

Ortho-Bionomy® Newsletter



October 2022 ❖ Volume 32 ❖ Number 4

President's Address

Greetings, Members!



It is hard to believe that $\frac{3}{4}$ of 2022 is already in the bag. An amazing year, full of change. I hope everyone is reaping the rewards of perseverance and

that any challenges are losing their punch.

The Conference Committee is working hard on fleshing out the details of the Conference. Please check out the note from the Committee in this newsletter. I can't wait to get back to Albuquerque! And to be there in such a rich venue as the IPCC will be a treat for us all.

Please be on the lookout for the Presenter applications coming soon. If you are interested in making a presentation to your community, please look over the application and consider applying. The applications will be logged in to the office but will be anonymous to the committee deciding which ones to accept. The Board and Conference Committee thought it would be a way of leveling the field for those of you who may have been hesitant in the past.

The Board is gearing up for the 2022 Board retreat. We are going to the venue in Albuquerque so we can check out the logistics in person. We will also be tasting the food (!) and doing reconnaissance so we can report to the Conference Committee. There are also some thorny, long-standing policy issues, such as a coherent grievance policy, that the Board will be working on. We hope to be able to, at long last, finish a rough draft of a brochure. It would be great if we could be done with that one.

We are also considering advertising in both the AMTA and ABMP magazines. It will significantly up our advertising costs but you, the membership, have long asked for more exposure and we are making an effort to respect that request.

On a personal note, the Board elects new officers in October and that will be one of our tasks at retreat. Who knows what the future brings; but if I am replaced as President this will be my last letter to you. My deepest desire is that you are all prosperous, well and finding life satisfying.

Cathy



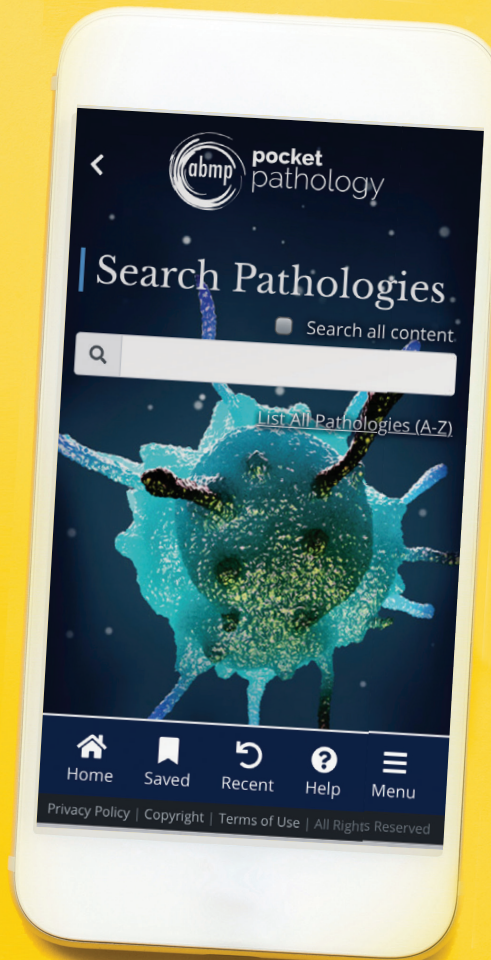
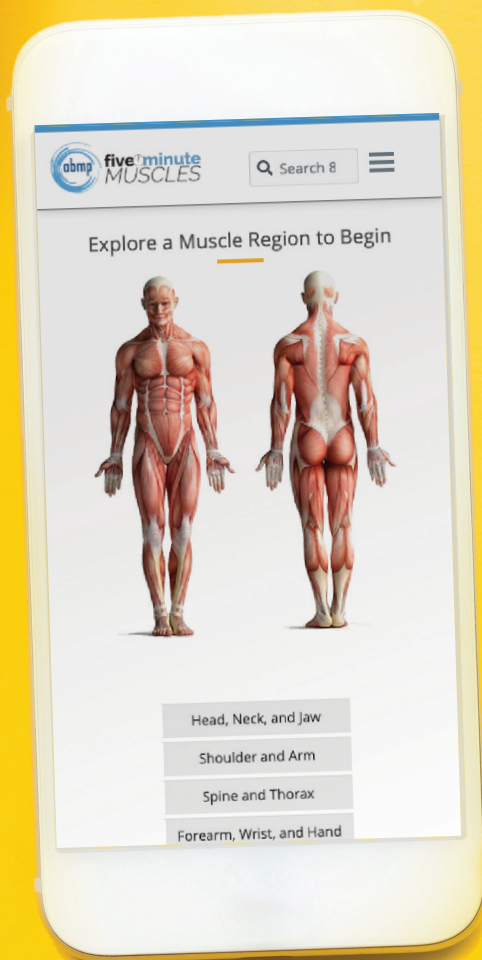
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TWO NEW REASONS TO LOVE ABMP



"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 Pocket Pathology

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

Included with membership at [ABMP.com/abmp-apps](https://www.abmp.com/abmp-apps)

Love Your Massage Association. (Seriously, we mean it).

Get the best association experience in the massage and bodywork profession, with professional liability insurance, free CE, personalized benefits, and exceptional customer service to help you thrive. Discover why our members **expect** more, and get more, from ABMP membership.

Join and save at [ABMP.com/SOBI](https://www.abmp.com/SOBI)

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BOARD OF DIRECTORS

SOBI Member	Office Title
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MISSION STATEMENT

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.

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.

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"

SAVE THE DATE!

SOBI CONFERENCE 2023

By Marla Moore

Where? The Indian Pueblo Cultural Center, Albuquerque, NM

When? October 17-18
Instructor Retreat
October 19
Evening Welcome Reception
October 20-22
Conference

The conference committee is working hard to bring you a wonderful conference being held in Albuquerque, New Mexico in October 2023. We are pleased that it will be virtual as well as in person!

