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Volume 32

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# Ortho-Bionomy®

## NEWSletter



### Inside this issue

1 President's Address  
BY CATHY KRENICKY

7 An Unsung Hero  
for Ortho-Bionomy  
BY EILEEN JEBOULT

11 What Ortho-Bionomy  
Means to Me  
BY BECKIE SCHMIDT

19 Inventing Creativity  
BY ROUEL CAZANJIAN

## PRESIDENT'S ADDRESS

### Greetings everyone!

Hoping this note finds you all well and prospering. It's been a tough 2021, so we are all glad to see that one in the rear-view mirror.

Your Board has been busy and so I would like to share some of the projects we have wrapped up since the last newsletter. A Scope of Practice is on the website for the general public and also to be submitted to state legislatures in hopes of continuing to advance Ortho-Bionomy as a stand-alone modality. There is a Standards of Practice located in the Members Only section. It's a fairly lengthy document that spells out what Ortho-Bionomy is and how it is practiced. These were joint efforts with the CRC, so give them a look.

We and the CRC also created an Online Policy for online classes for clear guidance and expanded our Study Group policy to make them responsive to the needs of the membership.

In collaboration with our trademark attorney, we have commissioned a licensing agreement to allow instructors to create, market and sell educational materials using the Ortho-Bionomy trademark from their own platforms.

We also now have a 2nd office staff member to assist Keri and the membership.

The Board is also engaged in many ongoing projects, and I will touch on a few here.

Melissa and Ann have done the yeoman's work of corraling and reorganizing our Grievance Process and Policy. Erin and Renee have agreed to continue on and bring the project to fruition. Our options for the 2023 Conference and are just beginning to be explored and we plan to have some updates in the next couple of months. We are hoping for an in-person conference with some online opportunities for those who cannot attend in person.

Keri and Stacey (the new office person) are reviewing our transcript database and the SOBI database for options to bring them operational on our website. If there is no way to make that happen with our current platform, we will be exploring other platforms. Stay tuned, we'll keep you posted.

I don't know how many of you follow Facebook, but there was recently a pretty lively discussion around promotional videos. Keri has agreed to research how and who did those to see if we could have something like that produced.

There's lots more going on, but this letter is getting too long so I will wrap up with this: A big shout out to Ann McFadden for her invaluable contributions to the board. She has resigned and has been replaced by Laura Holton.

Blessings all!  
*Cathy Krenicky, President*



# Upcoming Classes

## Not to be missed!



### OUR SPRING SCHEDULE

#### **VISCERAL - JANUARY 26 -28**

GRAND JUNCTION COLORADO. \$525.00

#### **FASCIA APRIL 7 & 8 2022**

GRAND JUNCTION COLORADO \$350.00

#### **RESIDENTIAL MARCH 6 -12 2022**

MOAB UTAH

#### **DENISE DEIG**

#### **ADVANCED SPINE**

**MAY 12 -14 2022 \$525.00**

GRAND JUNCTION COLORADO

SIGN UP FOR CLASSES BY FOLLOWING THE  
CALENDAR TO THE DATES OF THE CLASS  
[RMOBCENTER.COM](http://RMOBCENTER.COM)

CONTACT: SHERI COVEY

970-209-9400

[RMOBCENTER@GMAIL.COM](mailto:RMOBCENTER@GMAIL.COM)

DEPOSITS ARE REQUIRED TO HOLD YOUR  
PLACE IN ALL CLASSES

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# BOARD OF DIRECTORS

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Renee Schneider	Member at Large
Jacqueline Davis	Member at Large

# NEWSLETTER DISCLAIMER

Ortho-Bionomy News is published quarterly by the Society of Ortho-Bionomy International® (SOBI) as an informational and educational tool for members of SOBI, Ortho-Bionomy® enthusiasts, and anyone interested in learning more about Ortho-Bionomy. Feel free to print portions to hand out to advertise your business. Remember to attach your label with your contact info. Printed newsletters can be ordered from the SOBI Office. See order form on SOBI website.

Information contained in the Ortho-Bionomy News does not necessarily reflect the opinions or beliefs of the Society of Ortho-Bionomy International and/or the staff of Ortho-Bionomy News.

The Society of Ortho-Bionomy International reserves the unrestricted right to accept or reject any submissions within its sole discretion, determine when to publish a certain piece of work, edit materials where appropriate, reject copyrighted material unless the consent of the copyright holder is obtained in writing; and assumes no responsibility for errors, corrections, omissions, or modifications in publication.

The Society of Ortho-Bionomy International may also elect to request further information to determine compatibility with its publication's editorial policy.

The Mission of the Society of Ortho-Bionomy is to support its membership in their Ortho-Bionomy Practices, to promote public education and awareness of Ortho-Bionomy, to regulate the registration of Practitioners and Instructors, and to continue the evolvement of Ortho-Bionomy in accordance with its own philosophy and principles.



Rocky Mountain

On the web: <http://www.rmobcenter.com/>

# Ortho-Bionomy®

Heal from within  
Center

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970.209.9400

Instructors:  
Sheri Covey  
Sara Spehar  
(Guest Instructors)

## NEW CERTIFICATION PROGRAM STARTING IN DENVER COLORADO 2021 - 2023

DENVER 2021 - 2022 - 2023 Schedule(rv)

WE OFFER EVERY CLASS YOU NEED WITHIN A ONE YEAR TIME FRAME BETWEEN OUR TWO CAMPUSES.

### Week 1 Denver

Phase 4:  
Spine & Shoulders August 23rd & 24th, 2021

Practitioner  
Training August 25th, 2021

Phase 5  
Cost: \$800 August 26th & 27th, 2021

### Week 2 Denver

Phase 4:  
Extremities October 4th & 5th, 2021

Ethics Class October 6th, 2021

Exploration of  
Movement October 7th and 8th, 2021  
Cost: \$800

### Week 3 Denver

Isometrics &  
Isotonics December 6th and 7th, 2021

Study Group 1 December 8th, 2021

Phase 6  
Cost: \$750 December 9th and 10th, 2021

### Week 4 Denver

Anatomy 1 February 7th & 8th, 2022

Study Group 2 February 9th, 2022

Emotions  
and Trauma February 10th and 11th, 2022  
Cost: \$750

### Week 5 Denver

Posture &  
Post Techniques May 2nd & 3rd, 2022

Practitioner Training Part 2 May 4th, 2022

Chapman's Reflexes  
Cost: \$800 May 5th & 6th, 2022

### Week 6 Denver

Phase 4 Advanced Spine August 22nd & 23rd, 2022

Study Group 3 August 24th, 2022

Advanced Neck  
and Shoulders August 25th & 26th, 2022  
Cost: \$750

### Week 7 Denver

Anatomy 2 October 3rd & 4th, 2022

Visceral  
Cost: \$800 October 5th, 6th & 7th, 2022

### Week 8 Denver

Advanced Pelvis December 5th & 6th, 2022

Study Group(s) 4 & 5 December 7th, 2022

Fascia  
Cost: \$825 with 2 study groups December 8th & 9th, 2022

### Week 9 Denver

Phase 4 Review February 6th and 7th, 2023

Study Group 6 February 8th, 2023

Cranial  
Cost: \$800 February 9th & 10th, 2023

### Residential - Moab, UT - Red Cliffs Lodge

March 12th thru 18th, 2023

Online classes will include:

