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Find The Health

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"To find health should be the object of the doctor. Anyone can find disease," wrote Dr. Still. (*The Philosophy and Mechanical Principles of Osteopathy*, 1892, page 72.) What Dr. Still wanted osteopaths to understand is that health is normal. The body seeks health continuously. If we are truly to be osteopaths, he implores that we engage the body's resources that maintain health, its very essence. "...Nature has placed in man all qualities for his comfort and longevity." (*PMPO*, 71.) By finding health, osteopaths use the power of nature to provide salutary benefits. Osteopathy is health-oriented, in contrast to allopathic medicine, which is based on a disease model. For osteopaths, normal conditions are imbued with Nature's gift – health. Illness is an effect, an aberration of normal. Still wrote, "...All diseases are mere effects..." (*Autobiography*, 94.) He agreed with David Hawkins: "There are no causes in the material world... the observable world is a world of effects." (*Power Versus Force* 2002, p 27.)

CAUSE AND EFFECT

As Hawkins suggests, cause lies outside the material world. Likewise, mind resides in the unobservable world, outside of time and space, beyond three-dimensional reality. We cannot define mind by common measurements such as length, speed or weight. We can measure only observable phenomena. Cause comes into material reality as an effect that, only then, can we define by its dimensions or motions. The unmeasurable Breath of Life causes the observable fluid fluctuation of primary respiration, as Dr. Sutherland indicated. We can palpate and measure the rate and amplitude of the Tide. The Breath of Life just is.

PERFECTION

We are born as perfect beings: perfect structure produced by perfect function. "We have learned to know that Nature does no imperfect work, but, on the other hand, does its work to perfection." (*PMPO*, 22.) In maturity, perfection expresses health beyond the time when it expressed formative activity. Health exhibits the same creative principle that lies behind the developing embryo; but, in the adult, instead of creating

form, health expends its energy to maintain form and function. These attributes, suggest that we must legitimately capitalize "Health," the essence of the creative principle. The Health is more than a condition or a sense of wellbeing. The Health, with a capital "H," is a force, an action, an expression of the urge of spirit to exist in physical form. The Health is a function, not just a condition. Spirit expresses The Health to maintain the original conformation containing the original function.

FUNCTION PRECEDES STRUCTURE

The Health is an ongoing expression of function that preceded the existence of form. G.D. Hulett, Dr. Still's nephew, was Professor of Osteopathic Practice at the turn of the 20th century at the American School of Osteopathy when Dr. Still was also actively teaching. Hulett's *A Text Book of the Principles of Osteopathy* (1903) describes how structure emanates from a pre-existing function. Once function has built structure, function now has a form within which it can perform in material substance. Further, Hulett states that function does not easily change, but if structure changes, function struggles to the degree that structure has been altered.

If Hulett's premise (and by implication, Dr. Still's) is correct, that function precedes structure; then, we must imbue The Health, which displays normative function, with the same connotation and honor we give to such terms as the Breath of Life. The Health is the generative potential from beyond time and space. Synonyms for The Health might be the formative force, the Life Force, or the Breath of Life. This formative force initiates the *health maintenance organization* of the adult body.

THE BODY HEALS ITSELF

Indeed, the body heals itself, as osteopathic precepts assert, but this healing potential exists not only within physical form but also beyond it. This healing potential affects material existence as Swedenborg declared: "That which is spiritual

clothes itself with that which is natural, as a man clothes himself with a garment." Swedenborg believed that spirit pre-exists form and determines form for its own use. Once spirit puts on the human garment, Swedenborg claimed that life (spirit) is found in the juices between the fibers.

FLUIDS DELIVER THE HEALTH

The concept of "juices between the fibers" is important for osteopaths who consider how healing happens. The Health is in the fluids. The Health comes from the unobservable into the observable as normative function within fluid. The fluids vitalize the fibers. The fibers, according to Swedenborg are inert until the fluids add the Life Force (or convey The Health). We know that Dr. Sutherland purported that the fluids are primary in the primary respiratory mechanism. By means of the fluids, primary respiration delivers The Health. The fluids convey ionic charge next to sheets of fibers or boundaries made of fascia or cell membranes. (See Nordenstrom *Biologically Closed Electric Circuits* Nordic Medical Publications, 1983.)

CELESTIAL AND TERRESTRIAL

Dr. Still declared that the Celestial Father fecundates the Terrestrial Mother to create living organisms through the formation of biogen or protoplasm. Protoplasm is undifferentiated living tissue, the most fundamental of all living substance, made of cells, capillaries, nerves and lymphatics. Protoplasm represents Still's Terrestrial. Mind, the Life Force or Breath of Life represent Still's Celestial. Still added Motion (or Life) to Celestial and Terrestrial to describe the triad that creates the living human form.

