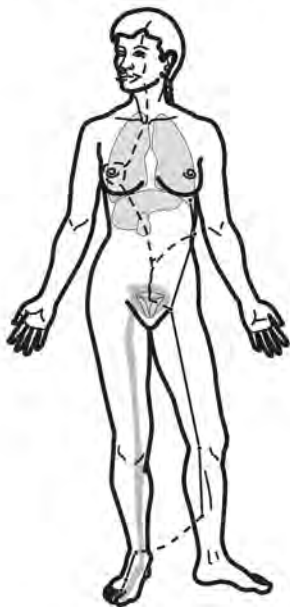
Movement is the role of Yang Qi. (See earlier) When the Liver Qi is upset (any emotional distress or secondarily this will come online) then we are in trouble.

Liver energy – allows flows . .



When the Liver Qi is not flowing – nothing above works as expected/designed. We could get upset at the structures now in disarray – or we could attend to their inability to work – and correct this - go further back to the left of the lines.

LIVER
Liver Muscle and Main Meridians
run on both sides equally



Note that all the 'female' areas are governed/traversed by the Liver meridians/lines of energy. They travel on both sides of the body and deeply within.

Distressed by emotions not expressed and especially rage and fury that are subverted into .being 'nice' and 'good'.

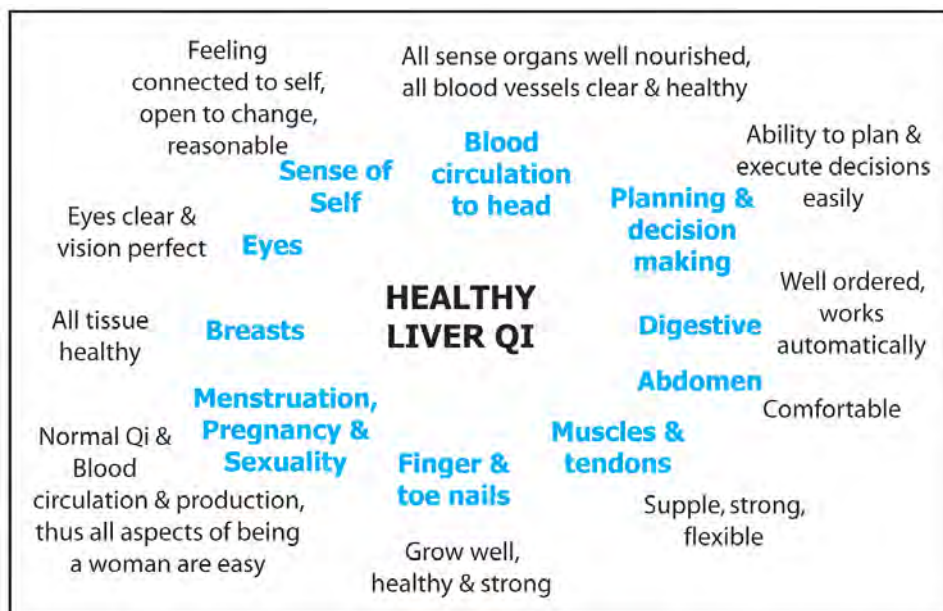
When the Liver Qi is not flowing – or can't as there is insufficient Blood to run the body – the 'hormonal issues start up.

The Stuck Liver Qi affects all parts of who we are. This is erroneously seen as you being 'hormonal'/neurotic and PMS/PMT- when in fact it is purely emotions out of order as the body CAN'T work well.

Life becomes quickly overwhelming as also the Liver Qi upset goes upwards and creates havoc – even stopping normal breathing rhythms. Sighing happens a lot and we may get asthma really badly – PLUS the circulation to the head is messed up – migraines. Very bad cyclic facial and eye problems – and of course - all gut issues.

Liver Qi in health governs all of this

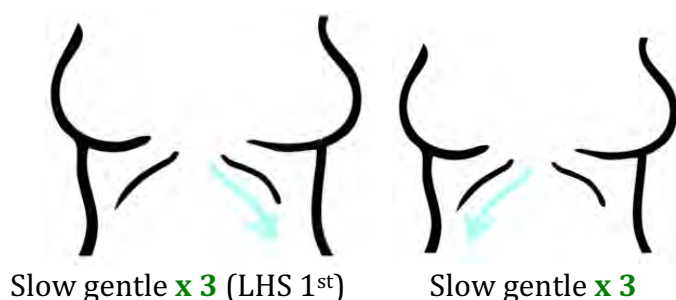
It does stand to reason that when you are feeling' off emotionally your gut, your periods, your thinning and your sleep all go out – along with all your structural and thus headaches.



When you do not have sufficient Blood energy to run the Liver well – then you will get into real strife. Besides anything else - the ligaments holding the uterus and all the ovaries and thus your central being – are not happy.

The Stuck Liver Qi Release – allows you to gently begin freeing your actual gut.

3 - Diaphragm release



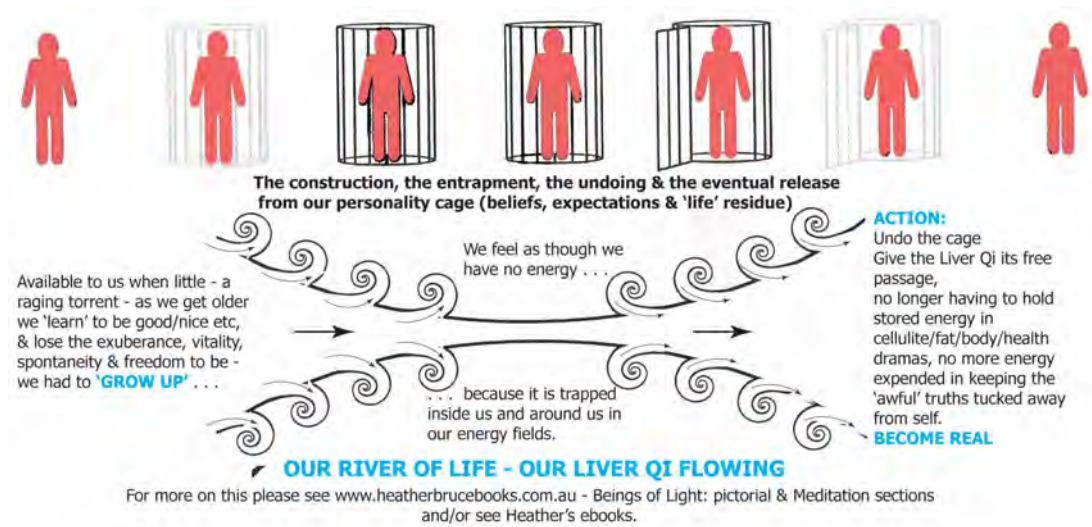
Remember - between each step - (number 1a) above - a 'round & round' /perimeter lymph sweep