Elements of Successful Practice - 16 Hrs. - Demonstration Skills - 16 Hrs. - Possibly 2 or 3 Study Groups

*"Take a class, stay for a week or enroll in our Practitioner Training Program"*

Revised November 19th, 2021

\*\*\*\*Some dates subject to change



# Welcome Laura Holton

Imagine my surprise when at 55 I discovered Ortho-Bionomy! As a client, I felt for the first time how my body could respond to gentle movements rather than, change through force. Before my session was complete, I was signed up for my first class. There I met Terri Lee and was introduced to a completely new way to live in this world! I was hungry to learn more of this amazing body work, I live in Idaho, and I traveled to Colorado, Washington, and Oregon for classes. In doing so I have met many amazing people. I am now an Associate Instructor working towards Basic Instructor. I am honored to be serving this Ortho-Bionomy community by taking a position with the Society of Ortho-Bionomy Board of Directors.



## Call for Articles for the April 2022 Newsletter

### We need to hear from you!

The newsletter is just a collection of news from the office and advertising without articles from you. Please help us share more about how Ortho-Bionomy has been showing up in your life, and in your practice. You never know how your experience can resonate and support others on their Ortho-Bionomy journey.

## EXPANDING HORIZONS

West Coast Residential  
APRIL 24 - 29, 2022

**REGISTER NOW!**  
LIMITED SPACE IS LEFT

Pacific Woods Lodge at Twin Rocks Friends Camp • Rockaway Beach, OR



Jim Berns, Advanced Registered Instructor

**Learn & Laugh, Play & Move**  
**Live & Release with Ortho-Bionomy®**



Melissa Malm, Registered Instructor

Info: Beth Youngdoff — [floatinglotusbeth@gmail.com](mailto:floatinglotusbeth@gmail.com)

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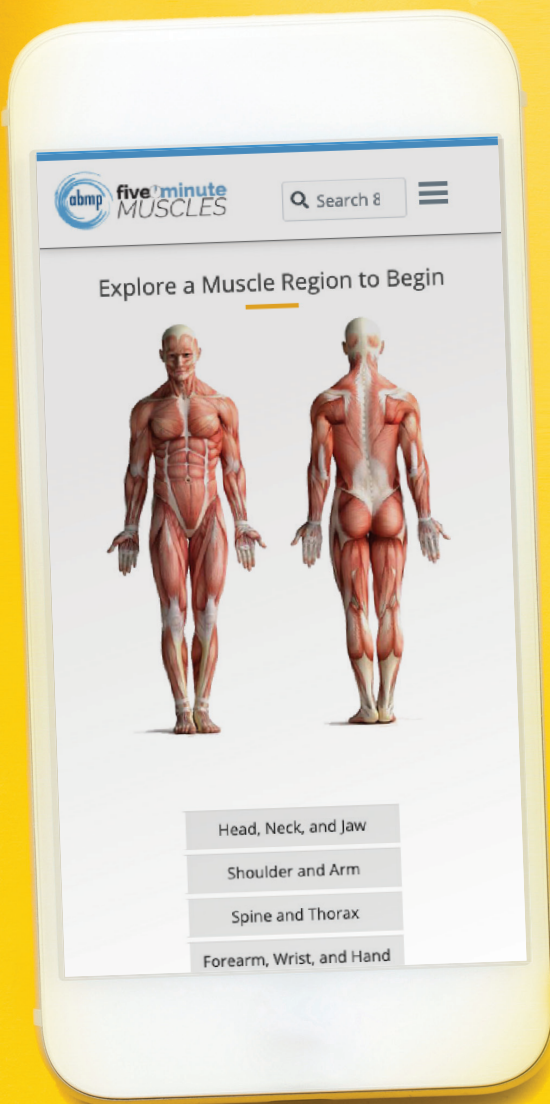
Photo Credit: Melissa Malm



# TWO NEW REASONS TO LOVE ABMP



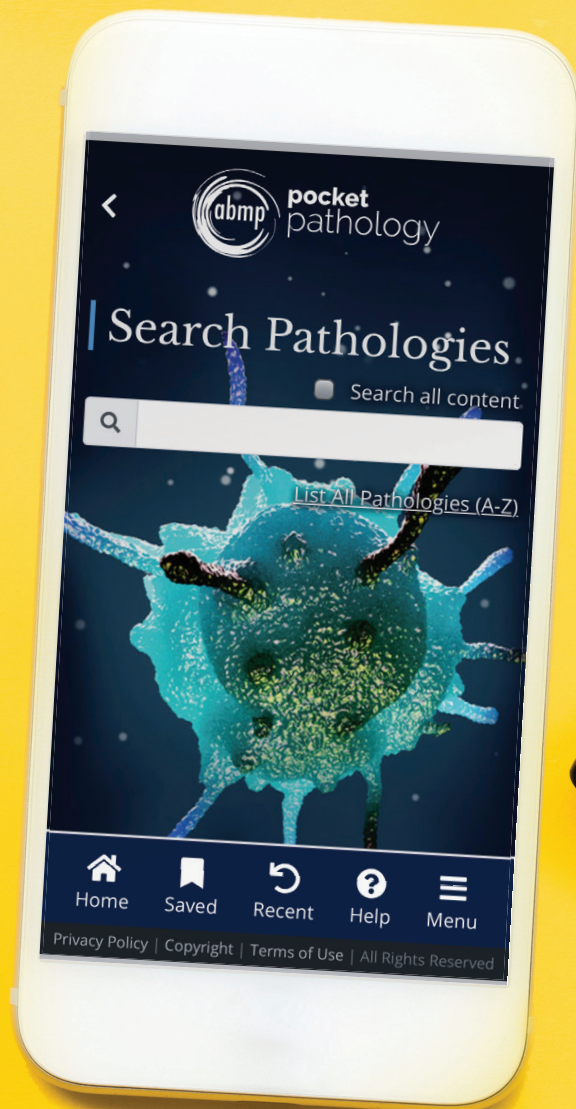
*"The new applications are amazing!" —Kelley*



## ABMP Five-Minute Muscles

Muscle-specific palpation and technique videos, plus actions, origins, and insertions at your fingertips.