FIBERS AND FLUIDS

There are two types of fibers with regard to The Health. They both represent Dr. Still's Terrestrial as does water. The first type, structural fibers supply a conformation within which water and metabolic fibers create function, that is, "life" within fluid. Collagen provides the structure within which the fluids provide the function. (See Pischinger, *Matrix and Matrix Regulation* Haug, 1991.) Metabolically active fibers such as glycosaminoglycans and proteoglycans bind large volumes of water. Together with proteins that carry charge and bind water, they participate with water in providing the attribute we call function. But, structural proteins (collagen, fibrinogen) provide the container for the water.

Collagen separates compartments of water due to its unusual association with water. (See Mae-Wan Ho, *Collagen Water Structure Revealed ISIS Report 23/10/06.*) Water molecules form brackets through hydrogen bonding on the surface of collagen supplying its water-repellent character. Generally, water molecules arrange themselves around hydrophobic elements, such as cell membranes. In the same manner, water molecules surrounding collagen form specific arrangements implying the lack of assimilation of water by collagen. By contrast, glycosaminoglycans assimilate water very readily, indeed. Thus, collagen forms a relative barrier to the passage of water, acting as a container for water, and water-friendly fibers, creating compartments. When distorted, structural fibers alter the conformation of water-containing compartments (cells, myofascial and

neurovascular compartments, and organs) inside of which exist exquisitely tuned functions. Distorted structural proteins restrict the normal flow of water with its metabolic function within a compartment as well as its life-giving elements between compartments.

"ENERGY SINK"

Congestion from such structural distortion of tissue is palpable, what Robert Fulford, DO called an "energy sink." In an energy sink, we palpate tissue texture abnormalities and restricted motion. Vitality is reduced, fluid flow is compromised, and metabolic activity is dysfunctional. Toxicity accumulates. Health is diminished. Sickness finds a location to establish itself. As Dr. Still said, "Sickness is an effect caused by the stoppage of some supply of fluid or quality of life." (*Autobiography*, page 252.) "What we meet with all diseases is dead blood, stagnant lymph, and albumen in a semi-vital or dead and decomposing condition all through the lymphatics and other parts of the body, brain, lungs, kidneys, liver, and fascia." (*PMP068*.)

ELECTRONS AND IONS

Fascia, especially its structural elements, becomes distorted under aberrant mechanical, chemical or energetic influences, which consequently compromise function. Fibers carry a charge, mostly electrons. Fluid similarly carries charge, mostly ions. (See Pischinger and Nordenstrom.) The vitality of tissue depends upon the flow of these charges, which occur with musculoskeletal and metabolic activity. The health of tissue depends upon patterns of charge, which define different compartments, each displaying unique functions. Flows of ions in fluids communicate the functions of separate compartments, whether they are cells, organs, nerves or vessels. Free and organized electrical communication in the fluids and the fibers among these separate compartments reveals a healthy condition. Distortion of the structure alters these flows of charge in the fluids and fibers, and it disturbs vascular and neurological function, ultimately disturbing organ function.

PIEZOELECTRICITY

Energetic influences have their effect through the avenue of piezoelectricity. All proteins are piezoelectric due to charged carboxyl or nitrate moieties. The extracellular matrix and all proteins that make it up express piezoelectric qualities. The extracellular matrix functions as a liquid crystal. All crystals express piezoelectric qualities, that is, electrical and mechanical energies, simultaneously. The tissues, in general, behave as electrical conductors (glycosaminoglycans), resistors (collagen) and transistors (cell membranes). (See *Biology of Belief*.) When the electrical aspect changes, mechanics change. This comes in two forms: motion and position. First, with *mechanical* input we can see a change of charge arrangement or flow of electrical elements (electrons and ions). Second, with *electrical* input we can see a change in position or motion of mechanical elements.

For the simplest example, a nerve impulse causes a muscle contraction. Further, a muscle contraction involves an electrical current, the movement of ions (Ca^{++}) within the compartment (sarcolemma) to affect a mechanical action of the actinomyosin complex.

Similarly, any mechanical input is accompanied by an electrical effect. Femurs emit electrical activity with the vibration of each step. Likewise, any change in the flow of charge is accompanied by a change of mechanical motion; for example, your hands and mind used in osteopathy in the cranial field alter the charge and consequently the fluid flux and fiber mobility. A change in the distribution (position) of charge in the tissue is accompanied by a change in conformation (position) of the fibers. Distortions of fiber placement distort charge placement. Restriction of mobility (motion) of fiber restricts flow (motion) of charge.

