

## You Can't Go Past Where You Are

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There was a professor in sociology in college that some of my friends dragged me over to hear. All I can remember is watching him pacing — pacing — pacing — dishevelled and in his own world of thought — and at odd moments turning and saying intensely to the class, "The baby cried!!!" Then he would write it on the board. Pace — pace — pace "The mommy picked it up!!!" And he wrote that down also. I don't remember him doing much past that. We sat in back and giggled uncontrollably, but quietly as he repeated the ritual, over and over and over.

I sometimes feel like that guy, like I'm pacing around and around and saying things everyone knows and yet feeling like there's a breakthrough at hand. I have discovered that there are only two or three thoughts in my head and that I keep putting different words around them. And saying them over and over again.

So even though this may seem simplistic. Let me put out some of my ideas here:

1. What is the purpose of asking the body questions? (as in, "Get a clear indicator muscle. Ask, "Have I given up my conscious mind? Test.")
2. Does denial have a purpose? (Eg, a man I know whose pattern was violent action, denied his anger when his wife left him. Should I have pushed that? His denial may have spared her life)
3. Is everything really "perfect"? (Please don't tell me that when I'm in the middle of being mugged.)
4. Am I really in touch with my own feelings? (If I set a flight to New York, I'd better know where I'm flying from, or I'll show up at LAX and my flight will leave from Dallas.)
5. Am I being accountable for my actions? On a deep level? (Eg, I consider myself

pretty accepting of other people's paths in life. What I have discovered is a seldom-glimpsed layer in myself that reads out as, "I am an accepting person. If I don't accept and acknowledge that, I will make you suffer.")

6. What did Phillip Crockford mean when he said in KEIT that feeling we're right is one of the best ways to survive? (I discovered that my desire for win-win solutions, taken to the extreme, was just another way to be right.)
7. Can God be on the barometer? (Aren't we just dealing with "stuck" stuff?)
8. What are our expectations of healing? (If you took a mentally retarded 30 year old from an operational level of age 9 up to age 16, would you consider that a healing?)
9. Are we really secure when there are no limits? (Perhaps human nature demands structure, or at least guidelines, for effective functioning.)
10. What are the ethical implications in all this for us as kinesiologists and as human beings?
  - A. If we test someone without permission, aren't we being invasive instead of helpful?
  - B. Can we know how to aid in healing if we don't know how to let die?
  - C. Is the medical world really against us, or must we ask if we aren't in fact against them?
  - D. Is there a right and a wrong? (Should we balance someone for the stress they feel when they rob a bank?)
  - E. Doesn't it all begin with us — our attitudes, our blockages, our ethics, our accountability?