

# **Postural Integration - Plus Personal Growth & Bodymind therapy. Includes Emotional Release Processing --- also available by phone.**

This is my own System of adding...

- Netherton Therapy Methods
- Living Food Nutrition,
- Tonic Herbs
- Movement techniques,
- Breath Concentration Meditation
- and other Energy methods.

to the wholistic system of Structural Integration Bodywork & Reichian Therapy Methods developed by Jack Painter PhD

by Lou Gross

School Certified Master Postural Integrator  
Expert in Bodymind Release Therapies; Netherton, Reichian,  
Bioenergetic, Structural & Energetic. Since 1982.  
18 years successful experience with this particular system

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## What is "P.I." and what is "P.I. Plus?"

**Postural Integration and P.I. Plus are further extensions of Dr. Ida P. Rolf's Human Potential development tool, known as Structural Integration Bodywork.**

**Simply stated, Postural Integration is a wholistic form of Structural Integration Bodywork that adds techniques from bodymind psychological therapies, energy work and movement education. It was developed in the early 1980's by Jack Painter, PhD, and is practiced on a number of continents.**

**From another point of view, this is a more effective way to achieve Reichian Therapy goals because it uses the Structural Integration system to re-lengthen the fascia.**

**What I've done is add a few things that I think make P.I., and thus S.I., work better.**

## Part 1 - Basics of Rolf's Bodymind Improvements

The Human Potential benefits of  
Structural Integration itself.

Specifically: Integration, Alignment, and Release

**Ida P. Rolf was a PhD physiologist, but she had also been very interested in the Human Potential movement for many years.** She herself did yoga. Just read through her big **Rolfing** book and you'll see she explains what we're doing with the Body-work in terms of how it creates personal growth, in fact, how it creates "evolution" for the whole human species.

**Rolf started out trying to improve people's specific physical conditions further** than standard physical therapy and other established methods, including Chiropractic and Acupuncture. She even found Yoga to be lacking, **in creating the needed length in the muscles.**

**She found manipulating the soft connective tissue, the**

**fascia, could do this lengthening. Working with bodies in this way led her to three important physical discoveries regarding the concepts of wholistic personal growth.**

**One discovery has to do with integration of the body parts. When the fascia of the muscles in many areas of the body gets lengthened, lo and behold, the whole body starts working in a much better way; the parts work together better as a system.** Our nerves are wired up that way. When the treatment "processing" has reformed the structure's actual shape, this feature operates. And we feel better, operate better and even look better.

I've discussed this feature in great detail in the alignment and tensegrity chapters of my [How to Make Your Body Work Better Book](#). I think all massage therapists should read it because it can help them do a better job.

If we also take "Integrated Movement" training, we can make use of this feature even more. For one thing, we can stay relaxed better, yet get more power in our movements with less energy. And it increases our awareness, immediately, at the same time.

**The second discovery has to do with aligning the body with gravity. When we lengthen everything enough, the different parts of the body get arranged right on top of each other, so their weight is balanced with the force of gravity. We don't have to keep re-tightening day in and day out just to hold ourselves up. This saves a lot of energy, and helps people stay more open, relaxed and flexible.**

Rolf, a physiologist, even talked about how that helped the organs function better. She said that humans are designed to stand vertically in this aligned manner. So it's a logical extension that if the organs, including the brain, are put in their proper relationship to gravity, their fluids and cells will work better.

Keep this in mind when you read below about Traditional Chinese Medicine; how the organ systems of the body include psychological and emotional aspects as well as physical ones.

We could also propose that when the organs are positioned in space so they relate to gravity the way evolution wants, then the cells of the organs won't have the stress of gravity pulling on them at angles they weren't designed to experience. We could make an analogy with stress fractures of bones. Tight muscular forces at improper angles can crack bones.

When the organs are aligned properly, the energy force of gravity may indeed help them function better in a similar way that it makes the structure of muscles and bones function better.

**Dr. Rolf designed the Structural Integration Bodywork System to make people healthier. It has aligning the body with gravity, and integrating the parts into a whole, as major goals. Its steps are even organized to do this.**

**As she changed people's bodies, Dr. Rolf also discovered that the body and mind were the same thing, so that psychological function was actually psycho-somatic function.**

For instance, the arms and sides have to do with reaching out. And the legs have to do with getting us around and giving us a stance in the world. Tense legs limit our mobility and make our standing unstable. Tight sides keep our inner feelings and expressiveness from getting "out there." As each body section was re-lengthened and its muscle-bone system was better organized, she found that part of the person worked a lot better psychologically as well as physically.