[abmp.com/five-minute-muscles](http://abmp.com/five-minute-muscles)



## ABMP Pocket Pathology

A quick reference app created with Ruth Werner to give you the info needed to make treatment decisions for your clients.

[abmp.com/abmp-pocket-pathology-app](http://abmp.com/abmp-pocket-pathology-app)

**Included with membership at ABMP.com**



# An Unsung Hero of Ortho-Bionomy

BY RICHARD VALASEK

In his posthumously published "Philosophy and History of Ortho-Bionomy," Arthur Pauls devoted only one paragraph to San Francisco (the Bay Area). He made a point to not name anyone throughout (exceptions occur, thus it is a remarkably incomplete history. His 'history' is more a mere listing of the various places he traveled to, nothing of the hard work of people developing and promoting the work. A history of Ortho-Bionomy remains to be written. The history of Ortho-Bionomy is the history of its heroes more than it is a history of Arthur (Lincoln) Pauls. All of the heroes (Pauls included) were—*are*—complicated people. People are messy; thus, any story that is written about any person is a fiction. All history is historical fiction; memory is a ruse.

Just as I wrote the above my phone rang. An interruption that was in fact a continuation, an apt insertion. Thus, I insert. My iPhone tells me it is James Wright who is calling from Montana. I am writing about Ortho-Bionomy—which means I am writing about Susan Sparrow (alas) and the call is another orthobionomer of that time ago. James is the youngest son of Lynn Drummer.

"You've called at the perfect time as I was just sitting and writing in recall of Susan Sparrow, in conversation, if you will, with Susan when you called."

No, he did not know that she had died. He knew she had Alzheimer's (an epidemic for the Boomers). "I took a bunch of classes at her house. Met her ex, her son and I were the same age." And so we

talked (delaying the business he had called about). I told him about the last conversation I had had with Susan, recent by my sense of time passing. It was a delightful conversation, I talked with my favorite Susan (I started to write "the best" Susan but who can finally delineate the 'west' from the 'borst?' Ortho-Bionomy never came up and thus was the ruling mood. A way to fully appreciate detention is to fully enter into that dimension.

What makes up a Person is far more than their embodied presentation. A corporation is not a person, as some superior idiots claim, but a Person is certainly corporate. David George Haskell sort, in *The Songs of Trees*,"

*Before its fall, a tree is a being that catalyzes and regulates conversations in and around its body. Death ends the active management of these connections. Root cells no longer send signals to the DNA of bacteria, leaves end their chemical chatter with insects, and fungi receive no more messages from their host. But a tree never fully controlled these connections; in life the tree was only one part of its network. Death decenters the tree's life but does not end it.*

The same can be said of people, death decenters a person's life but does not end it. James and I recalled a few of the "decentered" in the world of Ortho-Bionomy. The beautiful Sylvia Aja, into the Net at an early age, Kay Cavendar, Karen Kamashta, Alan Saxon.... I continue this list in my mind. Continuing on with the writing I notice the name that was not there. I had not been able to

get this writing started in because everything kept coming round to being about the exasperating Arthur Pauls. Did he push bad behavior to its limits as a means to measure the power of Ortho-Bionomy; how much weight could the magic hold sway over? But it was Arthur Pauls who brought this sparrow into our world. And it is not about Arthur, it is about Susan.

I have no memory of when I first met Susan, a face in the crowd, slowly emerging as we both were becoming there. There then landed at Susan's home in El Cerrito, across the bay from SF. Quite a surprising number of people can still recount having their first meeting of Ortho-Bionomy in Susan's house. Susan's house is where I taught my first solo class. I see Kathy Kain, an eager student, in that class.

Susan's home, through what arrangements I was never privy to, became Arthur's primary residence when he came to the area. He came often and he stayed long. He had a hateful habit of giving more of his worst to his hosts; it often cost them dear to keep him.

One of Arthur's oft repeated mottos about Ortho-Bionomy: It can't be taught; it can only be caught. A few took it on as a psychic wrestling match using the orthobionomy to judo it out of him, thus catch it. Susan is one who was able to out orthobionomy Arthur, him calling for his uncle. The private name he gave her was the Sparrow HAWK, resentfully rubbing his wounds whenever he voiced this sobriquet. The stronger character had triumphed, lion rampant.



Susan became a teacher in what I think of as the first tier: Lynn Drummer, Alan Saxon, and myself. Jim Berns recounts being 'brought in' (my paraphrase) by Susan, had his first classes from her. Luann O was bagged by her chiropractor, Alan. Lynn lured in Terri, Allison, Rouel, Karen H, Rhonda, and Debra, to name just a portion in her catch. If I neglected to mention you no slight intended, give me a call.

I recall many hours Susan bending my ear about the endless difficulties involved in holding up the boundaries against this invading Canadian. As well as how much fun he could be. And magically, when he wasn't there, Ortho-Bionomy was. Groups of us gathered and as a loosey-goosey group translated, interpreted, visualized, expanded, organized, and formalized, marketed, and promoted: in a word, created Ortho-Bionomy. It was in these groups of study and strategy that I mostly saw the glee of Susan, excited to be discovering.

Susan was the first to be the center of this burst of creative, collaborative, excitement, which evolved, for better or worse (bet on your horse), into Ortho-Bionomy®. Arthur also often said that he envisioned a hierarchy of achievement in Ortho-Bionomy (hard to tell if we're dealing with judo here or the British class system): Practitioner Level (with Basic and Advanced), Instructor Level (with basic and advanced), penultimately Instructors of Instructors. One would march through these levels, all neatly queued and given final approval by those wiser ones above, imposing Order on Chaos. And somehow entirely missing the point of orthobionomy, so there is an escape clause.

The highest level that can be achieved is Master of Ortho-Bionomy and that cannot be bestowed by person or committee but can

only be attained through self-recognition. Tricksterism at its best. This statement makes strong argument for orthobionomy as a theology. If we were to deify Arthur he would have to be classed as a Trickster God, he was clear on that. But that's another story.

Susan claimed her mastery. She did not say the words aloud. She informed the organization that she had paid a lifetime's worth of dues to Ortho-Bionomy. Susan said yes to herself as she told the Board that she would not mind being a member, but it did not bestow on her anything more than she already had so there was no reason for her to pay more.

As I see it, orthobionomy carried her out of Ortho-Bionomy® and they are staying together to beyond.

Message received Oct. 28, 2021, 10:06 AM, from Hal Zina Bennett:

*Hi Richard. Susan died on Saturday. At home. Peacefully and sweetly. Michelle and I were both with her. Few days before we'd found a little piece of paper with a poem. Can't find it right now but said something like "the sparrow comes...etc. then flutters away." Signed with an R. Was that you?"*

I can't say yes or no to that. I can easily construct a memory of me writing her a poem. I can invest that memory with strong conviction. If I did not write her a poem I should have.