One part of our usual conference experience is a silent auction with the auction items being donated by you, our members. The proceeds from the auction will be put toward specific projects that we have been working on. (More details later). This is a good time for you to think about things that you would like to see in the auction, gather them to donate, and then bring them with you to the conference. Some items that have been donated in the past include jewelry, pottery pieces and books. Many of our Instructors offer sessions or tutorials. We have even had people put together a bundle of items from the city in which they live or products from a "side hustle" in which they are a member or distributor. Everything is welcome. We invite your creativity. Of course, we always need volunteers on site so plan on helping out a bit – we would love to work with you.



You have plenty of time to prepare for the conference by saving up and being able to lock in the early bird rate that will be due in June. One idea is to dedicate the price of a session a week in order to comfortably afford the conference fee, travel, and accommodations.

We look forward to seeing you in person or virtually for this conference. It is a great opportunity to meet and greet people from all over this country, and to see our special friends who travel from other countries. I always love meeting people at our conference, then I can refer my clients that are going out of town to people I know.

There's nothing like meeting people of like minds. I have missed the in-person events, and I always feel like I am coming home when I'm at the conferences. Most people know I am a conference junkie! I've only missed a few since 1992! I love meeting new people, seeing old friends and connecting and experiencing Ortho-Bionomy in different ways while creating a new understanding of the beauty and nuances of this amazing work.

I look forward to seeing you all next year in Albuquerque!

Marla Moore

Biography

Marla Moore has been practicing bodywork since 1992. She is a Registered Instructor and an Advanced Practitioner of Ortho-Bionomy. She has over 2500 hours of training including graduating from the Wellness and Massage Training Institute in 1992. Marla has studied with Arthur Lincoln Pauls, Founder of Ortho-Bionomy, and with many other Ortho-Bionomy Instructors throughout the country.

Marla is an active member of the Society of Ortho-Bionomy International®. She has served on the Board of Directors and several other committees supporting the organization.



But did they cry?

By Samuel Claiborne

Recently, I read a post on Facebook from a healer who was speaking of clients being brought to tears through her work. I have seen a desire among certain healers to be validated through the emotional releases of their clients. In my early days I, myself, took it as some kind of achievement if my client had a huge, dramatic release on my table.

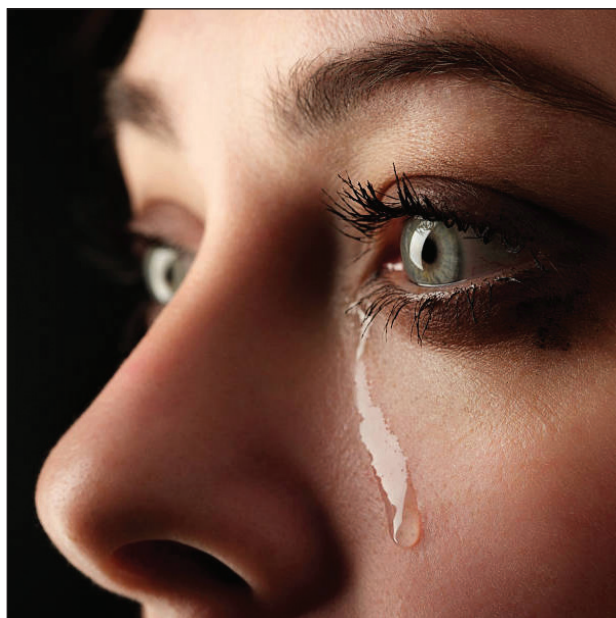
As time went by, I started to question this for several reasons. One was the whole concept of 'retraumatization' that I first read about in Peter Levine's book *Waking the Tiger*. There is quite a bit of evidence that some emotional recapitulations of trauma reinforce what I call the 'scar wiring' of PTSD. I've learned that sometimes an emotional release can happen within a context that results in the client being worse off than they were. I've also learned that sometimes these releases take place in a context that catalyzes a positive quantum jump in their healing journey. And I've learned that sometimes a release represents a temporary catharsis that, while appearing profound, actually seems to engender no lasting change; it is ephemeral and wanes over time.

Ortho-Bionomy is often a counter-intuitive revelation to people, as it is usually painless, almost never, ever truly painful, and yet it can engender such radical and deep change. After having experienced the typical physical therapy Psoas muscle release on many occasions, which is quite exquisitely painful, the totally painless but equally

effective Psoas releases achieved through Ortho-Bionomy were hard for me to accept. Some part of me *wanted* the pain because it *believed* that it was necessary. What a relief that I've gotten over that!

The point is, there is nothing intrinsically good or bad about having a huge emotional or physical reaction. As in so many things, it is the context that matters. I've had clients who have measured a session's efficacy by how dramatic the 'ride' is. It's almost as if the healing work we're doing has an element of entertainment. I do not keep these clients - they either leave of their own accord or, in one or two cases where it was clear to me that we were treading water, I've asked to stop working with them.

A lot of deep healing takes place with no tears. I remember many hours of standing Taoist 'clearing down' meditation, wherein I felt waves of regret, loss, rage, grief, terror, anxiety, arrogance, and self-righteousness pass through me. It was (and still is) remarkable to me that merely standing in a specific posture and working on a specific set of sensation/release instructions could let such long-held, heretofore repressed emotions rise to the surface, unleashed with often astounding ferocity. But I didn't cry, or yell, or gesticulate, I practiced *releas-*



ing the emotions as they arose, letting them go. That is harder than one might expect, because I didn't want to let them go, because there was a real, palpable fear to letting them go.