There is also a relationship between the inner muscle system, called the intrinsics, and the outer muscle system, known as the extrinsics. Our external muscles have the function of "doing" in the world, either for getting around and accomplishing things, or for protecting ourselves from blows coming from other people or from falls and accidents. The inner muscle system is more where we "are," of who we are inside.

Rolf was very big on psycho-somatic function, and her Structural Integration set of steps first works on the extrinsics, then on the intrinsics, and then we connect them together so we function in an integrated way, in depth, as well as from one part of the body-mind to another.

Our forebrains conceive and activate a movement. This sends signals through the motor nerves that first create movement in the intrinsic muscles, and that then activates the larger extrinsic muscles, and we move.

**So Dr. Rolf discovered that we could significantly improve our psychological function and interpersonal expression, just in the course of making our physical structures work better with the body manipulation system.**

**But Rolf was as surprised as many of the rest of us are when we first see that this treatment also removes old emotional energy out of the body's muscles. Actually, it's said that she wasn't as interested in this emotional release as she was in the long term affects of clearing the body and integrating and aligning it.**

She believed this long term result was the more important improvement in people's lives. Yet I read she encouraged people to

work with a psychological therapist during the process if they wished.

**Psychiatrist Wilhelm Reich MD knew about this emotional energy storage in the body decades before Rolf made her discovery.** Reich didn't manipulate fascia so he didn't know that fascia stores a lot of this energy and is the major factor in keeping our bodies stuck in the old restricted forms. But he did discover that non-fascia related emotional energy also caused tightness, a lot of it. And he found out how to use the long term structural tensions and misalignments to access, and release, a lot of the old, traumatic emotional energy.

**Years after Rolf found out about it, and a couple decades after Reich had started teaching his methods in America, Jack Painter, PhD combined the two systems.**

## Part 2 - What is Postural Integration?

A "System," of the Structural Integration Bodywork, Integrating its Sessions with Reichian & Bioenergetic Therapy techniques, Chinese Medicine Theory & Acupressure, and Mind-into-Body Awareness, including Gestalt

**Simply stated, this is a wholistic form of Structural Integration Bodywork. It includes Reichian body oriented psychological improvements,** including emotional release and trauma release techniques, and has the ability to improve energy flow throughout the body.

**Postural Integration (colloquially called PI) was developed in the early 1980's by Jack Painter, PhD. The headquarter school is The International Center for Release and Integration in Mill Valley, CA, just north of San Francisco.**

There are PI practitioners, and some trainers, in North and South America, Europe, Australia and other areas. A number of psychotherapists have taken, and use, this training. I was trained by two for my basic course in Los Angeles, and I took the advanced training from Jack Painter in Mill Valley, in 1983.

**Reich was an Austrian psychiatrist who studied with Freud and Jung and had a great interest in how emotions and psychology related to body functions.** He did a lot in the field of

the autonomic nervous system.

**Reich confirmed that Freud's understanding of how early life events set up lifelong patterns was true**, but the patterns are not in the unconscious mind of the brain. Rather, they are in the muscles and organs themselves.

**He found that all our ongoing patterns are caused by emotional energy of specific past traumatic events. This physical "substance" got trapped in the physical muscle and organ tissue.** The problems are not in something called "cell memory." They are pollutions from foreign material. We have chronically tight muscles with the emotional charge stuck inside. And the tightness stops the healthy flow of our current energy.

**Remove this energy and straighten out the muscles, and a lot of both the psychological, and physical, problems go away.** That's how we know our understanding is accurate. The treatment works, consistently.

**If you're already familiar with what Structural Integration does, you'll recognize how it helps us achieve some of the Reichian goals and even how it helps Reichian therapy sessions themselves. If so, just skip down to the Chinese Medicine part. If not, let me explain how this works.**

Rolf, and all the rest of us practitioners and clients, have experienced that chronically tight musculature is due in large part to chronically bunched-up fascia, the putty part of the muscles, that surrounds and holds together the muscle fiber and nerve part.

**The bunched-up fascia (fah shah) keeps the muscles from re-lengthening back to their proper full lengths. In other articles on this website, I've explained how this happens in the purely physical realm, and how that manifests as tightness, pain and decreased athletic performance.**

**In the psycho-somatic and emotional realms, re-lengthening the fascia also gets rid of a lot of the tight shape. So we're not so psychologically restricted anymore. We now have the ability to express ourselves much better because our neuro-muscular and energetic capabilities have been improved.** Everyday people as well as actors and actresses notice they can express themselves emotionally, more fully and more articulately.