Remember – always slow.
With gentle breathing and loving touch

How do we get shut down? Life ~ culture ~ being woman

Being tamed/civilized/'good'/'nice'

We recognise that there is less of us than there was – and correct it.



Liver Qi governs Blood movement and production. Hence all women' lives and of course it nourishes muscles and ligaments. . .

If we get thwarted, let alone lose our sense of self and sovereignty – flow can't.

Body tries to protect itself.

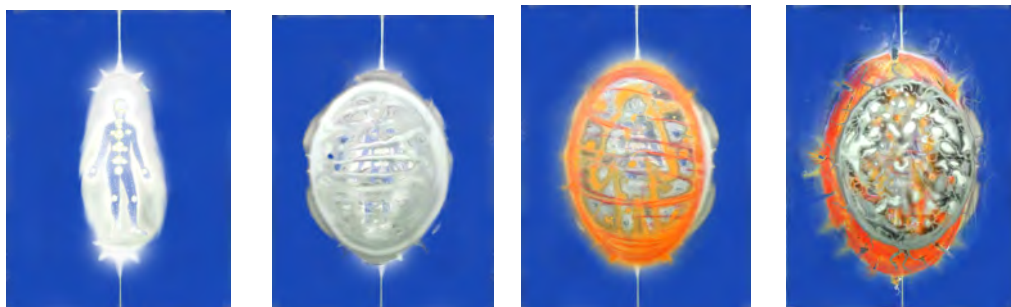
Reich and armour bands form - seen below.

Please help yourself - respectfully and so very gently – enter into 'the cave' of where the ?? lurks – it was scary when it was set up.

The Body may now be saying 'NO' as it can no longer support life as the blocked version. You can help – gentle belly moves are needed to calm self.

As you could be - and likely are . . .

From here to there: the haze of pain – as we are in the body with receptors (to breathe we suffer according to the Tibetan Buddhists).



1 – clarity

2 - 3rd D haze

3 – emotional haze

4 – The cage

8) - Digestion and life

Flows . . .
All must move

Liver Qi in health moves all levels of every aspect of self.

Being stressed/tense means that blood cannot flow to where it is to go. Wastes are not collected - circulation is impeded. An unhappy gut, and imperfect ingredient processing gives rise to lessened body health and vitality and pain.

The damming of life force has consequences.

Eventually these become solid accumulations and we can 'find time when using fancy equipment. When the feelings of dis /un-ease and of aching/'hard to pin down' have passed – we have actual physical (not 'just' Qi)- issues happening . .

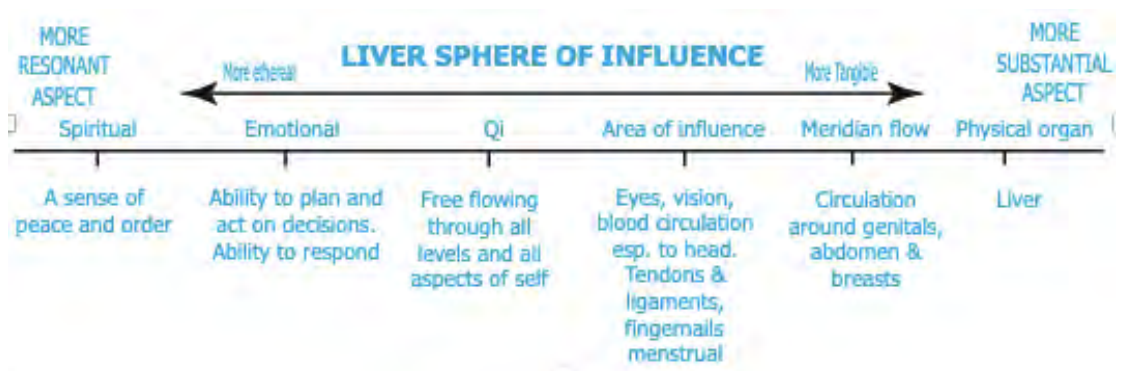
Qi must flow. Yang Qi flow is warmth/metabolic freedom.

What wastes the Yang Qi?

Any cold exposure - this includes tiny increments gathered over a life

Please see the *'Inner Alchemy'* chart and all in the *'Life Support'* eBook.

Anything that blocks Liver Qi – or when there is insufficient Yang Qi, life stutters
Congestion on all levels begins.



Life

9 - Intro to belly care

Before you do anything: you start by finding a bench mark/goal post to measure.

Easiest to judge your inner core strength with this one simple thing - the **vaginal pull-up/perineal clenching** – all can. It is a simple yoga instruction. Doing this all through the process of helping your lymph to move allows you to instantly feel how much impact you are having on your body and its integrity.

Feel what you have initially.

This allows you to gauge what this is doing all the way through.

1. Warm hands,
2. Empty bladder
3. Calm environment,
4. Lying down
5. Safe.

‘Go around’s’ – very gently with pads of the finger tips.

Local land marks.

We need to get a feel for touching ourselves.

Flow of lymph.