"Coming at it from a  
different direction,  
The sparrow, done with  
dashing her head,  
Unhouses through an open window.  
Now she can really do  
some flitting".  
RV



**Susan Sparrow**

March 30, 1942 – October 23, 2021

Richard Valasek learned Ortho-Bionomy from our Founder, Dr. Arthur Lincoln Pauls. Richard was the first of two students, along with Lynn Drummer, to be appointed Advanced Instructors. He was also the first of 4 Instructors to be appointed an Advanced Instructor Trainer. Richard holds a BA in Theater Arts, a BA in Animal Science from UC Davis, has been an RN for over 35 years and practicing Ortho-Bionomy for over 40.

Richard's philosophy: Learning happens best through play. Classes should feel like Ortho-Bionomy. Lots of 'Yes'. Practice Radical Affirmation. Safety allows exploration. Teach students to reinvent Ortho-Bionomy.



Richard's other great passions are family and theater. He is married to Karen, with whom he has 3 children, 7 grandkids and 4 great grandkids. He is active in the Unitarian church as it is most like Ortho-Bionomy, and he is also the winner of multiple awards for acting and theatrical sound design. Richard is available for worldwide travel.

*\* The lowercase 'orthobionomy' are all intentional. Look for Richard Valasek's article in the next newsletter speaking of his philosophy as to why.*

# Call for the Board of Directors

It is time for our annual call for members willing to serve on the Board of Directors for The Society of Ortho-Bionomy Int'l.

We have 1 member going off the Board the end of September. With all the changes SOBI has been experiencing, we need board members who are engaged, energetic, and willing to volunteer some of their valuable time to support the evolution of the Society into a vibrant and sustainable future.

Board of Director terms are a three-year commitment, with regular Zoom meetings as well as an annual face

to face Board retreat. If we have more nominees than seats available, SOBI will hold an election this summer. Attached are the links you will need to volunteer for the Board of Directors (or any other committees you might be interested in) as well as a link for you to be nominated, which is a requirement for the SOBI Board of Directors.

Please consider serving the Society as a member of the Board of Directors, or in other capacities.

Warmly,  
SOBI Board of Directors

<https://www.ortho-bionomy.org/AboutUs/BoardApplication.aspx>

## Do you need Study Group Credits?

Study Groups are held on the 3rd Thursday of every month. These Study Groups are taught by Ortho-Bionomy® Instructors who have a passion for aiding you in a deeper understanding of Ortho-Bionomy.

Member cost \$45, non-members \$65

Instructors interested in participating please email: [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)

Instructor	Date	Topic
Carole Poffinbarger	Jan. 20	Working with the Cervical Spine
Bruce Stark	Feb. 17	Ribs and Ribcage
Susan Smith	March 17	Equine Ortho-Bionomy and Hooves
Sara Sunstien	April 21	Self-Care Intro to Chapman's Reflexes
Sheri Covey	May 19	How We Listen and Maintain Our Energy While Working
	June 16	
Jim Berns	July 21	Applications of the Circle Theory
	Aug. 18	
	Sept. 15	
Bettina Beaucamp	Oct.20	Applying Ortho-Bionomy to Create Balance and Abundance
Luann Overmyer	Nov. 17	Ethics
Rouel Cazanjan	Dec. 15	Phase 7 & Life Mastery

**To Register for the next Study Group go to:**

**<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/online-study-groups>**

# SOBI MEMBERSHIP BENEFITS

- Personal online member profile access to the “Find Members” searchable directory on the SOBI website.
- Ability to update your own online business profile directly.
- If Associate level or above, listing in “Find a Practitioner” searchable directory for the public.
- Receive via email the quarterly “Ortho-Bionomy® Newsletter.”
- Discount Pricing in SOBI Online Store
- Purchase DVD’s and Books to aid you in your Ortho-Bionomy Journey.
- Go to: <https://ortho-bionomy.org/aws/SOBI/pt/sp/shop> to place your order.
- Receive a discount on Conference pricing.
- Discount on Associated Bodywork & Massage Professionals (ABMP).
- ABMP includes insurance coverage for bodywork professionals if you qualify (the United States only).
- If you are already a member of ABMP, you may call 1-800-458-2267 to join and receive a discount for being a SOBI member.
- ABMP provides a customized url to every member at no additional charge.
- For Instructors-Classes included on the ABMP Online CE listing.
- Emails keeping you informed of what is happening in the Ortho-Bionomy Community, such as Practitioner Support Groups, online SOBI sponsored Study Groups, Conferences, and more.
- Professional Referrals (Associates and above). Contact [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org) or call during office hours.
- Use of Ortho-Bionomy Trademark and Logo for Practitioner level and above.



# What Ortho-Bionomy Means to Me

BY BECKIE SCHMIDT

***Ortho-Bionomy- “the correct application of the natural laws of life” as defined by Arthur Lincoln Pauls, developer and founder.***

My interest in health began as early as junior high. At that time, I was convinced that one day I would be a well renowned veterinarian. Little did I know that I would wind up where I am today – requesting Advanced Practitioner status with the Society of Ortho-Bionomy International. The journey has taken a lifetime, with each step building on the next and each revelation fanning the flame of purpose even brighter.

As an avid 4-H member and equestrian, I fell under the spell of medical science during a field trip to the Veterinary College in Ann Arbor, Michigan. I based all of my high school classes towards this goal, including two years of Latin and all of the science and math I could get my hands on. It was almost unheard of for a girl to even be enrolled in veterinary medicine at this time

in history and I wanted to be well prepared to meet the challenge. The summer between my junior and senior years I volunteered to work with a local veterinarian on Saturday mornings. I was well on my way to fulfilling my dreams, and then reality set in.....it made me sick to my stomach, literally. It was a cruel awakening to my dreams of helping creatures in pain and in need. I tried three different mornings and three different mind sets and attitudes, and there was no escaping the fact that emotionally, mentally, and spiritually, there was no way I could be part of physically causing any pain for whatever reason to any creature.

Life goes on. I graduated high school with a scholarship to pre-med, which I turned down. I got married, had three beautiful children, divorced and in my early thirties decided to give it another go. I enrolled in community college as a medical assistant and was at the top of my class. It felt good to be learning about the many aspects of health and ways to apply my new knowledge to help others. My internship quickly turned into a full-time position with a prominent local doctor in a setting where the sky was the limit for advanced study in whichever field was to my liking – patient care, laboratory testing, x-rays, administration or record keeping. My dreams were back on track and then..... reality, what a concept. Those old

feelings of nausea and lightheadedness were stronger than ever. I gave it three different tries (something about the number three) and no matter how hard I tried I could not find it within myself to be any part of causing another human being pain. No, I could have no part setting a broken bone or stitching up a laceration, not in assisting with circumcising an infant or performing a vasectomy. There was no way I could come to terms with causing pain for ANY reason.