Pushing on the fascia also squeezes old negative emotional charge out of the collagen fibers of the fascia, like squeezing tubes of toothpaste. These thousands of tiny protein fibers are what create the

fascia's shape. And the fascia is what gives us our shape. Fascia forms wrappings around and through all the muscles, it's in between the organs, and it's a big sack of fascia around the whole body. Fascia, we say, is the "organ of structure."

**The collagen fibers get pushed closer and closer together and that causes our held-in tightness and misalignment. And, when we're tensed up, hit, squeezed or otherwise physically pressed on, they also absorb emotional energies from surrounding people, as well as from us inside.**

They're little sponge-like biological recording tapes.

**As we spread them out from one another, we're re-lengthening that bunching up and we're also cleaning out the energies that got stored in them.**

**From a body oriented psychology view, Structural Integration is a whole-body approach. Each area treated cleans us up and re-lengthens us at the same time. The treatment removes both the physical tightness from the past traumatic experiences and the emotional charge of everybody involved in the incidents as well. Then, as I'll explain further below, when we remove tightness in one set of muscles, it also loosens the tension that area was having on other muscles as well. They can then release their tension and stored emotions better.**

This purely bodywork improvement seems to erase the residues of events, for adults, going back even to mid childhood. In children, it clears out even earlier energies because they are closer to the surface. In adults, they're usually further down inside. The oldest person I saw a noticeable psychological release in was 87, the youngest 5.

This "opens up" the muscle structure, too. Muscles aren't as compressed or pulled in anymore. Nor as tightly glued to each other. So the energies deeper inside, like in the organs and along the spine, can be cleared out with the Reichian techniques much easier.

These deeper energies and tensions can be accessed with Yoga, if it's strong enough. My Structural Stretching technique of lengthening fascia and aligning the structure while stretching makes the positions, or asanas, release more energy. But they also create some of the long term realignment and integration that Rolf aimed for. So I use it in my trauma and emotional release phone sessions as well as the in-person Bodywork sessions.

**So besides loosening each individual area, this kind of bodywork gives us another benefit, the interconnected one. In the *Structural Integration* method of Connective Tissue**



**Manipulation, we find that re-lengthening one area of the body releases tension and stored emotional energy in other areas.**

When we do connective tissue spreading on the chest, for instance, we're releasing energies out of the chest fascia. But when we also do a lot in the arms, we open up deep areas of the chest. And that releases emotional charge that was being held way in there. When we lengthen the thighs, it also loosens tension and emotional energy out of the chest.

(By the way, it seems to just go out. In my sessions when there's just Structural Integration manipulations, people get happily clearer in the local area and nothing "heavy" comes out until we release some deeper, more traumatic events later on.)

**Also, remember that integrating and improving the alignment affects the body's energy system as well as its neuro-muscular movements. The body becomes a more effective emotional releasing mechanism.** In fact, as people get more cleared, it's both easier to handle the next energies coming out and easier to access it and process it out.

(My "Structural Bodywork" stretching technique helps both locally and inter-connectedly. It's like the hands-on Bodywork. Doing these stretches makes it easier and faster for people to release more early events when we do the Netherton-Reichian Therapy release session soon afterward.)

**Reich's understanding is that our psychology and physical condition are inter-related with our energy flows. An energy flow can be decreased, blocked or imbalanced by a purely physical event, and by a physical event caused during a psychological event. And once the energy flow is restricted or distorted, the psychological and physical condition shows disease.**

**If you're familiar with Traditional Chinese Medicine, you'll recognize that Reich's understanding is similar to what these folks discovered centuries ago.** They describe a specific set of relationships, how psychology and emotions are inter-related with the physical condition. Each one affects the other. Each internal organ in western terms is part of a system that includes a sensory organ, an energy flow, a structural kind of tissue and an emotional and psychological feature of our personalities.

**When we combine Reich's detailed body oriented psychology understanding with the Chinese Medicine knowledge, we get a more complete picture. And with selected acupressure, and even herbs or food, we can adjust those**



**energy flows so that psychology and physiology both improve.**

I know of one psychotherapist who purposely creates emotional release with acupressure. Jack Painter's approach is more to use different acupressure points to help rebalance the system. He'll decrease excess in one area and channel that energy into the area that's deficient. This may also release stored emotional energy.