Why, I asked my teacher, would I want to hold onto these things? Trauma is one of the ways we know ourselves to be who we are, he replied. The body collects and collates its emotional and physical scars as a survival mechanism: you learn from what harms but does not kill you, so it's understandable that you don't want to forget it. But as Levine and others have pointed out, we humans, with our time sense, our ability to stray from 'being present', derived from our well-developed pre-frontal cortex, can't seem to discharge the emotional content of the lesson the way animals seem to (though, of course, we know that repeatedly abused animals also display PTSD behaviors, so even they can be rewired by enough trauma).

We can't let go of the emotions because our systems mistakenly link them to the experience as a unitary, indivisible whole. We're essentially afraid of throwing the baby out with the bathwater – that letting go of the trauma will eliminate its survival value.

But the reverse is true. If it is left unprocessed, I believe that every trauma is bound up into a knot of Qi (or Prana, if you prefer). This knot of Qi weakens the system and disrupts energy flow. By releasing the emotions woven into the trauma, we actually untie the knot and liberate this bound up Qi to be utilizable by our organism for health and vitality.

This is where various modalities, such as the Clearing Down meditation, EMDR and Ortho-Bionomy come in - through them, we can retain the memory of the experience, but let go of much of the limbic charge associated with it. We can alter that wiring and at the same time liberate that bound-together Qi. These processes can be very quiet and undramatic at times, yet quite efficacious.

I would be the first to admit that I have also seen a long-term healing effect, one that transcends temporary catharsis, in some sessions where there was yelling, crying, and screaming so loud that I was very, very glad that I give sessions on my own property now, and no longer in an office building. Here is one of them:

I had a client, whom I'll call Mary. She's in her 50's and has suffered several severely abusive relationships. She's also experienced a lot of 'idiopathic' (doctor-speak for 'We have no idea.') respiratory problems, which have included collapsed lungs.

Her breathing has been an important concern to her for her entire life. When I first met her, my Guidance told me that she had been sexually abused at a young age. I didn't mention what I saw to her because in general, I don't like to 'lead' my clients, or, God(dess) forbid, 'implant' memories into them through suggestion. So, I kept it to myself.

We worked together for quite a few months, and then one day, while I was primarily doing an AuraLuminance session with her, I found a gnarled, nasty 'tree' of energy growing out of the side of her aura, just below and to the left of her heart, right out of her ribcage. It's hard to describe how I 'saw' or 'knew' or 'felt' this, because there are some elements of all three of those verbs in what I was perceiving, but they are neither accurate nor adequate.

At any rate, I proceeded to 'pull out' this 'tree' from her. It took all of my physical strength, working in her aura, and as I pulled it away, I could feel the energetic 'roots' sliding out of her body. Finally, at the precise second that the last 'root' popped out of her, and I pulled this gnarled, energetically crooked, bound thing away, she started screaming at the top of her lungs.

It was intense. She was screaming, swaying, weeping, sobbing, gasping for breath, and then screaming some more. I let this go on for a while, and then the pattern started ramping up - I could see that a sort of feedback loop was instantiating. The release of a long-suppressed trauma was cycling back into the trauma experience and back out again in a closed loop. Using what I'd learned in Morel Stackhouse's class on OB trauma work, I resourced

her. I went to her feet and grounded her, pulled the energy out, through her feet, through me, and into Mother Earth (she recycles everything!). Gradually, Mary calmed, and the physical manifestations of her trauma response, from rigidity to gasping, eased, and she was left limp on the table.

But what had been accomplished? Mary told me that in the very second I'd pulled that tree out, the very second she'd screamed, she'd gotten back memories of being held down and sexually assaulted as a toddler by a family employee. We had never spoken a word of this, or even of the chance of childhood sexual abuse. Rather, this 'knot' of Qi, once liberated, unbound the memory tied up inside it, and it could now be consciously ascertained, and, with some more work, processed.

The most interesting aspect of this case came a day or two later, when we spoke by phone. I asked how she was doing, and she remarked that she was breathing better than she had in years. Quite unexpectedly, it was my turn to cry, as my guidance told me that her life-long lung problems had stemmed from the stifled screams of a terrified toddler that had been waiting for decades to find a way out into the Light to be heard, and healed.

I think it's fair to say that this experience has changed Mary, and for the better. She continues to become more resilient, more trusting of herself, more connected to Spirit.

Other times, clients and I have quite successfully revealed and released traumas without any tears. But either way, we've often created a new relationship of the client to self that is replete with genuine empathy and acceptance.

In a way, a 'need' for a kind of drama that some clients (and some practitioners) have is akin to the 'need' some have for deep tissue work; they truly feel that only the most painful therapies can yield release and transformation. I know. I used to be one of those people. I was numb from a horrible accident that resulted in spinal cord damage, and, for a time, total quadriplegia. It was this accident that eventually led me to Ortho-Bionomy, but before I found it and fell in love with it, I fervently believed that I had to *feel pain to release pain*. This belief probably derives a lot from our "No Pain, No Gain" Calvinist American roots. Although there are myriad examples in nature of gain without pain, we humans seem to believe that there's a zero-sum game being played out there, and within, and that you always must suffer to succeed.

Over and over again, Ortho-Bionomy proves the invalidity of this black/white, nuance-free mindset. Whether as a client, or when practicing self-care, it is evident to me that "Less is more" is more profound than the tacitly-held, all too common belief that "More is more". This is true on all levels: physical, emotional, energetic, and karmic, as far as I'm concerned. I am speaking to the fundamentals of what it means to be human: As we age, if we are to prosper as incarnate beings, our sometimes-cavalier relationship with our bodies must become tempered by the realization that, even as we strive to grow stronger, more supple, and responsive, we must also become gentler with ourselves. And, yes, there's always that paradoxical quality of push

pull: we don't gain strength without micro-tears in the muscles caused by lifting weights. Yet we must be aware of our limitations as we (gently) push the envelope at times. And at other times we must listen intently to our bodies and discern when it's time to step back and nurture ourselves with gentle care, such as using some of the techniques offered through and learned from Ortho-Bionomy.