Clear the lymph/damp.

The Qi then has space

We need the Qi to flow to get the Blood to be formed through

Calm the nervous system. Tension leaves, gut may work so much easier.

Stuck Liver Qi/whatever is stuck in the diaphragm – investigate Reich again).

Feeling for uterus position.

This is the first introduction to personal hands on self care.


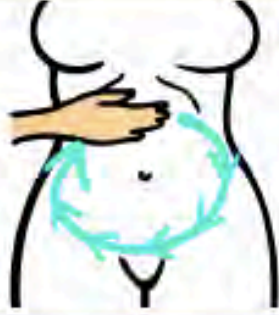





Can do now without oil – as a quicker/when cold/upset and not at home but can lie down for a while self-help fix. It is easier and often not enough time as it takes too long to oil up and to be heating their hands and the oil in winter.


May go around and take their hands to show how to – or do on them myself after demonstrating on my belly first.

I suggest that everyone does this before sleep.

Gentle yourself to end the day.

Initial Belly Care

<p>Reminders: Look at your tongue. Perineal pull-ups. Abundant body-friendly water. Not full or empty stomach (belly happy).</p>	<p style="text-align: center;">Slow Gentle</p> <div style="display: flex; justify-content: space-between; align-items: center;"> x3  <div style="text-align: right;"> <p>LHS First</p> <p>Alternate sides 3 sets</p> </div> </div>
	<p style="text-align: center;">x9</p> <p style="text-align: center;">Slowly around belly perimeter</p>
	<p style="text-align: center;">x9</p> <p style="text-align: center;">Very slow, very light touch</p>
	<p style="text-align: center;">x3</p> <p style="text-align: center;">Very light touch</p>
	<p style="text-align: center;">x3</p> <p style="text-align: center;">Squish together with edges of hands</p>
	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Repeat both gently throughout </div> <p style="text-align: center;">5 seconds</p>
	<p style="text-align: right;">In between each move 1x</p>



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Now we look at why we need to Love Our Body Better.
 Held hostage and not even aware . . .

10 – Reich and armour bands



Reich's concept of armouring

Wilhelm Reich coined the term armouring as a reference to character and body armour. Initially trained as a psychoanalyst with Freud, Reich veered from standard theory and practice and over time conceptualized a very different paradigm. He practiced with an engaged style in the here and now, interacting with how patients presented in the office and toward him.

Reich created the term character armour. He meant that we all have coping patterns – stylistic character defences that we develop throughout our life, usually starting before we can think or talk. We scope out our life situation with parents, caregivers, and early schooling, and figure out the best way to adapt.

Depending on how our life unfolds, our defensive structure either becomes more adaptive or becomes problematic. Reich called our habitual demeanour, stance and attitude character armour. Our dominant, submissive, pleasing, withdrawn, petulant, stubborn styles, for example, become a uniform we wear in relationships – our suit of armour.

Character Armor

Armour is a metaphor referring to the muscular spasms, decreased [motility](#), postural mis-alignments, and character attitudes which an individual develops that act as a defence against the breakthrough of unwanted or intolerable feelings, sensations, emotions, or experience.

Muscular armour serves, mostly, as a defence against anxiety, anger, fear, and sexual excitation. Character armour leads to emotional rigidity, poor contact with others, and a feeling of 'deadness.' With armour in place, the conscious control no longer has to actively defend against certain impulses or desires. As tenacious as psychological defences tend to be, they can still slip or be overwhelmed at times, but armour tends to be 'always on.'

Armour can be palpated as muscle tension. It can also be observed as impairment in movement. Patterns of armour do not strictly follow the pathways of voluntary motor nerves but rather show up as bands or segments. That is because armouring is more a result of autonomic system activity and so follow vascular patterns more than voluntary motor patterns. This is the same pattern as for 'hysterical' paralysis or 'hysterical' numbness that is well documented in the psychiatric literature completely independent of Reich.

When armour is fully in play, it is said that a person is exhibiting a 'character defence' and anxiety is fairly low. When armour has been weakened, either through therapy or chance experience, a person is said to be in an 'anxiety defence' An anxiety defence can be thought of as a temporary state brought about by de-armouring. It is important in bodywork not to precipitate too much anxiety at once.

There is more

As Reich's work progressed scientifically, his focus turned to the body and the way it mirrors the character in all systems. He found that our bodies embody the template of our personalities and conform to those dictates. Reich discovered the basic pulsation in the universe and that healthy organisms and organs have natural expansion and contraction. That life energy pulsates. When we are armoured, our pulsation is interrupted and the movement restricted; the energy flow throughout our body is impeded. We may experience this as a lack of sensation, aliveness, a stiffness or tension. Armour can develop into painful sensation if places in our body have chronic holding or are under-charged. So our physicality speaks as well as our voice. Our armouring reduces our creative capacity, our natural expression of our unique Self.

If we allow expansion, we naturally experience new ideas and interests that we have energy to pursue. As we reinstate our natural pulsation by interrupting our character and dissolving our body armour, we naturally and spontaneously embrace life in the way suited to us. When we are imprisoned in unconscious ways of being, we lose flexibility necessary for healthy adaptation.

<https://orgonometrictherapy.com/2013/09/10/reichs-body-armor-oral/>

Oral segment

I discussed the ocular segment in my last post and will now move on to the oral segment. This segment includes the mouth, jaw, throat, and back of the head. Presence of armouring in this segment can be quite apparent both in behaviours and physical symptoms.

In infancy, our first critical need is to obtain nourishment, which is met through our mouth with milk from mother's breast or bottle. As we pass through the oral stage developmentally, we can experience degrees of satisfaction, frustration, or deprivation. This stage, with its emphasis on feeding, includes contactful nurturing; a warm, relaxed, and secure bodily and emotional context; and a resonant bond with the mother or caretakers that allows for abiding trust to establish and grow.