This rebalancing is what acupuncturists do routinely, mostly to address physical conditions. Jack is doing it from the point of view to balance psychology and emotions. As I said, the Chinese saw both as different ways to look at the same thing inside ourselves; our energy state of being.

**But what the Chinese didn't do, and what Medical Doctor Wilhelm Reich also didn't do, is re-lengthen the fascia and greatly improve the integration of the body's structural parts with each other.**

**That means they also don't align the structure with gravity. And they miss out on the fact that lengthening and decompressing the fascia changes its condition noticeably.** It increases blood and lymphatic circulation, it significantly increases the energy flows through it, and it actually changes the frequency and consistency of its own tissue for the better.

**An important psycho-somatic benefit of getting what we call Structural Integration Processing is that it integrates our own energies and physical function with our external environment;** with gravity, with the electromagnetic field of the earth and even with the energies coming from other people.

**So Postural Integration, as done by Jack Painter, includes both the Structural integration System and a Reichian Therapy system. Then it also uses Chinese Medicine "body oriented psychology" and energy flow understanding with acupressure. All three.**

(In my PI plus, I also use tonic herbs and foods for the same reason. I add my understanding of how both Chinese and western herbs and living foods affect the organ systems and the muscle-fascia tissue. Because of my limited knowledge, I don't do as much energy rebalancing with acupressure points as Jack does, but I do apply some acupressure flow work and use energy with the Chakras and energy field. Altogether, I apply a little wholistic Chinese Medicine.)

**Postural Integration also includes Gestalt mind-into-body self awareness psychology techniques, and some Alexander Movement somatic education.**

**It's very important to get the mind into the body. First,**

**we want to consciously know what's in there; what's going on. Second, doing just this can calm people down and help them get some resolution on the issue. And third, it enables us to better release material and then keep ourselves functioning in a more aware way as well.**

**Postural Integration emphasizes an approach to personal development that recognizes the inter-relationship, or unity of mind, body and energy.** It works to increase our mind's awareness of our body and energies. And its methods actually increase the "integration" of them. This is something Rolfing founder Ida P. Rolf, PhD had a strong interest in. Postural Integration adds to what Structural Integration does for us in this area.

## Part 3 - What is "Postural Integration - Plus?"

Increasing Emotional Release Abilities,  
Adding Bodymind Strength & Stability,  
Deepening Relaxation and  
Increasing the Power of Awareness

**What I've done is add a few things that I think make Postural Integration work better.**

**As I said, I was trained as a Master Postural Integrator by Jack Painter, PhD in 1983. And P.I. forms the basis of my bodymind approach. I'm not *changing* the goals. nor the systematic integration of the parts of the program. I've just *added* some very effective practices that increase the thoroughness of what we're doing.**

**Key amongst these is the Netherton Method of Past Experience Alignment which I'll now discuss in detail. The Netherton Method adds a lot of light on why we have our psychological issues and it helps the Reichian therapy do a much more thorough job.**

Morris Netherton PhD is a clinical psychotherapist in the Los Angeles area. I took a lot of his training in the mid-1980's, and have done dozens of hours of therapy for myself, with five of his practitioners.

**Before he founded his Association for the Alignment of**

**Past Life Experience (A.A.P.L.E.) Morris (as we called him) worked in Juvenile Hall, in the L.A. area justice system.**

**While there, he developed a Gestalt method to bring our awareness into the body, into the pictures in our minds' eye and into the feelings and words we are expressing. Once our attention gets "into" these energies, our brains can get in touch with the actual past experiences, the specific circumstances, that put these energies inside our tissues, and in our energy field.**

**Here is the technique. Once you're in touch with the experience, the next step is to start expressing the energies of this specific experience we're now in touch with, the one on "top of our stack" of similar experiences.** In the Netherton method, we're always episode specific. Body recordings of energies are simply an absorption of some specific things that went on.

**We do this expression verbally, by saying first person, present tense sentences. We "speak the energy" that says in words, what each of the people in the event is saying, thinking, feeling or doing.** You say it, not as a descriptive explanation, as if you are talking ABOUT the person. You say it in a personally expressive way as if you ARE the person. You say it as if you are playing a role in a docu-drama on the radio. I'm listening, and I need to know what's going on with each of the characters, to the fullest depth possible. And there's no narrator.

It is not necessary that the person actually spoke those words. But if you continue to see a picture in your mind's eye of this person, it means you still have a certain amount of his or her energy inside of you. The same is true for what you see of yourself in the past experience. The picture is just your brain's way of experiencing part of it, and your consciousness is currently aware of the energy that way.