As life would have it, I moved from the eastern United States to the West and met my soul mate. This was the beginning of many times spent exploring nature, meditation, energy, and life in general. I enrolled in a long-distance course in Naturology with the Natural Institute of Holistic Theology out of Birmingham, AL. and received a bachelor's degree in same. Naturology is the study of nature and how to live with nature. Courses included herbology, color therapy, Jung, and psychoneuroimmunology as well as advanced chemistry, biology, and anatomy to name a few. I read anything related that I could get my hands on. It was also at this time that I became employed at the Willow Tree Holistic Health Center and was introduced to Ortho-Bionomy.

Ortho-Bionomy CAUSES NO PAIN, what a concept! This just may be something I can get my head around, as well as my emotions and spirituality. I became the O-B coordinator for the area and have never looked back. That was nine years ago. (2012) The principles of Ortho-Bionomy are sweet and true in my heart – being present for

*continued on page 13*



# EVOLVEMENT PAPERWORK

## READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

Practitioner (PRC) Instructor (IRC) Review Committees Quarterly Evolvment Cycles

- Submissions due by March 15th, June 15th, Sept. 15th, Dec. 15th
- Items: Waivers, Practitioner, Advanced Practitioner, & Instructor submissions.
- Review final checklist with Advisor (s) and get all signatures needed.
- Compile all paperwork in the correct order - see the checklist on the program handbook.
- Scan into a single PDF. (If you do not have a scanner, visit your local Kinko's, Staples, or public library, and save your scanned pages onto a USB Flash Drive.)
- All dues and fees must be up to date for the evolvment packet to be submitted to the review committees.
- Email completed portfolio to [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org) and, be sure to copy your Advisor.
- The SOBI office will confirm receipt of materials received and notify applicants of the Review Committee results on or before the next evolvment cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.

others without judgement, going with the flow, ease of movement, meeting people where they are, self-recognition and exaggeration of patterns. I combined my studies in Ortho-Bionomy with my studies through the National Institute of Whole Health out of Massachusetts. Whole Health Educators are taught to listen and facilitate healing for their clients. People hold the keys to their own healing and all conditions are the result of not just physical trauma, but also of emotional, mental, and environmental influences. Honor and respect are highly held virtues on both Whole Health Education and Ortho-Bionomy.

Of course, every career has certain highlights that are memorable. One such case of mine is Carrie. Carrie suffered with whiplash from a car accident and had been through pain management classes and physical therapy for neck and shoulder pain. I first saw her three months after the accident. This was during the time that I was writing my thesis for Whole Health. We discussed how emotions can hold a charge and lock things up in the body, how our beliefs help to shape how we are in the world and the many influences that our environment has on our choices. Carrie was open to these discussions and very present to what was going on in her own body and how subtle shifts in position and pressure were felt throughout the system. Her pain level greatly improved with the first session, and she stopped her physical therapy and pain classes.

At our third session there was a major release. We were tracking the pain from her shoulder across to the sternum and over to the other shoulder. We continued to connect the dots and flowed down

to the elbow and eventually the wrist. At this point Carrie began deep breathing and pumping of her entire arm. These were deep cleansing breathes, full of emotion and purpose. She began to cry and continued the pumping action-I cried with her. This lasted about 40 minutes and then was over. I saw her once more the following week and she was pain free.

I didn't see Carrie again for about six months. She was having a 'twinge' in her shoulder blade and wanted to get on top of it right away. She shared with me that since she had seen me last, she had regained confidence and felt as if she had her feet back on the ground. Carrie had always been a go-getter, but the accident had left her feeling depressed, betrayed, and helpless. Her career was back on track and going forward now. She had even lost two pant sizes without even trying. Carrie attributed all of these changes to the sessions we had shared, to being listened to, honored and respected. I asked her what it was in her background that had allowed her to be so open to the process. She says she spent a lot of her teenage years studying about the chakra centers and energy patterns throughout the body and was able to immerse herself in the work.

This is why I love Ortho-Bionomy and why I am so excited with each day to meet new people and to share the gift of being present to another human being.

I met Beckie Schmidt when I was asked to come to Fruitland, Idaho to teach in 2004. Beckie was the area coordinator. Beckie was liked by everyone with her beautiful smile and eyes that sparkled

with mischief. She was a person of integrity and grit, with a big compassionate heart. She loved helping the students understand the Practitioner Training Program, she loved advising them along their paths. She understood the paperwork and made sure the new students had their packets. She became an Instructor because she loved teaching Anatomy & Physiology and most of all, she loved being an Advisor. She was instrumental in building the OB community in her area to what it has grown into today. She is loved and will be missed.

Terri Lee  
Registered Advanced Instructor of  
Ortho-Bionomy



**Beckie Schmidt**

Jan 6, 1951- November 10, 2021





**The Therapeutic Alternative and BodyWorkCEUS.net**  
**Offering Live & Remote Continuing Education**  
**ORTHO-BIONOMY® (Offering SOBI, NCBTMB & Fla. Massage CE's)**

## **2022 CLASSES**

### **January 15 & 16**

Ortho-Bionomy®: Phase 5

Instructor: Luann Overmyer

Location: Deerfield Beach, FL

Pre Requisite: Phase 4

### **February 12**

Ortho-Bionomy®: Self-Care

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

### **March 19, 20 & 21**

Ortho-Bionomy®: Phase 6 & 7

Instructor: Luann Overmyer

Location: Deerfield Beach, FL

Pre-requisites Phase 6 (first 2 days): Phase 4 & 5

Pre-requisites Phase 7 (last day): Phase 4, 5 & 6

### **April 9 & 10**

Ortho-Bionomy®: Exploration of Movement

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

### **June 4 & 5**

Ortho-Bionomy®: Phase IV – Focus on the Spine

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

### **July 16 & 17**

Ortho-Bionomy®: Phase IV – Focus on the Extremities

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

### **September 15 & 16**

Ortho-Bionomy®: Phase IV – Focus on Extremities

Instructor: Liz Olivas

Location: **Boise, Idaho**

Pre Requisite: None

To register for this Boise, ID class contact: Robin Keller at

208-863-5018 - [robin@beatjoy.com](mailto:robin@beatjoy.com)

### **September 17 & 18**

Ortho-Bionomy®: Phase IV – Focus on the Spine

Instructor: Liz Olivas

Bench assist: Laura Holton

Location: **Boise, Idaho**

Pre Requisite: None

To register for this Boise, ID class contact: Robin Keller at

208-863-5018 - [robin@beatjoy.com](mailto:robin@beatjoy.com)

### **November 3, 4, 5, & 6**

Ortho-Bionomy®: Fluids, Fascia & The Lymphatic System

Instructor: Liz Olivas

Co-teacher: Laura Holton

Location: Deerfield Beach, FL

Pre Requisite: Phase 4 Spine or Extremities

### **November 7 - Study Group**

Ortho-Bionomy®: Fluids, Fascia & The Lymphatic System

Instructor: Liz Olivas

Location: Deerfield Beach, FL

***For more info, updates, or to register, go to: [www.BodyWorkCEUs.net](http://www.BodyWorkCEUs.net)***  
***Or call our class coordinator, Cecilia Redigan 561-392-3340***

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## Member Support Group

Cathy Krenicky is a Registered Ortho-Bionomy Instructor and a member of the SOBI Board of Directors.