A lot of my practice involves working with clients to engender this same love of self, empathy for self, which, it appears, is one of those things we find hardest to accomplish. We look to others for love, and we often find it much easier to nurture and comfort others, rather than ourselves (except for 'negative comforts' - self-numbing strategies like sex, food, and drugs, which masquerade as nurturance but are really its opposite).

So, whether or not you, your client, or your practitioner cry and have a huge dramatic release is not the question. The question is, always: at this moment, what techniques, modalities, insights, energetic, physical and spiritual adjustments, and releases and behavioral alterations, can we use to engender evolution towards being more loving, more lovable, more sanguine, more contented, more creative, more generous, more moral and ethical, more magnanimous, less reflexive, more responsive and non-defensive human beings?

This process never ends, for you, for me - for this is what it means to be human, in the best sense of the word.

Biography

Samuel Claiborne is a poet, essayist, composer, musician and shamanic healer/associate in Ortho-Bionomy.

A native of New York City, he now makes his home in the Hudson valley in Rosendale NY. His poems have been published and anthologized, including in *Chronogram Magazine*, and the anthologies *Voices of the Valley* and *Riverine*. His political and cultural commentaries have been published in the *New York Times Op. Ed. page*, and broadcast on Northeast Public Radio.



Mr. Claiborne is a former quadriplegic whose work is informed by his experiences while paralyzed and profound gratitude for his recovery. He is currently at work on his first book, a memoir about his recovery from quadriplegia and how it led him into the healing arts, and he has released several CDs, including the NYFA award winning solo acoustic piano improvisations 'The Annunciation', and the political and personal rock and experimental album, *Love, Lust, and Genocide*, both on Sonotrope Recordings.

He can be reached at tao.shamanics@gmail.com, or via his website: hvhealing.com

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

Phase 7 for Life Mastery

Have you learned Phase 7?

If so, would you like to dive deeper into Phase 7, ground it in your body, and use it to improve your life?

Join us for this new innovative training that provides:

- In-depth discussions about principles, tools, and techniques
- Embodiment Energy Meditations that ground and bring to life the magic of each Phase 7 step and deepen your access to the profound, mysterious power of Universal Love
- Ways to implement Phase 7 in daily life to improve wellbeing, day-to-day mood, results with clients, relationships, and success in life.

For more information and to register, [click here](#)

Or contact Ann Hoeffel at:

suncenter@wholisticlifecenter.com

New! Online Classes!



Facilitated by Advanced Instructors

Rouel Cazanjan

Ann Hoeffel

NEW CERTIFICATION PROGRAM STARTING IN GRAND JUNCTION, COLORADO 2022

Grand Junction 2022 - 2023 - 2024 Schedule(rv)

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

Week 1 Cost \$800

Phase 4:
 Spine & Shoulders June 13th and 14th, 2022

Practitioner
 Training June 15th, 2022

Phase 5 June 16th and 17th, 2022

Week 2 Cost \$800

Phase 4:
 Extremities August 8th and 9th, 2022

Ethics Class August 10th, 2022

Exploration of
 Movement August 11th and 12th, 2022

Week 3 Cost \$750

Isometrics &
 Isotonics Oct 31st & Nov.1st, 2022

Study Group November 2nd, 2022

Phase 6 November 3rd and 4th, 2022

Week 4 Cost \$750

Anatomy 1 January 23rd and 24th, 2023

Study Group 2 January 25th, 2023

Resolving Trauma
 (Emotions) January 26th and 27th, 2023

Week 5 Cost \$800

Posture &
 Post Techniques April 3rd and 4th, 2023

Practitioner Training Part 2 April 5th, 2023

Chapman's Reflexes April 6th and 7th, 2023

Week 6 Cost \$750

Phase 4: Advanced Spine June 5th and 6th, 2023

Study Group 3 June 7th, 2023

Advance Neck June 8th and 9th, 2023

Week 7 Cost \$800

Anatomy 2 September 11th and 12th, 2023

Visceral September 13th, 14th and 15th, 2023

Week 8 Cost \$825

Advanced Pelvis November 6th and 7th, 2023

Study Group(s) 4 & 5 November 8th, 2023

Fascia November 9th and 10th, 2023

Week 9 Cost \$750

Phase 4 Review January 2nd and 23rd, 2024

Final Study Group 6 January 24th, 2024

Cranial January 25th and 26th, 2024

Week 10 Utah

Residential
 Moab, UT
 Red Cliffs Lodge
 Sheri Covey
 Sara Spehar
 March 2024

****Some dates subject to change

Online classes will include:
 Elements of successful practice - 16 units
 Demonstration skills - 16 units

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

2022-2023 CALENDAR

October 1	Board of Directors Term Begins
October	Ortho-Bionomy News Quarterly Newsletter Available
December 15	Newsletter Article Submissions & Advertising Due Materials/Waivers/Evolvment request for PRC/IRC Due
January 15	Call for Nominations for the Board of Directors and Committee Members
January	Ortho-Bionomy News Quarterly Newsletter Available
February 1	Notify members if # of board nominations are equal to open board positions
March 1	Board Nominations and Nominee Statements Due Deadline for April newsletter submissions and ads.
March 15	Materials/Waivers/Evolvment request for PRC/IRC Due Newsletter Article Submissions & Advertising Due
April	Ortho-Bionomy News Quarterly Newsletter & Annual Report Available
May 20th	Annual General Meeting via Zoom or at conference in the fall if scheduled
June 15	Board Election Ballots Due if vote was required Materials/Waivers/Evolvment request for PRC/IRC Due Newsletter Article Submissions & Advertising Due
July	Ortho-Bionomy News Quarterly Newsletter Available
September 15	Materials/Waivers/Evolvment request for PRC/IRC Due Newsletter Article Submissions & Advertising Due
October 1	Board of Directors Term Begins
October	Ortho-Bionomy News Quarterly Newsletter Available
October 19-22	SOBI Conference and AGM – Albuquerque NM
December 15	Newsletter Article Submissions & Advertising Due Materials/Waivers/Evolvment request for PRC/IRC Due

CALL FOR ARTICLES FOR THE JAN. '23 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.