**The practitioner guides you to get in touch with the episode and then process it out. After you say the sentences of what you're currently in touch with, the next sentences will be different as you are getting in touch with other parts of the people, into more depth inside of them, and in the next moment of time, in the sequence of the event.**

**The verbalization coming out of the actual energies removes the energy. It dissolves it out of the body.** People can see the pictures change, feel the tensions diminish, and even feel other sensations come up that occurred in another part of the old experience.

**These energies include what physically happened simultaneously with what we and/or other people were saying,**

**thinking, feeling or implying with our actions. The physical and emotional experience occurred simultaneously with the sentences defining the mental information or psychological pattern. We can dissolve them away by expressing all of the "movie frame" at once.** So I often use Reichian tensing and expressing techniques to help get all the energy out of the tissues and energy field.

**An important point about doing the process is that the Netherton techniques require the person's conscious mind stay aware. This is not hypnosis.**

**Another key point is that we don't get lost in the dramatics of the energy.** While the material coming up may have strong energies and traumatic feelings, it can be dissolved out of the body in a rather non-traumatic way

When I do the Reichian techniques I don't have the person act out their feelings hysterically. There definitely is emotional expression, sometimes a lot of crying. But the awareness mind is still predominant. And we have the person keep saying the next sentences while they cry or while they still feel the heat of the anger. Since the actual material is coming out of the past event, we want the person to stay consciously connected to that event so we can process out ITS energies.

**As with Reichian therapy and Bioenergetics, what we are doing is removing stuck material that is causing blockages in our energy flows, tight muscles and organs in our structure, and psychological hang-ups in our psyche.** We are using a technique to remove the bad "foreign" stuff so our own parts will be able to function healthily.

**The principle is that we are not actually trying to re-experience and emphasize all the trauma of an event in order to get it out of us. Instead, we consciously experience the parts of the event that got stuck in our bodies as we do a focused process to remove those energies from the body.** As with Reichian therapy and Rolf's Bodywork, the important thing is to remove the energies and tensions.

**Now, we use the technique in different time frames of our past experience.** Just as with Reichian therapy and Structural Integration, we can remove the residues of recent traumatic events, like car accidents or shootings. And we can also access and remove "pattern creating events" from childhood.

**One of the advantages of adding the Netherton techniques is our ability to easily access much earlier episodes**

**of trauma and blockage.**

**Since we're accessing "energy packets" in the body and using the brain's ability to translate non-verbal into verbal, we can just as easily access and process out what happened in the pre-natal, birth and infancy experiences, things we have no idea about, as we can events that we do remember that happened later on.**

**It turns out that these much earlier events are some of the ones that actually form the foundation of our belief systems about our lives. And they also created distortions in our physical structure.**

**The statements in these very early time frames were actually put in us from our Mother's (and other people's) words, before we had a conscious discriminating mind. We, ourselves, experienced physical and emotional distress, even by being squeezed in the womb. But the sentences that make up the subconscious command structure and belief systems of our psyche, were put inside us by the energies of other people's words and feelings.**

**The other people's sentences and feelings tell us how we should interpret certain kinds of events. So the whole movie gives us a "template" of what kinds of things happen to us and how we should relate to them.**

**The Netherton Therapy techniques erase both the other people's words and our traumatic energies simultaneously. And in that way, the psycho-somatic recordings that run us are removed.**

**As an example, in Reichian Therapy, we refer to Body Armor as something we "use" to protect us from feeling the hurt deeper inside. While this is partly true, in Netherton Therapy, we find that Mother, in pain at birth, is saying and/or feeling, "I don't want to feel this pain." And those are strong energies inside us. I have seen people, after they'd had some of the Bodywork, open up to looking deeper inside immediately after these sentences-energies were released. Both a layer of tension in the gut, and this belief system or command statement, dissolved out of the body in seconds. And the person stayed conscious and focused throughout the process.**

**We also find that Mother is saying, thinking or feeling the same sentences during events of the prenatal as well.**

**In Netherton, we do a lot in the prenatal. Interpersonal relationship patterns go further back than our**

**relationship with Mother. They are set up by Mother's relationship with father (and others like our grandparents) while we were inside her.** We absorbed all the energies from all parties in the situation, even if their own conscious minds were not clear on what another part of them was feeling.