If we have a disrupted bonding experience, we can have two reactions: either we are forever seeking satisfaction or we are cut off from ever having any satisfaction.

If we are constantly seeking satisfaction because we chronically feel tension or an oral charge to release, we may find ourselves trying to relieve the tension or charge with over-eating, talking too much, smoking, buying things, drug addiction, alcoholism, or other behaviours focused on taking in constantly through the mouth to relieve anxiety. We need, want, crave, and gorge on experiences, food, material stuff, trying to secure supplies, and avoiding pain.

<https://heatherbrucehealing.com/>

If we are not taking in, we may feel highly anxious, tense, and restless, and crave satiation to relieve the building tension.

If we never experienced pleasure and satisfaction early in our lives, we may become a more ascetic type. We might tend to be “tight-lipped” and uninterested in oral gratification at all. We wouldn’t enjoy food that much and may tend to compensate for our feelings of deprivation by creating a disciplined life characterized by more abstinence. With a repressed ocular block, we may deny ourselves pleasure, feel contracted, be judgmental about pleasurable pursuits, and behave with rigidity. The tendency to be overly controlled and controlling goes along with this type.

The oral segment regulates our expression. The oral unsatisfied type might be over-talkative, attempt to manipulate through constant expression, can cling, and be demanding and devouring. The mouth is open a lot!

The oral repressed type is avoidant of communicating, sparse in conversation, can hold in feelings, and tighten down and distance in relationship. The mouth has a severe, flat expression.

Oral armouring can be seen in habitual expressions: sarcastic smiling, continuous smiling, or a contemptuous or smug grin. The chin may be collapsed or pushed forward. The throat can be pinched in a way that results in a whining sound or weak voice. There can be continuous coughing, swallowing, and fear of choking.

The entire facial presentation is effected by oral armour. The face can appear frozen if the mouth and voice are rigidified, or slack and saggy with a needy formlessness. As we develop early in life, our spontaneous expressions, communications, and feelings may be inhibited by our family/societal norms. Thus, we literally swallow down our feelings or distort our facial expression to conform to expectations. Our entire face may reflect both our inner pain and our distorted expressions.

We can experience oral armouring to a lesser degree in our tight jaw, teeth grinding, and tension headaches emanating from our clenched jaw.

Many feelings are held in the oral segment: anger, sadness with a chronically downturned mouth, and fear that wants to scream out with an open mouth. When the mouth is armoured, all feelings are stymied as their natural expression is blocked.

When this segment opens with therapy, it allows our mouth to be supple, expressive, and able to take in and experience satisfaction and pleasurable sensations. We express ourselves with an open mouth without a need to devour or control. Our mouth makes contact with all the expressions available and enables a spontaneous and regulated life.

Understanding Armouring

The key to understanding armouring is realizing that it is simultaneously manifested in both the mind and the body, because it is directly connected to emotional repression. Armouring can take two forms. When armouring is reflected in attitudinal behaviour, it is called "character armouring." When it's manifested in bodily tension, it's called "muscular armouring."

Armouring can be thought of as the juncture between body and mind that causes abnormal behaviour. Both character armouring and muscular armouring are the demonstrated effects of the underlying character disorder. In other words, the symptom perceived by the person himself (and the behaviour observed by others) is a reflection of the disease, but not the actual disease itself.

While the symptoms and the behaviour caused by armouring may be manipulated or altered by various techniques – chemical, physical, psychological – the underlying disorder is not altered. It persists, limiting the patient's ability to feel, think, act, and relate to others. It's like a mental, physical, and emotional straitjacket that compromises an individual's reactions to life and reduces the ability to function in the world.

Energy Economy

Once Reich began to understand the process of armouring and its meaning in our lives, he began to develop a number of techniques to dissolve or unwind it. The first of these techniques is hinted at in the term "energy economy".

Reich saw emotional repression as a conflict of opposing forces triggered by a painful experience. When individuals experience a physical or emotional trauma, they naturally want to express it. However, when that natural expression is repressed out of fear or for other reasons, it doesn't just go away, it continually seeks expression. It pushes to get out.

When the need to repress the emotion pushes back, the two forces become locked in a constant state of opposition.

Think of two equally-matched arm wrestlers who are committing all their strength and energy into an intense battle. The casual observer, who sees no movement, may conclude incorrectly that nothing is happening. When a body is in this constant state of opposition, bio-physical energy is not only wasted in the continuous struggle to bury emotions, it is no longer available for other, more natural uses. The body becomes "energy inefficient." In this way, armouring causes people to behave unnaturally, because they are deviating from their natural "energy-efficient" state.

Reich reasoned that emotional repression constricts the body, producing a physiological contraction that manifests itself as muscular tension. Furthermore,

he saw that these constrictions become chronic with time, binding the body's energy in a manner he called stasis. When a body is in stasis, the normal pulsation of tension and relaxation comes to a halt. Like the arm wrestlers who drain all their energy while locked in a fruitless contest, armoring traps the individual in a pain-filled and unproductive life.

Segments of Armoring

In practice, the study and treatment of armoring in Reichian psychotherapy must first recognize that muscular armoring is manifested in segments throughout the body which are, in effect, constricting muscular bands beginning at the top of the head proceeding down through the pelvis to the lower limbs.

To help you visualize the effect that these constricting segments, or bands, have on muscular tissue, imagine a jellyfish floating in the water. As it moves, a healthy jellyfish's body expands and contracts in a graceful rhythm. Now imagine what would happen to the fluid, pulsating motion if you placed a rubber band around the jellyfish's body. The rubber band would compress and choke the tissue underneath, interrupting the normal pulsations.

With its tissue constricted, the jellyfish's system would react: the natural pulsation is replaced by erratic pulsations in twos, then fives, then sevens. The jellyfish would soon lose its ability to function naturally in the water. Instead of its naturally beautiful movement, it would become abnormal and spasmodic. In effect, the addition of the rubber band would make the jellyfish a different creature.

