SHIFTING YOUR MIND-SET ABOUT THE HUMAN BODY

We continue to integrate various mindfulness techniques and increase your conscious awareness of yourself. However, your prior education (via school, media, etc.) requires a “re-set” for a better integration of cognitive comprehension of your increased awareness. With Step 7, we begin to introduce an energy field facet to your exercises. It is difficult to integrate the energy aspect into “old science” which no longer “fits” the recent findings of the past 20 years of research.

When you began IN SYNC treatment, you were introduced to the “fascia network,” which is the biological “organ” which you have been impacting with the interventions: Progressive Relaxation integrated with Deep Breathing and Yawning-Sighing. This exercise is followed by Mindful Scanning which increases your interoception and exteroception sensory awareness. With the Mindful Movement, you engaged the proprioceptive sense for body position awareness. You were provided with an emergency “Quick Re-set” to prevent the “old reactionary habits” of survival from interfering with your current life goals. Just preventing “old habits” as has been the past focus of psychotherapy.

With the next IN SYNC Steps, you will be increasing your bio-energy fields, tension-releasing unused cognitive functions for creating new skills. If you “shift your mind-set” about “what” you are (more than “body” and “mind”), you increase the potential for unused cognitive functions to emerge during this next psychotherapy treatment phase.

In particular, I am discussing the past science built on the theories of “study of the parts” which neglected the energetic connections which comprise the “whole” being of you. For example, you were probably taught that your body is a skeleton, upon which various organs are placed and which organs serve various functions which are not interconnected. This viewpoint is the main difference between Western Medicine and Oriental Medicine. Western doctors “medicate” the “damaged part” or “cut it out” or do other “mechanical” manipulations. More recent science has altered that viewpoint to contemplate that brain neurons and nervous systems are the controlling “parts.” That approach has created certain medical changes, in that now diet, exercise, holistic lifestyles with less stress, are all vital to healthy “organs.”

But there is another scientific revolution now occurring as Oriental/Eastern Medicine and energetic studies are merging with Western Medicine. A large arena of research in that transition is coming from the study of the fascia network. This research is causing a “re-interpretation” of the human, beginning with embryology, from the very first cell of conception pregnancy.

The “old science” taught that this: Our bodies are “made up of” parts. We start as a fertilized egg, which divides and multiples, gradually developing “parts” which arise from three primordial germ layers (ectoderm or ectoblast; mesoderm or mesoblast; and endoderm or endoblast). The endoderm forms the pharynx, the esophagus, the stomach, the small intestine, the colon, the liver, the pancreas, the bladder, the epithelial parts of the trachea and bronchi, the lungs, the thyroid, and the parathyroid. The mesoderm forms the muscle, bone, cartilage, connective tissue, adipose tissue, circulatory system, lymphatic system, dermis, teeth dentine, genitourinary system, serous membranes, spleen, and notochord. The ectoderm develops the epidermis (skin), hair, nails, lens of the eye, sebaceous glands, cornea, tooth enamel, epithelium of mouth and nose, peripheral nervous system, adrenal medulla, melanocytes, facial cartilage, brain, spinal cord, posterior pituitary, motor neurons, retina, anterior pituitary.(1)

The “new science” tells us this: There are only two layers—both are outer body walls: one comprised of the outer body (head, limbs, etc.) and the other as an “inner wall” of the visceral gut and other organs. The “middle layer” is actually the fascia network, which is primary director of which “parts” develop and how they develop. This fascia system is highly sensitive to external environmental demands, and will modulate how the DNA of the embryo will develop. The fascia system keeps every cells linked to each other through directing the transport of all substances needed by all body cells. The fascia system does this through the energy processes of “mutual attraction and absorption” countered by the opposite energy process of “mutual rejection and shedding of metabolic by-products.” This entire energy cycle creates an “inner zone” between the “outer body” and the “visceral body.” The fascia network is “perceived” by the human as “our inner self” and this “inner self” is based upon the senses of interoception, exteroception, and proprioception. The fascia network creates a “biotensegrity” space in which the interplay between tension and relaxation (push and pull) is responsible for all movement, all functions of organs, our sense of “inner being.” (2)

# (You may discover during the Progressive Relaxation with Deep Breathing, that you have chronic tension and/or pain in certain body parts. Here is a self-directed approach to myofascial Self-Treatment: Comprehensive Myofascial Self Treatment: your path to authentic healing & pain relief by Joyce Karnis, PT) (6)

This new science has formed the underlying biological factors of the thousands old practice of acupuncture, with the meridian channels being shown to correspond to specific components of the fascia network which have impact on the “ancient knowledge” of how acupuncture impacts certain organs. (3) There is another way of “studying” the human body which is supportive of the reality of the fascia network as being the “true structure” of the human body. This science is called “corrosion casting”. Corrosion casting is the technique by which a solid, negative replica is created from a hollow anatomical structure and liberated from its surrounding tissues. For centuries, different types of hardening substances have been developed to create such casts, but nowadays, thermosetting polymers are mostly used as casting medium. (4) Here is a casting of the blood system (which is part of the fascia network). (5) This “visual” is the best image we can obtain about the true “energy structure” of the “middle layer” of the fascia network. Imagine “skin” on top and “inner organs and bones” inside of this “energy structure.” This imaging exercise will help you to gain a better way to begin to “visualize” yourself as you progress in your healing.



1. <https://en.wikipedia.org/wiki/Germ_layer>
2. Fascia: The Tensional Network of the Human Body, 2nd Edition, by Robert Schleip, Carla Stecco, Mark Driscoll, Peter A. Huijing, copyright 2022
3. <https://cmjournal.biomedcentral.com/articles/10.1186/1749-8546-4-10> (Probing the mystery of Chinese medicine meridian channels with special emphasis on the connective tissue interstitial fluid system, mechanotransduction, cells durotaxis and mast cell degranulation)
4. <https://onlinelibrary.wiley.com/doi/abs/10.1111/ahe.12450> (Corrosion casting in anatomy: Visualizing the architecture of hollow structures and surface details)
5. <https://www.pinterest.com/ScottCamazine/corrosion-casts-anatomy/>
6. https://www.amazon.com/Comprehensive-Myofascial-Self-Treatment-authentic/dp/0615818854/ref=sr\_1\_1?crid=4LOEG4XDSQBA&keywords=Comprehensive+Myofascial+Self+Treatment+-+your+path+to+authentic+healing&qid=1658431568&sprefix=comprehensive+myofascial+self+treatment+-+your+path+to+authentic+healing%2Caps%2C240&sr=8-1