**As we say the words of both people's feelings as well as their speech, we are doing four things. We remove a certain amount of emotional energy that got stuck in us during the prenatal development. We remove the energy of physical compression and structural misalignment pushed on us by Mother's belly tension. We remove a number of layers of command statements that have been influencing us mentally and psychologically.**

**And, we get to see inside our parent's emotional and psychological experiences.**

**We do the same "inside looking" as we process out infancy and early childhood experiences. When enough physically traumatic, angry and fearful energies are removed, people are able to see their parents as people and their long term blocks about them in this way are gone.** There's more love for them. What we're really like underneath all this pollution is aware, compassionate and understanding people.

Reich said this, too. The Netherton Method helps us be very thorough about this pollution removal.

**Netherton techniques access other kinds of episodes that have their old energies stuck in our energy fields that go around and through the body.** Judging from their details, they were put there further back than even conception. Netherton calls them energies from Past Lives, because that's what they look like. But he's quick to point out that some clients think of them as scenarios from the creative unconscious, something symbolic from the deeper levels of our psyche. I have had some people look at them as genetic memories of our ancestors.

**It really doesn't matter what we believe nor what is really true. The process still works 100% of the time. And a number of Christians do it. There's no one in the room except the therapist and the client, and the client is coming up with these detailed movies that precisely define both our physical and psychological patterns.**

**I can tell you as a Master Postural Integrator with 17 years experience in the Netherton method, that this part of the system is very effective for removing negative patterns, traumatic overwhelm and tightness. It doesn't matter if a**



**person believes in past lives or not.** We're using this technique to remove more tightness and energy from the body and its energy fields than we can get with Reichian and other methods alone.

I use the Reichian methods routinely to help. They bring more energy up to consciousness and help release it. And Reich's body psychology principles help me better understand the pattern and issues the person is "stuck" with.

**Here's how doing this part helps. Remember that these could be real, or they could be symbolic. But also note that they do have their own energy packets, and that's why we do the technique on them, to clear out those energies and blockages.**

**First, we are removing more traumatic energies and another layer of the same negative command statements. But very importantly, we are also removing unresolved psychological scenarios.**

**In every one of the hundreds of people I have worked with, there are always a series of these episodes in which we were killed. During the killing, there was the same kind of psychological issue or traumatic event that we have in our current lives. We see these scenarios and can process our stored energies through working with them.**

Because we died with these command statements, and could not rectify the situation by living longer, we became stuck with the pattern.

That's because the killing is the last thing we experienced with these "other people." And the experience with them is still inside us because we absorbed the energies in a deep alpha state. Those energies, and the pattern of what happened, are what cause us to seriously over-react when we now get triggered. They have very large energies and very serious circumstances. We were violently killed.

**When we're stuck to these kinds of energy packets, then that psychological pattern is how our current, similar circumstances will end, too. That's what the script says.** We haven't died in the scenario, of course, but we often have relationships end with the same psychological issues and many people even have the same kind of other people keep coming into their lives.

**The survival issue seems to be key to all our patterns. All the "significant" episodes people have had stuck in their bodies in this lifetime, including the prenatal and birth traumas, also had to do with worries or threats about being killed. Someone is afraid we, and perhaps Mother, will die, or**



**be killed.** These are the sentences that came out of hundreds of clients, repeatedly. During abuse, when the parent is enraged and the kid is tensed up tremendously, these kinds of words come out consistently.

**In Netherton therapy, as well as in Reich's work, we clear patterns as well as use it to release specific traumas. And patterns are made up of a series of events in which we were forced into the circumstance.**

**So "wherever they come from," we can start by processing out key events from various times in this lifetime, going all the way back to conception. We simply go back through, and then earlier than, our childhood stages of development, to clear the scenarios that are telling us we are going to be killed and/or that we have to fight for our survival.**

We start by getting coached to see that our current experiences are connected inside us to the past stored energies. Then we're coached in the expressive technique and to see "what happens next" at each moment of the episode.

**Mother's physical pressure combined with her own issues are some of the times. She gives us those issues. They are pressed directly into the flesh. We have a repeating physical tension combined with a psychological or emotion way of relating. This always seems to happen in the prenatal, at birth and then again in infancy.**

One woman cleared up a continuous, chronic neck tension by taking a few hours to clear out energies and physical pressures she had picked up with her parents in infancy, birth and the latter part of the prenatal. This physical tension had never gone away even with deep systemic Structural Integration. And her emotional tension also went away from the Netherton processing. She "permanently" became less triggered. (I checked in with her three years later.)