Just as the rubber band distorts the jellyfish, the constricting muscular bands or segments of armoring distort human musculature. And like the jellyfish, with our natural muscular pulsation (from tension to relaxation) choked and unbalanced, we lose our ability to function normally, and we become different creatures.



11 - Spiritual Healing

Spiritual Healing is an indigenous healing tradition, seeped in history and ritual. Holistic by its very nature, all cultures saw a need to heal the Soul. Holistic. Maya medicine recognizes the connection between physical ills of the body and diseases of the soul and one's attitudes toward life and living.

Why?

The Maya believe one's Life Force, or ch'ulel, (Qi) can be disrupted by 4 main spiritual illnesses: **Susto** (Fear or Fright) **Pesar** (Grief or Loss), **Tristeza** (Sadness or Depression) or **Invidia** (Envy or Jealousy). It is a main goal for the Maya healer to balance the flow of ch'ulel (Qi) in the body.

Very easily done when in a vulnerable state – hence the young children are protected from all eyes – as wistful n mums may 'place a hex' unknowingly – or deliberately on their new being. Or any of us.

SPIRITUAL AILMENTS OF THE MAYA

- Susto Fright or **Trauma**
- Pesar **Grief**
- Tristeza **Sadness**
- Coraje **Anger**
- El Ojo/Ojo Caliente **Hot eye**
- Mal Ojo **Evil eye**
- Envidia **Envy or jealousy**

Susto (Fear or Fright)

Susto best translates as fright or trauma and is universally experienced by each of us at some time in our lives. Susto is one of the manifestations of “soul loss”, when the life force, or ch'ulel (Qi), is frightened out of the body by some traumatic event.

Susto in adults can be caused by: accidents or near accident, rape, incest, sexual abuse, domestic violence, witnessing a murder or violent death, violent movies, being mugged or robbed, sudden bad news, fires, explosions, tornadoes, hurricanes, war, sudden falls, extended fear of loss of income, property or job.

Susto can result in sleep disturbances, stress, indigestion, pale skin color, and overall lack of interest in life. Fear can be a constant companion and one may be plagued by frightening nightmares.

The loss of ch'ulel (Qi) affects the efficiency of the immune system, circulation, digestion, elimination, and the nervous systems.

Pesar (Grief or Loss)

Like Susto, Pesar can happen to everyone because we all experience loss of some sort during a lifetime. Pesar is caused by loss of what is dear to us due to death, fire, natural disasters, a broken heart, being fired from a job or losing a career position. The most common symptom of Pesar is a deep, mournful sigh that seems to come for no known reason and is rather constant. There may also be changes for the worse in personality, nightmares of abandonment, and a strong sense of hopelessness mixed with vague depression.

Tristeza (Sadness or Depression)

Tristeza is sadness or depression that seems to linger for years, or has been with the person for as long as they can remember. People suffering from Tristeza may have felt unwanted or unloved as babies, abused in early life, or experienced a series of peer rejections at school. They cannot find their true path or passion in life, feel isolated, alienated, and have a sense that life has been unfair to them. They have trouble getting started in the morning, sleep excessively, drink too much, abuse drugs, and struggle with relationships and successful careers.

Invidia (Envy or Jealousy)

Invidia translates as envy or jealousy. The victims of envy feel their present lifestyle must change in order for them to find happiness. They feel discontent with their spouse, job, home, friends and/or hobbies.

Envy has a thousand manifestations on the emotional, physical, and spiritual plane. Those suffering from Invidia are dejected, pale, and depressed and cannot say why. A fast-beating heart is common, with sudden palpitations that can be quite frightening and mimic heart conditions. Physical symptoms of Invidia include skin conditions, indigestion, lack of appetite, sleeplessness, nightmares, hearing voices, and an array of unexplained health problems.

Self Help Tools

Set intention/ Prayers/ Meditation

Space clearing

Smudging/ Copal

Vibrational tools/remedies/sprays

Any form of lustration/aspersion/ Lustre Bowls

Aura Soma (I have used with great effect for the past over 30 years)

Spiritual bathing

Spiritual bathing – an extension of Lustre Bowls

Spiritual Bathing is an ancient Maya healing practice that removes emotional obstacles that block you from whole-hearted living. Using the vibrational power of water infused with plants, flower essences, sacred incense, prayers and intention, this cleansing can make a huge difference in your life. It can liberate you from the past and reconnect you to your soul force.

Spiritual bathing, or general space clearing is to balance what may be excess energy from too much focus, intense anything – including happiness – or ‘stress’ including watching the events as they unfold on the media.

Home is where we hide away from the world – why bring it and all that drama into your life? Over attention - as when being a performer, or a speaker, can lead to a charge in that person’s auric field which in turn can lead to a heaviness, or restlessness in their being. This adds up to a different version of Feng Shui. Dowsing and aura clearing is seen in most cultures and traditions.

Spiritual Bathing is an ancient ritual found within the history, if not the current practices of most cultures. There are variations, however the essence is the same. The belief that water is sacred and purifying, can protect and cleanse from negative influences as well as used to mark rites of passage is well known across most human endeavours – and is found within religious experiences. [Some bless the water.](#)

Holistic by its very nature, Maya medicine is classified as a medico-religious healing tradition, taking into account not only the physical ills of the body but also their effects on the spirit. The Maya recognize diseases of the soul as well as the body and are aware of the connection between spiritual and physical causes of illness.

Spiritual Bathing will also alleviate

- Soul loss
- Astral fragments
- Night terrors
- Bullying
- Restlessness with babies/new mothers who have had too many visitors.

An [entirely different cultural expectation of healing](#). The Spiritual Bathing practice through the ways of the Maya culture holds a focus on vitality of the spirit, well outside religion. Beyond talking therapies – it is regenerative, and gives a sense of renewal and of rebirth.

