Inherent Healing Intelligence

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Abstract

We will combine understandings from basic Kinesiology, Cranial Integration, and Peter Levine's Somatic Experiencing™ to learn simple ways to connect with Inherent Healing Intelligence. This work addresses the core of any healing process. Understanding and using it will transform and deepen your work.

As kinesiologists, we are in constant communication with the body through muscle feedback. We tune into the natural healing intelligence which tells us – what imbalances are present, what priority is first, how to help the system clear issues and whether the system has shifted.

This is a remarkable tool to help balance this amazingly intelligent system. In this article we are going to share some visions of the intelligence that creates healing in the human system and how we can support it.

William Garner Sutherland in his *Teachings in the Science of Osteopathy* states, "Within that cerebrospinal fluid there is an invisible element that I refer to as the 'Breath of Life'. I want you to visualize this Life Breath as a fluid within this fluid, something that does not mix, something that has potency as the thing that makes it move.... Visualize a potency, an intelligent potency, that is more intelligent than your own human mentality..... It is something you can depend upon to do the work for you. In other words, don't try to drive the mechanism through any external force. Rely upon the Tide."

In cranial work, there is a very gentle way of being with the client. As Franklyn Sills states in his cranial training," The more advanced you get, the more you are able to sit and appreciate the system while it does the work itself." This is a fascinating concept. How many of us feel that we have to "fix something", "have to have a specific result"? The concept here is that when we do less, we create more support for the system to use its own intelligence to facilitate its own balance and healing.

A simple balance I use with clients both in session and for homeplay is "flagging". The idea comes from the cranial work of Solihin Thom. It is based on the concept of allowing the natural healing intelligence to do what it needs to do.

The Flagging Process

Choose an issue you would like to work with. It could be a body symptom, an emotion, a relation-ship. When you think of this issue, notice where your attention is drawn in your body. Place an imaginary flag or flags in that location and wait. When that area no longer draws your attention, go back to the original issue and see where your attention is drawn next. Repeat this flagging until the issue seems clear.

Optional Balance Format for Flagging

Get a clear indicator muscle.
Check and clear for switching and central meridian reversal.
Check and clear for dehydration.

Ask the body for a priority area or issue to flag.
Muscle check for stress response on area or issue.
Find % NEC, %PEC.

Do flagging process until it tests complete.

Muscle check for stress response on area or issue.
Find % NEC, %PEC.

Somatic Experiencing

Another artful use of natural healing intelligence is in Peter Levine's *Somatic Experiencing* work. Peter works with helping people resolve the effects of trauma in the body.

Peter's work makes a significant contribution in that it addresses an area we all encounter, but do not know how to handle well-clients who get in spaces where they are very stuck and feel helpless. Peter has coined the phrase "trauma vortex". A trauma vortex is a spiraling state that occurs when an old trauma has been restimulated and is overwhelming. The three symptoms of the

trauma vortex are hyperagitation, helplessness and dissociation.

Some of us live in some degree of this state most of the time. Peter helps the person to resolve the effects of trauma by creating safety, containment and resource. In this space, he helps the client stay with sensation or "felt sense" so the "healing vortex" can become activated and strengthened. The healing vortex is the body's natural inner resource for healing. When strong and active, it interacts with the trauma vortex to resolve the issue in a gentle, step by step manner. This process is called "Titration" and is the gradual accessing and assimilation of body sensation and feelings so the nervous system can adjust to each level of excitation.

Felt Sense Process

"Felt sense" is based on Eugene Gendlin's focusing process and is used in Peter Levine's Somatic Experiencing.

To practice being with sensation sounds simple, yet we need to consciously choose to do it, for it is not our usual habit.

Sit, stand or lie and make yourself comfortable. Notice what sensations you have in your body. If the thought is "nervous", ask yourself what sensation you notice that brings you to say "nervous". Some sensation words are warm, cold, tingling, shaking, buzzing, whirling, empty, full, thick, dense, pain, ache, light, open.

Continue to notice sensation. When you have a judgement about a sensation or an emotional label for sensation, notice that you are labeling, judging and go back to simple sensation. Notice how the sensation shifts.

One important thing to know about working with trauma issues is that the types of balances and techniques that might heal developmental and other issues can possibly aggravate and deepen a trauma issue. The healing is at a level of physiological completion. As Peter says, he works with trauma renegotiation process "which distinguishes the re-working of a traumatic stress response from the so-called"reliving" of traumatic memory. When induced in therapy, such "relivings" are often retraumatizing."

In my own experience with a frozen shoulder, my favorite tools of kinesiology and craniosacral therapy were unable to facilitate healing. I then turned to chiropractic, acupuncture and psychology .My shoulder continued to get worse until I was introduced to Peter's work. This trauma based issue was unlike others that I was used to healing. The hyperagitation, the sense of helplessness and the confusion that came with the sense of dissociation easily spiraled and worsened. Only through a deeper understanding of the the body response to trauma and the sensation, physiological resolution oriented approach was I able to heal.

This somatic experiencing tool and understanding can help us all. We can integrate it into our kinesiology menu as both a pre-check (trauma issue, level of hyperagitation, helplessness, dissociation) and a balance technique (trauma renegotiation process, felt sense, containment, safety, resource).

Also we can work with felt sense when it naturally arises during a balance.

We can help our clients to complete inner processing by staying with sensation cycle until it completes.

I am happy to answer questions about the use of these techniques and would also be happy to hear any results or feedback you have about them.

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