**In the earlier kinds of events, there are a lot of episodes where people, as adults in the movies, brace themselves, run away, hide, struggle and lose, and vigorously battle and lose, too. Obviously, these parallel people's psychological behaviors that keep them blocked. So removing our internal tensions by using their easy-to-access scripts is very "handy." Especially since we can process out even very traumatic violence with only a moderate or minor amount of discomfort.**

Blockages also come from tightening up against a knife or spear going into the heart or gut. These have to do with "being hurt"

and with gut issues of anger and fear. And when people "die," their life force energy drops down inside them, fading away.

**We can actually feel all these energies in the body and use those scenarios of the mind to dissolve them away.** One man actually felt his chest loosen up, and it stayed loosened up. We had used a simple technique to remove the tension he'd been feeling in his chest. The mind had given us the pictures we needed to use to remove it.

**We process out these "Who knows where they come from?" movies in the same way I described processing out energies from other events. We "erase" movie frame by movie frame.** (And once people get the hang of it, it's pretty easy.)

**Seeing our pattern as a movie or stage play with a number of different actors playing the different things we, ourselves think and feel, is very clarifying.**

**During each of these killings, the physical action of what is happening is intertwined with our own words and feelings, and with the words and feelings of the person who killed us and the words and feelings of bystanders in the event as well.**

**These "bystanders" speak or feel the same kinds of statements we hear from others in our current patterns.** Some are jeering and encourage others to harm us, or they team up with them. Others are people held back fearfully from helping. Some are people who feel guilty, just as a Mother might have felt guilty after she hit her baby. Other people express tremendous, deep love and sorrow over the loss, and even the frustration of not being able to stop it.

**This person is harming us and forcing us into the traumatic situation and psychological pattern. And what we find is that the same kinds of circumstances in this life have the same "sentences" as well as similar actions.** Only, as I said, it's usually less traumatic and we don't physically die.

What does happen very often, however, is that a baby is hit and traumatized and Mother walks out of the room disgusted. Or, a child is hit and scolded and has to go to his or her room and stay there alone.

**In all the events, regardless of time frame, we have the elements of our own pattern. And it's always the same pattern. The quality of its physical-psychological energy is the same. It just keeps transferring itself onto each new circumstance in time.**

**The words and sentences of the series of events define the shape and quality of the pattern. That's why we clear**

**patterns, and use sentences to do it.**

**Further, we have to go through clearing different levels of the pattern until we get to the foundational ones. These events are those in which other people forced us into the experience and we lost, big time, no matter how hard we struggled.** The elements are the confrontation, the isolation afterward, and some kind of tightness or distraction to cover it up.

**Our "journey" takes us through events in all the times frames, level after level.**

**Seeing scenarios in such great detail also gives us insight into how the actual physical reaction is related to the psychological circumstance. Reich was very interested in this relationship.**

**As I said, when you're stabbed, beaten or shot to death, or you die in the ocean, a landslide or quicksand, the body will tighten up at the same time you are having particular thoughts or someone else is making or implying particular statements. This contracting energy gets reactivated in our current bodies whenever the same kind of overpowering, controlling or frightening experience is encountered, often even if the current circumstance is mild.**

**In a Netherton therapy session, we'll be coached to find and remove what is physically happening in the past circumstance that's creating the energy experience we're having now, during our psychological upset.** We feel the energies, see the pictures in the mind's eye, and say the sentences of exactly who was saying or implying what words at the same moments we were having the physical experience. That instantly dissolves that amount of energy, and those thoughts and ideas, out of us.

This worked for a young woman who had a "dropping down inside" energy whenever she was even mildly confronted. In some teenage rapes, the boys were physically pressing on her chest and she couldn't breathe. So her life force was actually sinking inside in those events. By focusing on the sinking energy feeling she still had years later, she was able to remove the repressive sentences of the boys and the sinking energy at the same time.

**A big part of Netherton's teaching is to remove our own angry and resentful energies. This is just good psychological and/or spiritual development. But with the Netherton method, we can actually see and clear the circumstances, or movies, in which we harmed others as well as the ones in which we were harmed by them.**

**The issue of being the victim is very much intertwined with being a victimizer.** Morris emphasized that both sides need to be cleared to really clear up the pattern.

**In the pattern of abusive experiences, resentment, and then revenge, are buried under the muscle tightening of protection that occurred from being abused. That kind of anger emanates out from the body and attracts the same kind of abusers to come into our life.** Abused people usually tend to identify with their victim role, and complain about being victimized. But their abuser energies of "getting back" are also there.