AMTA LIABILITY INSURANCE

If you missed the news, the Society now offers AMTA liability insurance for practicing Ortho-Bionomy®. This insurance costs \$89 annually and available for Associate members and above. This policy does not cover massage or other modalities, it is specific to Ortho-Bionomy only. If you would like to more information or would like to register, go to <https://ortho-bionomy.org/aws/SOBI/login/login> and login to your member profile, click onto the AMTA Liability Insurance tab.

GOT COMMUNITY? TELL US ABOUT IT!

Embody 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 Embody 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



MEMBERSHIP BENEFITS:

	Students	Associates	Practitioners	Advanced Practitioners	Instructors
Monthly Member Support Group	X	X	X	X	X
Emailed Newsletter	X	X	X	X	X
SOBI Bookstore Discounts	X	X	X	X	X
Monthly SOBI Sponsored Study Group Discounts	X	X	X	X	X
SOBI Conference Discounts	X	X	X	X	X
ABMP Discount	X	X	X	X	X
Free Website through ABMP	X	X	X	X	X
AMTA Liability Insurance		X	X	X	X
Online Directory Listing		X	X	X	X
Referral Service		X	X	X	X
Vote in Board Elections		X	X	X	X
List Ortho-Bionomy® as Modality		X	X	X	X
Use of Trademark			X	X	X
Teach Classes for SOBI Credit					X

What I Learned from Dislocating my Ankle

Part 1 of a 2-Part Series

By Bettina Joy Beaucamp

Just as my partner, Ken, and I got ready for a much-needed afternoon at the river I received a call from Shirley, who heard about me from another client who had broken her arm. She called to see if I could help with her ankle that was broken when she had fallen off a ladder. After we chatted for a few minutes to make sure we were on the same page with the kind of work I do, we set up an appointment. Then Ken, our dog, Sunshine, and I set off to one of the spectacular trail heads just 15 minutes from our house. We had a glorious time exploring new swimming holes. Before heading home, we saw another spot that looked particularly inviting down a steep riverbank. Other adventurers had attached a rope for the super steep part, and we carefully made our way down while Sunshine bounded to the river without missing a beat. I let down my guard once we got to a more gradual decline and started picking some of the plump blackberries. Suddenly, I felt a searing pain in my right ankle which literally dropped me onto the ground. My partner heard me cry out and rushed over and asked what had happened. I had no idea, but the only thing I could think of was that the side of my boot had gotten stuck in the ridges of the rocks and pulled my foot away from my leg. I gingerly removed my boot and to my dismay discovered that my ankle looked rather disfigured. The lateral malleolus was sticking way out, and the medial malleolus was barely visible. I crab walked to the river since putting any amount of



weight on my right foot was excruciating. I had sprained this ankle before, but this was different.

The cold water made the pain tolerable so I could investigate what happened to my foot and ankle. It did not appear to be broken but bones were definitely out of place. It was one of those moments when I wished that I could clone myself... I gave Ken instructions to gently traction my foot away from my leg, hoping it would give the bones enough space to go back into place, but no such luck.

I did as much work on my ankle as I could on my own as we started to plan how to get me home. There was no cell service in this area, and we were a mile from the parking lot. Yikes!! But at least the trail we walked in on was a fire road.

I tore up the sheet we had brought to lay on and wrapped both my ankles for a little stability and my knees for protection. Up the hill we went; me on all fours and Ken helping when he could. I was immensely grateful for all the upper body strength I had developed

in the last year of homesteading to be able to pull myself up using the rope. After much huffing and puffing, we got to the top without further injury to my ankle.

Ken left Sunshine and I on a picnic table that belonged to one of the folks who had a mining claim there. Then he ran back to the trailhead to either find someone who had the gate code, or go

back home to get a wagon so he could transport me to the parking area.

I felt that I was in the middle of a trauma response and needed to get my nervous system settled while I was waiting for Ken to return. I reassured Sunshine that I was just going to release some energy and then started to groan, shiver and shake. I also asked for forgiveness from my body, reciting the Ho'oponopono prayer (the simplest version are these four phrases: "I am sorry, please forgive me, thank you, I love you") Once I felt a bit calmer, I alternated between subtle touch work and phase 7 on my ankle and leg. The pain reduced dramatically, and I felt less anxious even though the light was leaving and this was bear country.

Ok, then I was ready to see what was going on with the alignment (or the lack thereof...) in my ankle bones. The talus, calcaneus and fibula were seriously out of place and the fifth metatarsal did not move normally either. Clearly, I could not get all this sorted out on the physical level without help. I switched to doing micro movements to keep the ankle and foot from freezing

up. I was interrupted by the sound of voices on the trail, felt a combination of hope and anxiety. While I am no stranger to leg and foot injuries, I have never been totally incapable of putting even the slightest amount of weight on one of my feet.

Did these voices belong to friendly strangers or those who take advantage of the fact that I could not protect myself or my belongings?

As they got closer, I saw a man and several kids – whew, what a relief! I said hello and told them what had happened. They became very concerned about my situation. After verifying that there was no cell service, the father started to look around for possible materials to fabricate something with which to get me out. He walked over to a nearby tree and then jumped back as he heard an angry rattle snake that was headed to the picnic table I was laying on. A horror scenario crossed my inner vision: I saw Sunshine who had never encountered a rattle snake and who loves to play with everything that moves, get bitten and Ken not returning fast enough to get Sunshine to the emergency vet hospital. My own dilemma became minimal by comparison.