She generously offers her time each month to support SOBI members as they navigate the challenges presented in their practices by creating a space that allows those attending to share and support one another.

### Are you looking for Support with your Ortho-Bionomy® journey & practice?

Well, we have one...

1st Monday of each month via ZOOM!

Led by your Host: Cathy Krenicky  
ALL ARE WELCOME.

Are you seeking:

- Accountability?
- To strengthen your ability to articulate Ortho-Bionomy to your Current or Potential Clients?
- A place to simply "check-in" to share where you are with any Ortho-Bionomy challenges?

You may find solutions here...please consider attending; we welcome you!



## Phase 7 for Life Mastery in Easy to Access Video!

**Learn Phase 7 Techniques for**  
Increased Happiness  
Better Life Outcomes  
Mind Expansion  
Improved Health  
Better Relationships

*Facilitated by Advanced Instructors*  
**Rouel Cazanjan & Bettina Beaucamp**

### Introductory Video Course Only \$77!

*This six-part video series offers the perfect introduction to this powerful work and includes 43 pages of detailed written instruction.*

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<https://bettina-beaucamp.mykajabi.com/offers/sHzoW3mo>

### Master Video Course Only \$259!

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**To purchase Master Course, click the link below:**  
<https://bettina-beaucamp.mykajabi.com/offers/G22mJVti>

**For more information, contact**  
**Rouel Cazanjan @** <http://rouelcazanjan.com/>

## CHECK OUT OUR FACEBOOK GROUPS!

**Society of Ortho-Bionomy International:**

<https://www.facebook.com/OrthoBionomySOBI/>

**Ortho-Bionomy - @theevolutionoftheoriginalconcept:**

<https://www.facebook.com/theevolutionoftheoriginalconcept/>

**Ortho-Bionomy Instructor Group:**

<https://www.facebook.com/groups/379732202508940/>

**Coordinator Embodiment O-B:**

<https://www.facebook.com/evolvingOrthoBionomy/>

# 2022 CALENDAR

<b>January</b>	Ortho-Bionomy News Quarterly Newsletter Available
<b>January 15</b>	Call for Nominations for the Board of Directors and Committee Members
<b>February</b>	Notify members if # of board nominations are equal to open board positions
<b>March 1</b>	Board Nominations and Nominee Statements Due Newsletter Article Submissions & Advertising Due
<b>March 15</b>	Materials/Waivers/Evolvment request for PRC/IRC Due
<b>April</b>	Ortho-Bionomy News Quarterly Newsletter & Annual Report Available
<b>May 20</b>	Annual General Meeting via Zoom
<b>June 1</b>	Newsletter Article Submissions & Advertising Due
<b>June 15</b>	Board Election Ballots Due if vote was required Materials/Waivers/Evolvment request for PRC/IRC Due
<b>July</b>	Ortho-Bionomy News Quarterly Newsletter Available
<b>September 1</b>	Newsletter Article Submissions & Advertising Due
<b>September 15</b>	Materials/Waivers/Evolvment request for PRC/IRC Due
<b>October</b>	New Board of Directors Term Begins Ortho-Bionomy News Quarterly Newsletter Available
<b>December 1</b>	Newsletter Article Submissions & Advertising Due
<b>December 15</b>	Materials/Waivers/Evolvment request for PRC/IRC Due



# SOBI STORE IS OPEN

## BOOKS

### Member / Non-Member

Ortho-Bionomy®: A Practical Manual, Kain / Berns	\$ 20 / \$ 25
Philosophy & History of Ortho-Bionomy, Pauls	\$ 17 / \$ 22
Chapman's Neurolymphatic Manual	\$ 20 / \$ 25
Ortho-Bionomy: A Path to Self-Care, Overmyer	\$ 20 / \$ 27
Positional Release Technique, Deig	\$ 30 / \$ 40
Equine Positional Release – Download PDF, Carter	\$ 30 / \$ 35

## DVD's

### Member / Non-Member

Discount set of Series 1 & Series 2, Pauls	\$215 / \$225
Series 1 - Phase 5 & 6, Pauls	\$130 / \$140
Series 2 - Phase 4 & Post & Home, Pauls	\$100 / \$110
Cranial, Pauls	\$ 50 / \$ 60
Pearls of Wisdom, Pauls	\$ 40 / \$ 50
Portals to the 80's, Pauls	\$ 35 / \$ 45
Arthur Bionomy, Pauls	\$ 45 / \$ 55
Discount set of all five Phase 8 DVD's, Lee	\$225 / \$245
Phase 4 Spine, Lee	\$ 40 / \$ 45
Phase 4 Extremities, Lee	\$ 40 / \$ 45
Exploration of Movement, Lee	\$ 50 / \$ 55
Isometrics & Isotonics, Lee	\$ 50 / \$ 55
Postural Re-Education & Post Techniques, Lee	\$ 60 / \$ 65

## MERCHANDISE

SOBI Tote Bag	\$ 15 / \$ 20
SOBI Conference Power Bank	\$ 20 / \$ 25

## NEWSLETTER

10 Newsletters (Including Shipping & Handling)	\$ 30
Quarterly Newsletter Subscription	\$ 25 per year

Go to: <https://www.ortho-bionomy.org/aws/SOBI/pt/sp/shop> to place your order.

# EVOLVEMENTS

**Congratulations to these members and their commitment to the work and as evolving members of the Society.**

Brenda Critchfield	Associate	Spanich Fork, UT
Catherine Yokoi	Associate	Elk Grove, CA
Teresa Sizemore	Associate	Lithonia, GA

## Got Community? Tell us about it!



Embodiment O-B is a Facebook page for our Coordinator community. It is a closed group, specifically for Coordinators and Instructors who coordinate their own classes. This won't be for sharing our schedules. This is for sharing ideas: what's worked, what hasn't. How do we grow our communities?

Coordinators are the grassroots of the Society. We share what we love, we invite Instructors into our areas and collaborate with Instructors to fill the needs of our area. We do the footwork of pulling a class together, and we *grow community*. We believe deeply that by supporting one another, while promoting the principles of Ortho-Bionomy, we can all thrive, and we can all prosper.