The energy sink of Fulford can be described in terms of piezoelectric qualities. The mechanical distortion of fibers from trauma causes a change of patterns of charge. The flow of charge through the traumatic field is disrupted just as the configuration of fibers is distorted. The configuration of fibers and the pattern of charge both being altered are also both palpable. The direction of the traumatic force leaves its imprint in the tissues with altered fiber arrangement and altered electrical field and flow of charge, all displaying palpable amplitude and direction, the definition of a vector. These palpable traumatic imprints guide the osteopath in the application of treatment.

PORTAL TO BREATH OF LIFE

The osteopath matches the electromechanical force in the tissues to achieve a balance of tension in all three cardinal directions (balanced ligamentous tension.) Once three-dimensional balance is achieved, the forces of charge and mechanics are freed to change the distortion of the imposed traumatic force. This point of balanced tension is quite still. This is important. The stillness of this fulcrum of the energy sink is a portal for the observer to stillness that is everywhere (or nowhere.) The stillness that lies outside of time and space is the spirit that expresses The Health, the originating impetus for form, or the Breath of Life.

FULCRUM

When one seeks The Health, one finds it in the balance point of the pathological fulcrum within the energy sink where piezoelectric forces are at a standstill, where disease is fulminating, where there is stillness. During treatment, from this point of stillness emerges a renewed vitality, incipient fluid ebullience, a force for healing. This stillness is the location that harmonizes with the stillness of the Breath of Life. This is the point from which the distortion of the charge and fibers is corrected, where the Breath of Life finds a portal to activate the fluid to deliver The Health.

If one wants to find The Health, one attends to the fulcrum of the dysfunction. Find the fulcrum around which the dysfunction turns. This is a mechanical location where the palpator has direct access to that which is outside of three-dimensional reality, the Life Force (Breath of Life). It is essential that the practitioner hold the intention of health and healing. One must be in an attitude of love as one attends to the fulcrum. No adverse judgment about the condition of the patient or the fulcrum would be consistent with the return of health to this region of dysfunction. In the stillness of the pathological fulcrum, the Life Force accesses the fluids through which it acts to produce effects towards rebalancing the traumatic distortion. According to Rachel Brooks, MD,

Rollin Becker, DO proclaimed that the force of trauma that resides in the tissue distortion returns to the Breath of Life while the force for healing emerges from the Breath of Life into the tissues.

INTELLIGENCE OF THE TIDE

The "Intelligence" of the force for healing, The Health, the Breath of Life, or as Sutherland called it, the "Tide" behaves in ways that an individual who is treating might not predict, but it proceeds, in retrospect, in a manner that is the most efficient and effective in restoring the position of collagen fibers and in restoring, at the same time, the charge residing in the tissues. As these mechanical and electrical qualities of the tissues are restored to balance, to their original condition, the flow of fluid washes through the formerly congested, unhealthy region, restoring it to health, and integrating it back into the neighboring tissues. Now the traumatized energy sink fades from the palpator's perception as a separate entity. It no longer can be identified as a location where energy does not flow through, as energy now does flow. A stillpoint occurs in which the rest of the body adjusts to the new condition, a total integration. This is followed by easy, normal motion signaling the end of treatment.

LIQUID LIGHT

As Lawrence Fagg, PhD points out in his book *Electromagnetism and the Sacred* (1998) all electromagnetic events have an underlying support of photons. Virtual photons are in the trillions in an atom, holding electrons in their orbits, for example. Light is the basis for all matter. For every material particle there are 9×10^8 photons. This ratio is a constant of nature. Every proton, neutron, electron has 0.9 billion photons associated with it. The ubiquity of light can be considered evidence for the immanence of God, according to Fagg. The exchange of energy that creates a return to the original structure (position of fibers) occurs under the auspices of light. Light is the force for healing that initiates the Intelligence of the Tide and makes the tissue changes that we palpate. The portal to the Breath of Life at the point of stillness of the fulcrum conveys this light to do its work. Sutherland's words ring true that we observe liquid light as a fluid within a fluid.

SUMMARY

To find health should be the object of the doctor! Today we have more information to support this admonition from Dr. Still. In summary, we can say that we utilize the natural forces for healing in the patient's body by engaging the fluid dynamic that carries The Health. We find The Health in the pathological fulcrum at a place of stillness, a portal to the Breath of Life. We engage the forces for healing by matching the traumatic forces found trapped in the distortion of the tissues, that is, balanced ligamentous tension (or other inciting maneuvers taught in the basic cranial course.) Once engaged, we feel the Intelligence of the Tide "go to work." It works to unwind the distortion. The traumatic energy in the tissues flows to the Breath of Life and forces for healing flow into the tissues from the Breath of Life. The fluids bang against the motion resistance that we discover in the energy sink. The fluids might produce a lateral fluctuation, a figure-of-eight motion or other, chaotic motions to restore a normal

position and charge of structural proteins. Soon tissue texture changes that we originally discovered become more fluid-like and the distortion from trauma is remodeled to the original configuration, that is, health is restored. The container now harbors the function that it was originally designed to hold. The first sign of health is a restoration of fluctuation. A stillpoint follows. Then, comes easy, normal motion. The latter feels like an unrestrained fluid motion gliding up onto a smooth, sandy beach as opposed to the rigid seawall that existed minutes before.