When the father offered to give me a piggy-back ride to the parking area, I accepted despite the fact that it felt totally weird wrapping my legs around a complete stranger who brought his kids fishing for the day. Thankfully he was strong, and I weigh just over a 100 pounds.

The family had gotten me most of the way to the trailhead when Ken showed up with our truck.

The generosity and help from this family made my heart swell with gratitude and reaffirmed my trust in

humanity – especially in people who love to be in nature!

After feeling the immense relief of being home, the shock of my situation set in: how was I going to get around, needing to navigate steps into the bedroom room and the kitchen and having no even ground anywhere around our little homestead. Thankfully, I still had crutches from a previous knee injury and A LOT of tools and a good bit of agility. However, doing anything that involved moving around became a major production; I had not realized just how often I zip up and down the stairs. The whole experience was scary and humbling and made me realize how much I took my ability to move around for granted. It also instilled in me an even deeper level of compassion for a friend who had broken his hip 2 years ago and is still on crutches some of the time, a client who had broken both feet in an accident and was bed bound for months, and Shirley with her broken ankle who had called in the morning asking for my help.

After icing and taking a bunch of homeopathic remedies, I worked on my ankle with the cold laser. Once things felt more settled, I instructed Ken to do some more gentle and consistent traction. After about 10 minutes, I heard a faint click and felt a tiny movement in my ankle. I asked Ken to release the traction VERY SLOWLY. Something got aligned and I could put a little bit of weight on the foot if need be. I texted the wholistic chiropractor with whom I had become friends and after hearing what happened she was willing to squeeze me into her busy schedule. For the next day and a half, I worked on myself with O-B, the laser, my micro current, used ice and wrapped my ankle in poultices made of fresh comfrey, plantain and CBD oil, and continued with the homeopathics. The swelling stayed down and by the time I saw the chiropractor, she was able to get all my bones back into place. It hurt a little but

nothing like what I had expected, and we even had time to work on my hip and elbow, both of which had taken a hit during the fall.

By day 3 after the injury, I could put gentle weight on my foot, and by day 5, I needed the crutches only when leaving the house. WOW!!! What an amazing reminder about the body's self-healing ability when the nervous system is released and when we love and care for ourselves.

When I saw the chiropractor again the following week, she said she had never seen anyone recover from such a severe dislocation so fast and was truly interested in hearing about what I had been doing to help myself.

In Part 2 of this series, in the next Newsletter, January 2023, you can read how I applied all of what I learned in my recovery to my client who had broken her foot.

Biography

Bettina Joy Beaucamp, owner of Wings-2-Fly-Again is an advanced instructor of Ortho-Bionomy and has been



practicing the work for 38 years. She is a "Bounce-Back-from-Burn-Out" specialist, Human Design enthusiast, Neuroscience Geek, dancer, artist, visionary and fan of Joe Dispenza, Lynne McTaggart and the world of mindfulness. Her greatest joy is to help her clients and students to create well-being on all levels in their lives, so they can fully tap into their creativity, joy and human potential and live in harmony with the planet and all its inhabitants.



MEMBER SUPPORT GROUP

Cathy Krenicky is a Registered Ortho-Bionomy Instructor and President 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.

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1st Monday of each month via ZOOM!

Led by your Host: Cathy Krenicky

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Setting the Tone

"An Energetic Business Plan for Creating and Growing a Practice"

Originally printed April 2001

By Bruce Stark

"Can I make a living doing Ortho-Bionomy?" This is a question I asked myself repeatedly as I started considering establishing a private practice. Even when I had taken the leap to work full time in my practice, I repeatedly wondered how to most effectively work to build my business. What I learned in the process is that a successful practice relies greatly on the energetic dynamics that we create in order to assure its growth.

One of the most important features of a successful practice, which any business book or seminar will explain, is the ability of the practitioner or business owner to create and implement a thorough and practical business plan. I will be the first to admit that the idea of a "business plan" sounds incredibly boring, tedious, and unnecessary. After all, the purpose of my business is to do Ortho-Bionomy sessions, an activity which sounds pretty straightforward. I'm simply "planning" to see clients. However, this view overlooks the essential elements of a business plan, elements which indeed make the difference between just floating along and sustaining a thriving practice and make up what I call the "energetic" business plan.

"If you don't know where you're going, any road can take you there." Is a maxim I've heard in many business and marketing courses. Keying into what it is that we are creating in our practices generates the energy and momentum that will keep them moving and growing. We must start with the very first element of a business plan, the vision

to establish the fundamental purpose of our practices. A vision is different from setting goals. It is setting the energetic "tone" for the practice, just like we set the physical and energetic framework for our sessions, namely, the opportunity for clients to experience their own self-healing capacity. The tone of a practice establishes the parameters for how we will conduct our business, how we connect with clients and how we present ourselves in the community. The vision statement needs to answer the questions, "Where do I want to go with my practice?" and "How does my practice fit into the larger scheme of things?" A vision statement is the philosophy that we bring into our practices. It needs to be compelling in order to be the driving energy for our work. This is where we connect with our passion, and it is our passion that stimulates the interest of our clients. By allowing ourselves to specifically state in writing our dreams of what we want to create, we can take significant steps toward realizing them. The vision statement should complete the sentence: "The purpose of my practice is to...."

Closely related to the vision statement is the mission statement. This is different from the vision in that we outline what we specifically intend to do realize our vision. Energetically, these are the supporting pillars for our practices. The mission statement identifies the specific tools, principles, and resources which we will use or incorporate in order to accomplish the specific ideals of the vision statement. These are broader goals such as "offering sessions that

employ the physical and energetics of Ortho-Bionomy" or "creating a safe and supportive environment for clients to experience balance and self-healing" rather than specific goals such as "15 clients a week." We can use the mission statements to assess how we are doing. Are we actually working towards our vision or are we getting detoured into some other direction? We need to visit these statements again and again to identify the next steps we need to take and to evaluate our progress.