The Maya Spiritual Bathing is a ritual using prayer as a medicine song, burning copal (a resin incense), plants collected with prayer, and the main ingredient – pure water. This is an extremely powerful tool – yet is gentle on people of all

ages, in particular children who are generally more sensitive than the grown de-sensitised adult.

Candles are lit
Prayers are said
Copal is burned
Healing begins

A Spiritual Bath shifts you. It uplifts your spirit by washing away negativity, grief, stagnation and world-weariness, and removes obstacles that block success in achieving your goals and desires. Cleansing breaks the cycle of the 'monkey mind' and gives you space and clarity to put things into perspective.

May also allow you to:

- Manifest dreams and long buried desires
- Bring courage and confidence to the unknown
- Gain closure to trauma or overwhelming emotional states
- Release fear, jealousy, resentment or envy
- Liberate yourself from stress and anxiety
- Draw projects and relationships into fruition



What you need

Space to be you

Warmth

Calm and a sense of deep connection with all

Protection – see later

Water

Flowers/plants

Sun (when outside)

Or in winter – or when inappropriate to be outside - this can be performed in your bath/shower with cooked flowers – from water on the stove.

What to do

Ask for inner guidance – this is a deep sacred process.

- Set your intention
- Pick the flowers consciously after a time of deep thought.
Bless/infuse the water/the flowers/vegetation.
- Leave the flowers in the water for at least 20 minutes to imbue their essence.
If this is winter adventure – simmer on the stove, cool down then be in the bath or shower.
- Sprinkle over yourself - after crossing your wrists several times with the rosemary infused water – dip in continually
- Gradually cleanse over your aura whilst you say whatever is needed at the time.

What to expect:

A profound sense of change will happen when you go deeper than the motions. Be present across the entire spectrum – place your heart and Soul into this. Not only the movements – although they will make a difference anyway.

- Live it.
- Release what you have decided to release, manifest or shift.
- Add in sacred copal/smudge of some description to drift around you.

The healing smoke surrounds your physical body, moving the curative experience into the subtle bodies, or energy fields. Ancient prayers, appropriate to your faith, are directed into the pulse points inviting the divine agents of healing into the sacred ceremony.

Maya believe those prayers open the gates to the body, soul, and emotions and copal incense carries those prayers to heaven. The infused water holds your plant allies, herbs and flower essences. Gather with gratitude, intention, and prayer to aid in bringing their specific medicinal powers to your bath.

An aspersion begins with fingertips, bundled herbs or certain holy branches opening the door to your own bathing experience. Rosemary – a great ‘feather’.

Once the bath is completed, you can sit in quiet meditation as integration takes place. This deep connection and new clarity allows the calmed mind and body to release, receive and express from a cleared subconscious level. A spiritual bath can be quite transformative, please allow yourself enough time to fully experience all the ritual has to offer.

12 - 5 'T's' – dis (un)ease

We may have forgotten Nature's Template:

Survival of the Fittest

Life happens in cycles/seasons

Reminder - **Spiritual Bathing** and **lustre bowls**/ prelude to **steaming**.

'Causes' of Disease /classifications of NOT Living Well

Also *the 4 Categories - Tibetan* – hence brings in the spiritual issues – especially of possession.

For all systems – and usually a large section on *toxins*.

Hot Blood – all levels of

Need for appropriate hydration.

Modern life is iatrogenic

Hormonal disruption

Safe intimate care products, all nutrients blocked with passage /inheritance of the Body Burden – 'genes' versus epigenetic.

Cumulative and

Graceful acceptance of slow healing in time and letting go 'busy'.

Tension ('Stuck Liver Qi = Magnesium depletion)

Temperature - Yang Qi is wasted by cold invasion/ storage –Iodine & Selenium

Torpor – A continuation of the cold – and also the fear/fright/flight/freeze/

Trauma – all levels – stored in the body / passed down through the generations

Toxins – as above. Totally destroying nutrient pathways and disrupting life.

Light

Lineage

Liver

Lymph

Ligaments

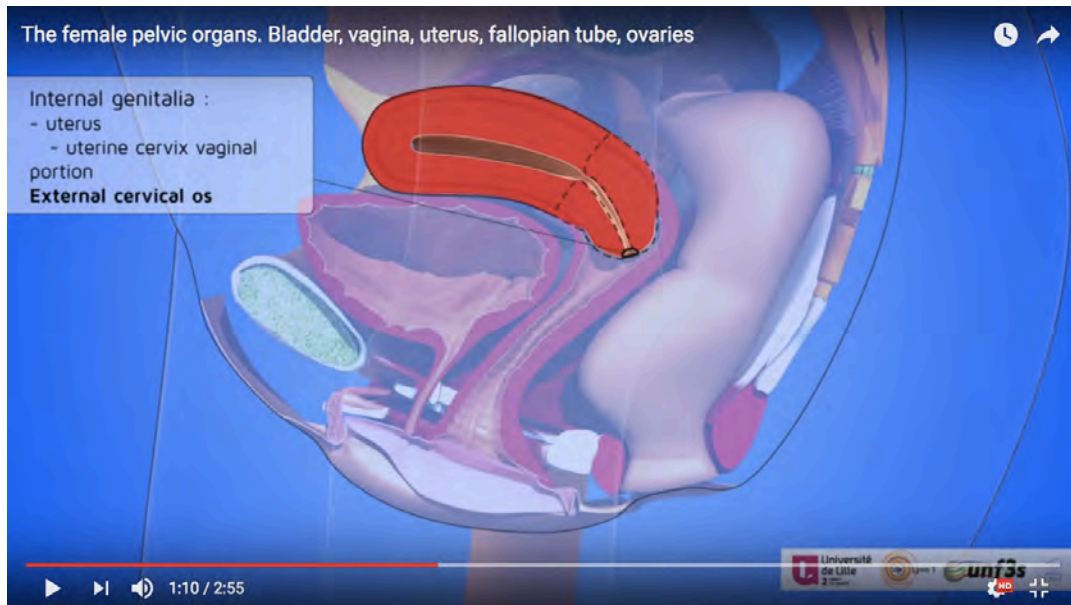
Lies

Litigation



13) - Uterus - Ligaments and the displaced womb

MUST be in her right spot. When she is – the woman is – when not - she is not.