If you are a Coordinator or an Instructor who coordinates your classes, and you haven't received an invitation from Shelly George or me, it's only because we are not connected personally on FB. Go to the Embodiment O-B Facebook page and request to join. We will be delighted to hear what you have to share and for you to ask any questions you might have in regard to coordinating your classes.

*Shelly George and Keri Brown*

## CALL FOR SELF-CARE ARTICLES, VIDEO, BLOGS, ANECDOTES

Self-Care is an important component of Ortho-Bionomy for us, our families, and our clients.

We are interested in adding a Self-Care section to the SOBI newsletter and website.

Please send your Self-Care anecdotes/photos/blogs/videos to [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)

What are self-care pieces you give your clients? What pieces are supportive for you personally?



# Inventing Creativity

BY ROUEL CAZANJIAN

I hope this title can lure you into reading this short article about the nature of invention and creativity in our work.

Ortho-Bionomy® has a plethora of handy techniques and amazing principles for working with the vast array of circumstances within the human condition and beyond. It is the open-endedness of its principles that allow for this wide application, hence Dr. Pauls' conception of the sand dollar logo without the definition of the shell around the edges.

A foundational principle that underlies many other principles in our work is being able to be with and tolerate the unknown. At times, for me, this can feel like confusion or chaos, or even deadness, but there is something strong and undeniable that says, "This is true, and I need to stay here." Rather than saying, "Nothing's happening. I must do something to make it happen," I settle in to the unknown and make it my friend. I find comfort by sensing my experience and the experience of my client. In these moments, the real work unfolds.

There were several occasions where Dr. Pauls told me about his own feelings of emptiness that often accompanied his experiences of not knowing. One story that stands out was when he was working with a woman with a very asymmetrical face. His hands were lightly touching her face while he was thinking, "I have no idea what to do." Somehow, he made that emptiness okay and was present with his whole self, and her face spontaneously

evened out dramatically. This one experience gave him all the insight and inspiration he needed to create his entire body of cranial work. He told me how he later understood and learned from what had occurred and turned it into this method: "My cranial work is based on the aura and how it flows around the cranium and within the cranium." He understood everything relevant from that one moment of spontaneous correction. Tolerating the unknown, being present, observing and learning from what happens may be the underpinnings of true inventions.

Who or what is doing the inventing? Was Dr. Pauls' cranial work his invention or just the fruit of the process he allowed to happen? Do we invent anything, or are all inventions the result of some universal process that was around long before we were here? How did humans come to exist? Some process had to make that happen.

To delve into this in a more basic way, let's look at the process of trial and error with water. All water on earth makes its way to the ocean, or soaks into the ground and becomes part of a spring, or gets consumed by a plant or an animal, or evaporates and gets recycled. The point is, water knows what to do and always succeeds one way or another. It does this by trial and



*Photo by Bettina Joy Beaucamp*

error. If it reaches a block on its journey, it finds a way around it or through it, or it evaporates and starts over. Are we any different than water in our process?

What is an invention? Do we really invent anything, or like Dr. Pauls, only create the environment where creativity can happen that leads to inventions? Did Thomas Edison "invent" the light bulb or just continue the process of trial and error for creating the light bulb that was set forth by his predecessors? An NBA basketball player on the way to the hoop is accosted by the opposing team, reacts, turns, spins, jumps, and twists in midair, and a new shot is born. Are all these examples just the process of being in the moment and responding to the circumstances while following simple rules? Can inventions or even good results be that simple?

From this way of thinking, inventions may just be good results that are repeatable.

Can you see how these ideas could apply to many aspects of Ortho-Bionomy? Exploration of Movement, Phase 5, and Phase 6 all come to mind as possibilities but do not guarantee creativity, good results, or inventions. For myself, I need to pass through the gauntlet of my sense of being in charge and being responsible for something to happen and let go of any pressures or agendas in order to access the creative process.

Many spiritual disciplines refer to "letting go of the ego." Psychology promotes a healthy ego. How can we aspire to do both? Our ego can be seen, very simply, as our governing factor – our decider. If I decide to let go of control, experience the circumstances presented to me, learn from what is presented in the moment, and take action with what I learned, I may be using the ego

to transcend the ego and have a larger experience with new possibilities that were inaccessible in my ego-dominated state. Maybe good results or inventions that happen through this process can be harvested and repeated.

No fixed methods, even the methods of our work, are complex enough to fully address the complexity of human beings. At the natural times of stuckness in our work, tolerating the unknown, and letting our experience guide us, like water finding its way, will allow creative possibilities we could not access any other way.

My passion is to help people use Phase 7 principles through a life-mastery process that helps alleviate suffering, strengthens relationships, improves health, and promotes success. If you found value in this article, please see the ad in this publication for my complete Phase 7 Life Mastery course, recorded with Bettina Joy Beaucamp.

## Biography



*Rouel Cazanjan, M.A., LMFT, CMT, SEP is a registered Advanced Instructor and Practitioner of Ortho-Bionomy®, a licensed psychotherapist, and a certified Somatic Experiencing Practitioner. He has over 30 years of experience teaching and working with clients. He also has extensive experience working with Buddhist principles, mindfulness, meditation, hypnosis and many movement therapies.*

## CLASS LISTINGS

For full class descriptions, class information, coordinator contacts by state and area, and the most up to date class listings, go to Find a Class Online on SOBI's Class Page.

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/classes>





# Chapman's Reflexes Charts

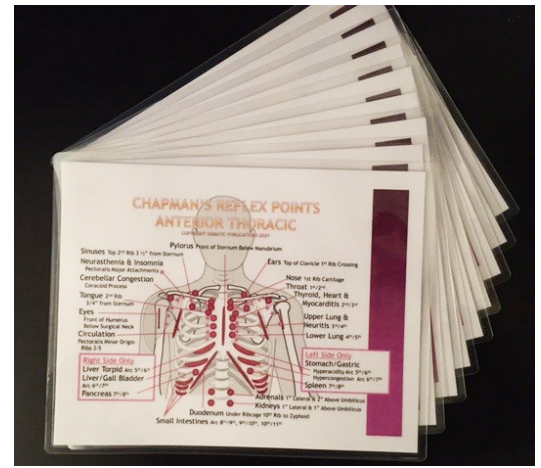
We have a new addition to the bookstore that we are really excited about!

Our own Advanced Instructor Denise Deig has created 18 beautiful charts of the Chapman's Neurolymphatic Reflexes points. Based on the book "An Endocrine Interpretation of Chapman's Reflexes" by Drs. Frank Chapman and Charles Owens, these charts have been lovingly created and grouped not only by location but also physiological function.

The full set of 18 charts are organized by - Anterior/Posterior, Thoracic/Pelvis and Leg, Infection Group, C-Spine and Head, Parascapulars, Digestive Group, Sciatic Neuritis, Shoulder and Hand Group, Urinary Tract Points, Thoracic Vital Organs, Male and Female Pelvis.