Both the vision and mission statements are important in business planning, development, and growth. But there are two areas which, if left unexplored, will lead to ongoing difficulties in growing or sustaining a practice. These are: our unidentified underlying expectations and our attachment to our comfort zones.

The energetic growth of our practices is based on our underlying expectations. Essentially stated, we don't get what we want, and we don't get what we hope for, we get what we expect. An example of how this works is when we hope for 15 clients in a week, but deep down we "know" that we are only going to have 8 because that is what we've had for the past month. We will usually end up with eight clients instead of 15 because that is the number for which we have created energetic space. Many of us also have had the experience that when we expect a client to cancel, they often do. The dynamics of our practices reach far beyond the treatment room. Everything

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

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

Instructor	Date	Topic
Bettina Beaucamp	20-Oct	Let's Use O-B Principles to Make Marketing more Effective and Fun!
Luann Overmyer	17-Nov	Ethics of Practice
Rouel Cazanjan	15-Dec	Phase 7 & Life Mastery
2023		
Jim Berns	12-Jan	Circle Theory
Bruce Stark	16-Feb	Deep Dive into the Knee
Richard Valsek	16-Mar	The Phases: Redefining what it means to be a Body

To Register for the next Study Group go to:

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

SOBI STORE IS OPEN

BOOKS

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Ortho-Bionomy®: A Practical Manual, Kain / Berns	\$ 20 / \$ 25
Philosophy & History of Ortho-Bionomy, Pauls	\$ 17 / \$ 22
Chapman's Neurolymphatic Manual	\$ 20 / \$ 25
Arthur the Panda	\$ 15 / \$ 20
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
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Pearls of Wisdom, Pauls	\$ 40 / \$ 50
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Arthur Bionomy, Pauls	\$ 45 / \$ 55
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Phase 4 Spine, Lee	\$ 40 / \$ 45
Phase 4 Extremities, Lee	\$ 40 / \$ 45
Exploration of Movement, Lee	\$ 50 / \$ 55
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Postural Re-Education & Post Techniques, Lee	\$ 60 / \$ 65

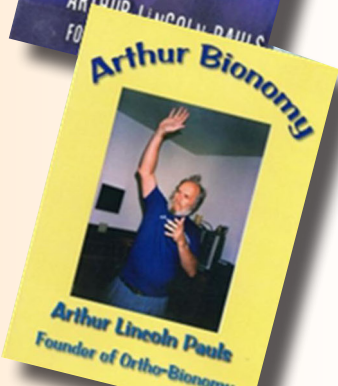
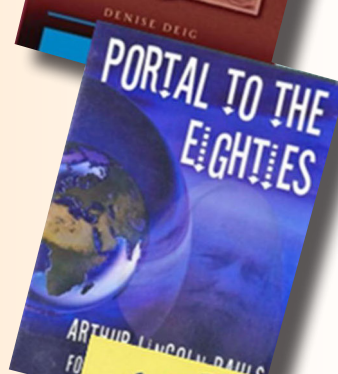
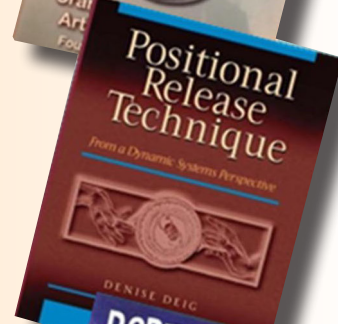
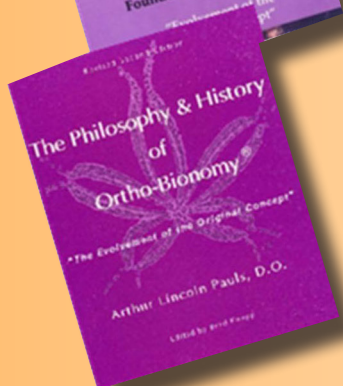
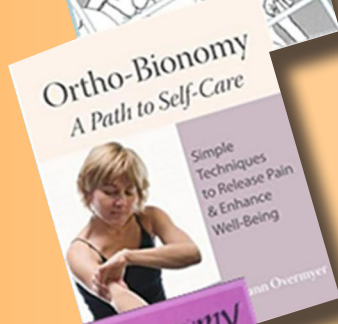
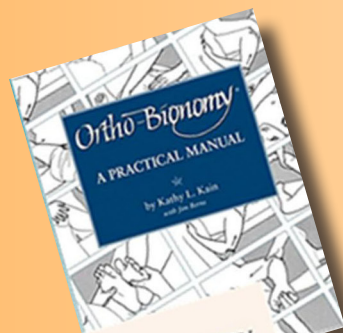
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that we think about our practice is held in that energetic space, just as everything that has ever happened to us or that we have thought about ourselves shows up in our physical posture. Bringing these expectations to light will help us discover the imbalances of our practices.

If we look at what we enjoy about our practices and what we dread, we can identify those areas where we are inhibiting our businesses. We may really enjoy the actual sessions with the clients, but we might really dislike doing the bookkeeping. We could end up feeling great about the sessions but having difficulties with cash flow. Wherever we are resistant, we set ourselves up for imbalances. It is helpful to think about our practices as living organisms (which they are indeed are) that have energy patterns, both flowing and restricted. We approach this just as we do a session, by adopting a non-judgmental attitude and by supporting and noticing what is. Expecting difficulties in marketing will support difficulties in marketing. By honestly assessing what is going on, we can then allow change, by changing our expectations and by seeking the appropriate help and support to do things differently.