Note - if a woman is lying on her back, and there is a dip noticed – (if she is relatively slim) around CV 4 – you can now appreciate what has happened - the uterus is retroverted - tipped backwards - so there is no space holder.



In the middle of the space in the pelvis

Ligaments hold her exactly in the middle - unless there have been falls/incidents to cause misplacement.

Adhesions then may hold her awry.

Optimally positioned uterus

On top of the bladder.

Not actually adhered to.

Ligaments are the 'cords' seen.

Vagina is at the bottom of the picture extending into the vagina.



General Order of business

- 1 - Get the Qi flowing (this is the easiest hand work – gentle - lymph)
- 2 - Improve the Blood flows and production
- 3 - See to the organ placement – after the ligaments – and the sacral alignment have readjusted themselves now that they have different instructions.

The rest follows.

We need to pull out what is blocking healing:

Shock – Heat hence blood flow impinged upon

Cold – covered elsewhere

Scars – will block normal Qi flow through all meridians and even more so -

Adhesions – inner (unseen yet binding all tissue and organs so there is diffuse and often unrelenting pain and discomfort/loss of fluidity.

NOTE:

I call this ‘belly’ work.

The overall Qi must be flowing

1 - ([Liver energy](#)). When it is not – it is called ‘stress’.

2 - The [Yang Qi](#) can be liberated so there is more in circulation – take out the stored cold, add in the Yang Qi (Rescue the Yang with moxa after the cold removal).

[Reset Your Metabolism](#) – foundation course for all work to be done on anyone. Take out the cold and restore the Yang Qi.

This is an elder’s wisdom given through the work of [Dr John F Shen](#). Heard seemingly only by me in the audience. I went back to clinic and played with this over the next 35+ years – and have honed it to an art form.

From here the rescue of the Yang Qi is needed – this is when the use of real moxa – and easily done when the small pyramid of very gross (moxa stick grade) punk is shaped and lit till the smoking finishes then added to a tissue with salt to insulate and popped on top of a slice of ginger as a base – and onto the navel. I do x 3.



Not just whack a cup on the navel and carry on with what you were doing.

This is the most effective and profound way to move the Qi I have discovered.



14) – Men’s health concerns

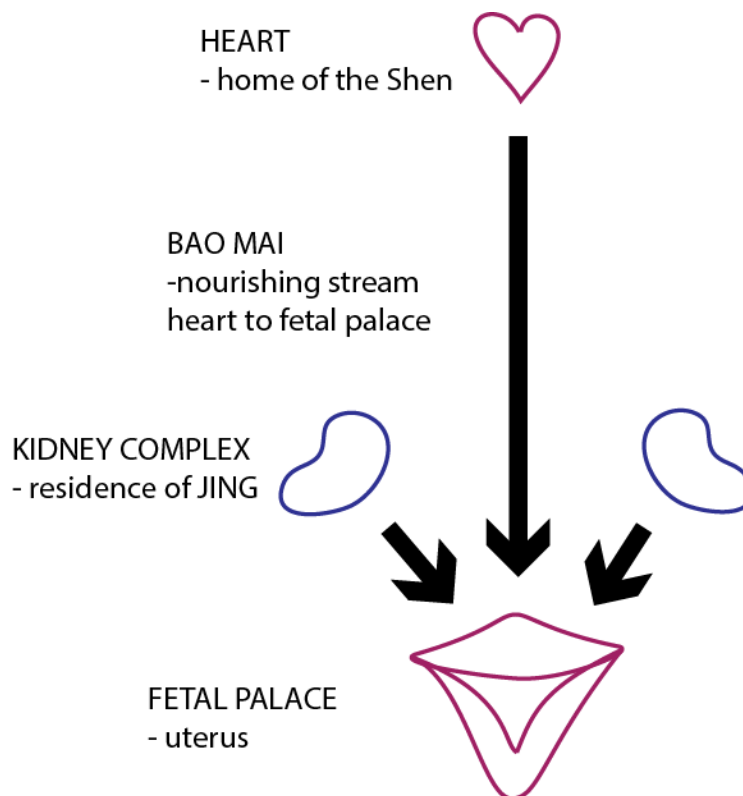
Now we have injected female fetal cell lines into an already estrogenized being and expect NOT to get cross gender issues.

Loss of maleness as all was touted first in 1962 Silent Spring and all later works on Body Burdens . .)

(Back to toxins and my weight loss issues uncovering the hormonal and the damp).

The non expression of the dihydrotestosterone will lead to the non-growth of a penis till later in childhood – see .

Is all in the general sections –of the 5T’s – thus men are not covered separately. Unless I have a man in the class and then we will go into male held traumas more. Circumcision is a pivotal one. So many levels. Especially for the mum who gets back less than she had and never the same child she handed over.



As men have a womb (prostate) and feelings they are as at risk of life and being stuck (trauma) as all women.

Not knowing this, all everything is at stake – with feelings being disconnected.

Men's Moves

Essential: •Warm hands •No fingernails •Gentle to begin •Gradually gain depth
Do NOT try to move 'bits under fingers out of the way - tubes etc belong there!!!

	 <p>A few sets RHS very gently, then LHS x3 Gradually increase depth. Repeat a few times.</p>
 <p>What your little finger aligns with - the pubic bone</p>	 <p>Start RHS</p> <p>- Follow 45 degrees into centre line, and with no fingernails - all in a row, gouge outwards at least 3 cm repeat 3x</p>
 <p>Repeat on LHS</p> <p>- may be very different & more painful initially - go slowly</p>	 <p>Repeat these 2 moves alternating sides 2x more times</p>
	 <p>Congratulations! First time may be most painful. Slow and deep is the key. Gradually increase depth as you proceed. Repeat twice weekly at least.</p>

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15) – Reproduction

Is why/how we are here.
Go with the mammalian programmes.