In all you get 9 beautiful charts printed front and back for easy reference and laminated for durability." We started with a limited run to see how popular the charts would be, so order them soon to get yours or put them on your wish list and share the link for someone to get for you.

SOBI Bookstore <https://ortho-bionomy.org/aws/SOBI/pt/sp/shop>



## CENTER FOR ORTHO-BIONOMY® INDIANA



### INDIANAPOLIS CLASSES 2022

**March 12/13, 2022**  
**Phase 4 Spine & Pelvis**  
**Keri Brown**

**April 29-May 1, 2022**  
**Cranial 2**  
**Denise Deig**

**July 30/31, 2022**  
**Isometrics/Isotonics**  
**Denise Deig**

**August 27/28, 2022**  
**Phase 4 Extremities**  
**Keri Brown**

**October 1-3, 2022**  
**Chapman's Reflexes**  
**Denise Deig**

**November 11/12, 2022**  
**Phase 6**  
**Carole Poffinbarger**

**To register contact:**  
**Keri Brown 317.446.1559**  
**[keri.cobi@gmail.com](mailto:keri.cobi@gmail.com)**

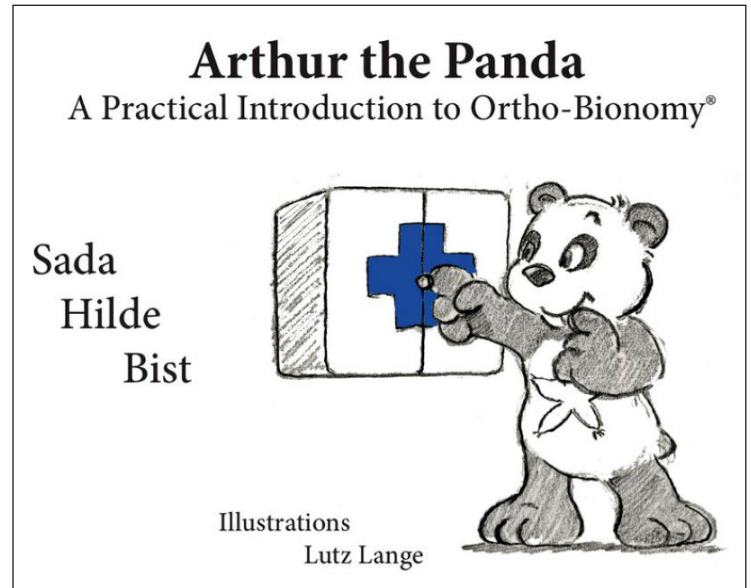
# Introducing “Arthur the Panda” by Sada Bist

SOBI is delighted and grateful to announce a new addition to the bookstore –  
‘Arthur the Panda’ by Sada Hilde Bist.

Sada is an Ortho-Bionomy instructor in Germany who studied with Arthur. She is a Naturopath, an Osteopath, and Craniosacral Therapist just for starters. If you want to know more about Dr. Bist you can follow this link to her website.  
<https://www.praxis-bist.de/%C3%BCber-mich/>

Sada has gifted SOBI with these books noting Arthur’s commitment to using Ortho-Bionomy to help children and the children in turn would evolve the planet with their understanding of O-B. The SOBI Board of Directors is researching ways to use the funds raised by sale of these books to apply towards Arthur’s vision in this regard.

The book, ‘Arthur the Panda’ was released in 2019 and is a delightful and lovingly illustrated introduction to Ortho-Bionomy which leads interested parties through the history and theoretical background of Ortho-Bionomy®. The bear does this with dialogical-empathic charm, humor, and real expertise. Arthur also leads the reader through simple self-care exercises. This lovely little book is perfect as a gift or to keep in your office waiting room.



Sada also included a few sets of some Arthur the Panda postcards. Each set has 11 cards, each card with a different motif. You’ll see all of the options on Sada’s website. Books and Postcards from Sada

Order you copy now  
<https://ortho-bionomy.org/aws/SOBI/pt/sp/shop>

## BACK TO THE PRINCIPLES

- Non-Judgment
- Self-Recognition
- Structure governs function
- Function governs structure
- Working “with” vs. Working “on”
- Going with ease of movement
- Exaggerate the pattern
- Going with the flow
- Be present for others
- Meeting in right relationship and where people are
- Less is more
- Finding Comfort within Discomfort
- Honor What Arises
- Recognizing and shifting patterns



## INSTRUCTOR REMINDER TO ADD YOUR CLASSES TO THE SOBI AND ABMP WEBSITES

As you begin to schedule your classes this year remember to add them to the SOBI website. Follow this link and login into the Members Only page. Scroll down to the Add a Class option to complete the process. The office will add your class information to the website and notify you when the process is complete. Remember, your classes will now be added to the ABMP online CE listing when they are being added to the SOBI website.

[https://www.ortho-bionomy.org/aws/SOBI/pt/sp/home\\_page](https://www.ortho-bionomy.org/aws/SOBI/pt/sp/home_page)

### ADVERTISING

See SOBI Website for more ad size options, online payment & non-member pricing.

- Advertisements must be camera-ready.
- Size as indicated in the table above.
- Print ads must be 300 dpi (dots-per-inch) resolution and formatted as a PDF, TIF, or EPS file ready to place "as is" into print.
- Email camera-ready advertisements to [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org).
- Fees: You will be invoiced for your ad through the SOBI office.
- Payment is due on receipt.
- Submission deadlines: first calendar day of December, March, June, and September

Advertisement size	Member Cost 1 issue / 4 issues		Non-member Cost 1 issue / 4 issues	
<b>1/8 page</b> (3-7/8" x 2-1/8")	\$30	\$100	\$55	\$200
<b>1/4 page</b> (3-7/8" x 5-1/4")	\$50	\$150	\$75	\$250
<b>1/2 page vertical</b> (3.5" x 10.5")	\$80	\$285	\$105	\$395
<b>1/2 page horizontal</b> (7.6" x 5.2")	\$80	\$285	\$105	\$395
<b>3/4 Page Horizontal</b> (8" x 7.75")	\$110	\$395	\$175	\$500
<b>Full Page</b> (8" x 10.5")	\$140	\$485	\$175	\$600

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P.O. Box 40937  
Indianapolis, IN 46240  
Phone: (317) 426-1261  
Email: [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)  
You can include your ad in the next newsletter by following this link.  
<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/newsletter>





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**Tired of faces on your computer & lack of tangible connection?  
Weary of Zoom Classes?**

**We are live and following DORA Protection and Regulations Grand Junction, CO**

**Check out our Visceral Class, Covid Safe Residential &  
our New Program in Grand Junction, Colorado!**

**Check out our Calendar at [RMOBCenter.com](http://RMOBCenter.com)**