The other impediment to energy movement in our practices is our attachment to our comfort zones. In Ortho-Bionomy we talk a lot about comfort, finding comfortable positions, following the comfort of the body, creating greater ease and comfort. The challenge is to avoid getting attached to the idea that is a static state we seek to attain and then never leave. In fact, comfort is a very dynamic state. We are constantly moving from comfort to discomfort then back to comfort again. We experience

discomfort and imbalance in order to find comfort and balance. In our sessions we are helping clients reconnect with their ability to find comfort so they may function more optimally while moving between comfort and discomfort. In fact, if we never have an experience of stepping out of our comfort zones, we severely limit our ability to grow.

The reality of a business is that our ability to find comfort and balance is continually challenged. As a colleague once said, "Owning your own business is not for the faint of heart." There is always inherent risk in business, and it is up to us to find ways to expand our comfort with it. We can do that by looking at our perceived "weaknesses" and make the choice to do something about them. If marketing is difficult, there are many books and seminars that deal with marketing for service providers. If dealing with finances is challenging, many accountants and bookkeepers will help businesses set up their accounting systems and give advice on how to maintain ongoing record keeping.

But the element that has been the most important component in successful businesses is regular, ongoing support. This can be through a mentor, a business association, a peer group or a business resource organization. The most common fallacy about successful entrepreneurs is that they have to do it alone. Instead, support for the practitioner is vital for his or her practice to flourish. In our sessions we provide a supportive atmosphere for our clients to make the changes and shifts necessary for their healing and growth. Our practices are not any different. Having the energetic support for our businesses allows us to take the necessary steps to

continue to grow and expand our skills, knowledge, and business expertise. Therefore, it is important to find mentors, professional organizations, and peer groups that we feel truly have our success as their focus.

As we clarify the energetics aspects of our businesses, we set the tone for every aspect of our practices, from the administrative functions to the marketing activities, and, ultimately, to the actual sessions with our clients. By creating our vision, identifying our mission statements, honestly reviewing our underlying expectations, and exploring our attachments to our comfort zones we put in place the foundations for practices that are vibrant, successful, and personally and financially rewarding. Then we have created and implemented an "energetic" business plan.

Bruce Stark

Biography

Bruce Stark

is an Advanced Instructor and teaches extensively in Australia and New Zealand.

Before moving to Australia in 2001 he taught extensively throughout the US. He is a frequent presenter for the Massage and Myotherapy Australia professional organization and has contributed to several professional bodyworker publications. He lives in Sydney Australia where he maintains a private practice.



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.
- 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	
1/8 page (3-7/8" x 2-1/8")	\$30	\$100	\$55	\$200
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1/2 page vertical (3.5" x 10.5")	\$80	\$285	\$105	\$395
1/2 page horizontal (7.6" x 5.2")	\$80	\$285	\$105	\$395
3/4 Page Horizontal (8" x 7.75")	\$110	\$395	\$175	\$500
Full Page (8" x 10.5")	\$140	\$485	\$175	\$600

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2022 CLASSES

October 15

Ortho-Bionomy®: Self-Care

Instructor: Liz Olivas

Location: Deerfield Beach, FL

10am-4pm

Pre Requisite: None

November 3, 4, 5, & 6

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

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: Phase 4 Spine and Extremities

November 7 - Study Group

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

Instructor: Liz Olivas

9am-12pm

Location: Deerfield Beach, FL

2023 CLASSES

January 21 & 22

Ortho-Bionomy®: Pelvic Stabilization

Instructor: Luann Overmyer

Location: Deerfield Beach, FL

Pre Requisite: Ortho-Bionomy® Phase 4 Spine and/or Extremities (both recommended)

March 11 & 12

Ortho-Bionomy®: Chapman Reflexes

Instructor: Lynn Marotta

Location: Deerfield Beach, FL

Pre Requisite: None

May 6 & 7

Ortho-Bionomy®: Isometrics

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

June 10 & 11

Ortho-Bionomy®: Phase 4 Spine

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

July 15 & 16

Ortho-Bionomy®: Phase 4 Extremities

Instructor: Liz Olivas

Location: Deerfield Beach, FL

Pre Requisite: None

November 3, 4 & 5

Ortho-Bionomy®: Visceral

Instructor: Mike Miller

Location: Deerfield Beach, FL

Pre Requisite: OB Phase 5 (also recommend phase 6)

For more info, updates, or to register, go to:

www.BodyWorkCEUs.net

*Or call our class coordinator,
Cecilia Redigan 561-392-3340*

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Frank Heslin

Associate Advanced Instructor
East Maitlin, NSW Australia

Anne Andrews

Advanced Practitioner
St. Augustine, FL

Lee Beaty

Advanced Practitioner
Minneapolis, MN

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and their commitment to the work
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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 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.

WEST COAST ORTHO-BIONOMY® INSTRUCTION

<u>Date</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
Oct 5-6, 11-12	Advanced Releases for the Pelvis (Phase 4)	Berns/Malm	Online
Oct 17-18	Advanced Shoulders & Ribs (Phase 4)	Berns	Davis, CA
Oct 19	Working with Breath and Ortho-Bionomy	Berns	Davis, CA
Oct 27-28	Exploration of Movement	Berns	Davis, CA
Nov 1	Companion Study Group - Advanced Pelvis	Berns/Malm	Online
Nov 7-8, 14-15	Demonstration Skills	Berns/Malm	Online
Dec 3-4	Isometrics/Isotonics OR Exploration of Movement	Malm	Corvallis, OR
Dec 7-8	Cranial	Berns	Davis, CA
Dec 10-11	Advanced Releases for the Ribs (Phase 4)	Berns/Malm	Portland, OR

Jim Berns, Registered Advanced Instructor: objimberns@gmail.com
Melissa Malm, Registered Instructor: melissa_malm@yahoo.com

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...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