Modern humans (and now all on the planet) have their personal toxic load, gut unhappiness, cultural mismanagement.

We make the best – from the best . .

Need ingredients (nutrients) and flows (circulation).

They are designed to be . .
Replication –

What are we bequeathing?



16 – Extra Resources

Extras from all cultures - **the use of water** - in sacred ceremonies, in personal space clearing (see spiritual healing section) and in steaming and sprinkling and being clear enough to undo that which may 'muddy' you.

[Faja](#)

[Castor oil packs](#)

Plants are our friends

Steaming

8) – Lower belly massage in gratitude

Bottom bit after exploring gaps and relate back to cold and Yang Qi and Spleen Qi (Holding in place function and also what happens when the Liver Qi invades laterally . . and how this goes back to Reichian armour bands).

12 – Back to the belly

Finishing up the bell massage . .
Blue Door meditation

16) – Where to next?

Please complete the online courses as these provide you with extensive tools to help yourself – and those around you.

Ripple out – we can all choose to be the Light we would wish others were. .

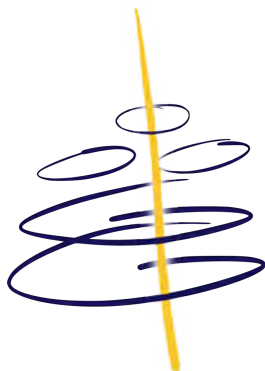


Remember also:

'Liver Qi Stuck' – *more bio available magnesium* needed

'Damp' – *think Iodine and thus selenium missing* – and both segue back to the heavy metals needing removing – see the Self Care '*Love Your Body Better*' component.

More coming – remember - we are all energy within Light – [see more here](#)



Maybe start with Stuck Liver Qi Release first and the Sacral Moxa Fan

FRONT

1 - Belly

All of this work is very gentle, very slow, and very shallow.

I use a little coconut oil

First move is around the perimeter of belly

Second is above the navel

a) - perimeter

b) - above navel

c) - repeat a)



This is also to be done after each change of move - to help the lymph flow



a) - Slow gentle x 9
(Pads of fingers)

b) - Slow gentle x 9
Very shallow palm contact

c) - Repeat step 1 in between steps

This is really all you ever need to do - calm the Shen and all works better.

Get the lymph to flow - and teach everyone around to do this - to their pets, children and of course themselves.

When she is about to bleed (uterus is larger) or when pregnant, come up off the skin almost so it is just a feather touch over the 'busy' uterus.

2 - Chest 'gouging'



Slow gentle x 3



Slow gentle x 3



Slow gentle x many

3 - Diaphragm release



Slow gentle x 3 (LHS 1st)



Slow gentle x 3

Remember - between each step - (number 1a) above - a 'round & round' /perimeter lymph sweep

4 - Diastasis rescue

Check it out: almost all have one to some degree. (Underlying 'Spleen Yang Qi Xu)



Feather touch x 3 Squish together x 3 Squish together x 3

Beware - this is slow mindful work!
Between each step - from next page - a 'round & round' /perimeter lymph sweep.

5 - Pelvic Drainage

Slow gentle x 3 (LHS 1st)
you can feel 'sludge' shifting. It can be spectacular!!

Slow gentle x 3 Repeat as often as you like if



BACK

Heart Chakra Release (a)

Heart Chakra Release (b)

Stuck Liver Qi Release



x 12 rounds leading into



12x



Gentle, slow 3 minutes



Moxa Sacral Fan (x 2 mins)



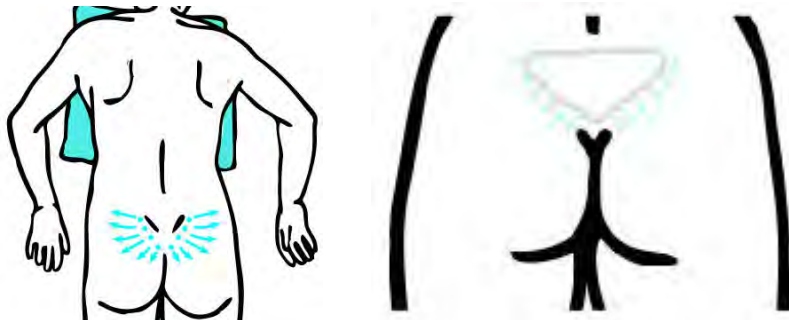
x 12 Vigorous circular Slow



gentle rolling x 3 x 3

Placental/uterine all gonadal flows:

As above PLUS:



Breast help . . .

(Remember that breast milk is actually blood – just changed in the milk ducts)

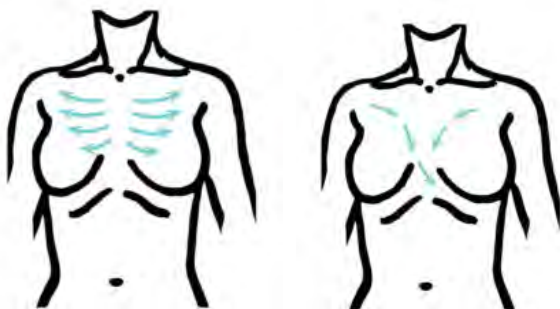
Also see <http://easybreasts.com.au/happy-breasts/>

And <http://fingertip-rescues.com/>

Return to working on the front – you may go deeper each round you take.

Complete one entire segment and repeat.

This is all about Cold Invasion/Stuck Liver Qi and insufficient Blood (circulation and production we are resolving gently by their and our loving touch).



Slow deep breaths as the Qi and lymph are activated.

Repeat - Diaphragm release



Slow gentle x 3 (LHS 1st)

Slow gentle x 3

Remember - between each step - (number 1a) above - a 'round & round' /perimeter lymph sweep