**Plus, they carry around with them the abusive energies of the people who abused them, too. That in itself attracts more people to do the same. In the Netherton method, we can remove the exact energies and sentences of the victimizer's role, those of our victim role, and then those of our own revengeful role.**

**This is a very good tool to use with Postural Integration.**

**What's really terrific about the Netherton Therapy method is, as I mentioned in the green box at the beginning of this article, we can do it over the phone as easily as we can in person.** I also combine Reichian techniques, energy work and my structural stretching Bodywork technique with it, on the phone, too.

**Because of my greater understanding developed, in part, by using the Netherton Method as a Body-Energy Release system, as well as a psychological "freeing" tool, I have also broadened the Reichian "map" of Primary and Secondary Personality relationships to include spiritual development and "soul path" direction and goals.**

And I have **created** a four layer body-mind model for understanding and correcting psychological issues, especially for formerly abused people.

**My Booklet, and on-line web page, called Performance Enhancement - Bodymind Personal Growth System explains both "maps" with regard to increasing personal growth and developing into our human potential.**

An article entitled **The Split Layers of Personality that develop physically, during abuse,,** which is also on my site, is much shorter and simply outlines the layers with regard to **Abused people.** It's a chapter in my book describing these layers, how they operate when the person is still "un-integrated" and what happens at different stages when we process them out. I'm explaining

what psychologists already know, but I'm diagramming it as the actual physical construction that it is. My contribution is that this will make it much faster and easier, and less traumatic, for people to get healthy again.

**Chinese medicine recognizes that our psychological and emotional condition is identically related to the condition of our organs, and it is very detailed. I've found that various foods and herbs can significantly help both our structural openness and vertical uplift, as well as improve our psychological and emotional behavior.** I combine what Traditional Chinese Medicine explains about this "mind" aspect of the organ systems with Living Food nutrition, Western & Chinese Herbs and other Natural Health methods.

Tonic herbs are nutritional substances that strengthen organs, glands and even structural tissues. Besides improving my emotional demeanor, these herbs, and the raw foods, actually give me a physical uplift, especially when I strengthen the liver, pancreas and adrenal-kidney system. The whole third chakra (energy center) midsection area loosens and goes more vertical.

**I have a set of booklets, over 100 8-1/2 x 11 pages. Called Mr. Green's Vitality Program. It's advertised with detailed explanations of what's in it, on my website.**

**I add energy work to my session, both from what I learned in my P.I. schooling, and from other very helpful methods.**

**I was formally trained in energy healing, chakra work and aura cleansing both in the Healing Light Center Church of Roselyn Bruyere and in the internationally taught, very thorough system called Pranic Healing.**

In my PI-Plus work, I do **overall body energy channeling** that soothes the tissues and gets energy flowing throughout the body and in the acupuncture meridians. It nourishes the person.

And rather than just pressing on acupressure points as we do in PI, I might send a lot of energy into them.

Also, I **pull out material from the chakras** so people can access it easier with their conscious mind's to do the Netherton Therapy Processing.

I might do **aura cleansing and internal body organ**

**cleansing** as well. I'll spin **chakras**, I'll put in colors, and I'll even guide the client through a breathing technique to energize, clean and interconnect peripheral chakras as well as the major torso ones.

I can even **channel energy through people's bodies from a distance**, and while on the phone, can push old stuff from inside the tissue to outside so I can see what they are and help the person process them out with the verbalizing techniques. I use Reichian Therapy breathing, tensing, and "acting out" techniques to bring more energy up so it can be processed out.

By the end of a session, my hands are transmitting large amounts of energy. I was taught a special method that enables me to get that **energy transmission inside** the person's aura, chakras and tissues, and create strong physiological and psychological healing.

**I add some movement techniques.** In P.I. we use some Alexander techniques and I have added some others.

In my studies with Roger and Alexandra pierce I learned some **Rolfing Movement techniques**. I teach these and other movement education insights I've learned.

**I also do Bodywork "Structural Stretching" exercises. I have developed ways to do stretching and yoga positions to actually pull fascia through long sections of the body.** In essence, this is teaching the client how to do some of the Bodywork on him or her self, and it also does some releasing that the hands-on methods cannot. This method goes beyond what we could call "tissue preparation" and coaches the person to pull fascia and align the body on its own. Then, as in tissue preparation, the hands-on can indeed do more. And at the end of a session, it is a very effective integrating tool.

**I am also a Zen Buddhist Monk** with 30 years deep spiritual and intensive meditation practice. I add these methods for some clients, and I'm always using my spiritual insight to guide the release and transformation process in the session.