WHERE YOUR MIND GOES, THERE IS THE POTENCY

Once this local dysfunction becomes healthy, our awareness might discover another center of dysfunction. It's fulcrum, as the first energy sink, could be inside the dysfunction or outside the organism. Placing our attention on this fulcrum initiates the forces for healing to emerge once again and provides another opportunity for the release of tissue tension. If the fulcrum exists outside the tissues, we work with it in a similar fashion. We place out attention on it and watch it move to a place inside the body and produce a healing fluid activity in the tissues. Where your mind goes, there is the potency. The attention of the osteopath determines where the vibration of the mind activates the fluid motion.

The mind holds more influence on the treatment of our patients than we might ascribe to it. The mind has

thoughts/intentions/attention that manifest as patterns of vibrations. These patterns of vibrations harmonize with the water and fibers to elicit a response. The vibrations of thoughts are enough to trigger the prm to go to work. Sutherland said that you can rely on the Tide to do the work. Attention on the stillness within the fulcrum will activate the Tide with its innate Intelligence and delivery of The Health.

FULCRUM TO FULCRUM

We can proceed from fulcrum to fulcrum until the entire body has cleared itself of restrictions of motion and now works as a unified totality. Once the body achieves a unified totality, there will occur a full body stillpoint, a shimmering fluidic dynamism, followed by a full body excursion of fluid fluctuation. This is the ultimate goal of an osteopathic treatment – total body health.

HEALTH EMERGES FROM THE STILLNESS

The fluid delivers The Health. Health emerges from the stillness of the dysfunction. Intelligence directs the Tide to correct the dysfunction. Osteopathy depends upon The Health, whereas some mainstream medicine operates from a disease model. As osteopaths, we are fortunate to have the opportunity to work with the forces for healing.

An Introduction To Family Constellation Therapy

Anneke C.H. Hogeland, MS, MFT, CHom

Family Constellation Therapy (FCT) is a therapeutic process that is based on the understanding that insufficiently resolved traumatic events from one's family lineage can be transferred to and influence the subsequent generations. These ancestral patterns can later emerge, limiting possibilities or recreating behaviors that may manifest as illness, addictions, and destructive relationship patterns.

Bert Hellinger PhD, who was instrumental in the development of this work, emphasizes that the bond of love is an intrinsic operative force in family systems. In FCT, a central tenet is that everyone that is born into a family belongs equally, and if anyone becomes excluded, that excluded person or event becomes an energetic burden that influences the family system. This burden is carried unconsciously by those born into the family at a later time, and is referred to as an entanglement. These are powerful, below consciousness connections which create an invisible loyalty to the excluded ancestor or that ancestral event. These invisible loyalties keep individuals from attaining the full freedom to live their own lives in the here and now. Nor can the family itself live in any proper kind of order when some members of the family cannot live their own fates, as they are living out the fates of past generations. Furthermore, Hellinger states that when the order is disturbed, love cannot flow, and stuckness is often experienced as a result.

Family secrets have a way of remaining hidden. They are not talked about or expressed directly, and over time people or events become 'excluded' from the family story. Miscarriages,

a child's untimely death, murders, suicides, sexual abuse, wars, mental illness, criminal behavior, failed love affairs, extramarital love affairs, addictions, abuse, aggression and violence, etc., are examples of events that have a direct impact on the family system and can leave an energetic imprint for many generations.

Family constellation therapy (FCT) is an invaluable tool for identifying these deeply hidden ripples in a patient's case and background. It is a simple and practical method for illuminating a case with enormous potential benefit.

FCT graphically demonstrates that each of us is a part of a field or energetic patterning which we carry through all aspects of our lives. In FCT, the practitioner and client (frequently with the help of other people acting as representatives) work together to elicit the hidden aspects of the family dynamic. Order becomes restored when the excluded family member is brought back into the family fold or the past traumatic event is understood and resolved. Everyone can then assume their rightful place, breathe, and pursue their own fate. Illness and dysfunctional behaviors can now fall away.

FCT offers an explanation for repeated negative patterns of behavior, often despite years of good treatment. FCT gives voice to the hidden cause that lies beyond conscious awareness. When the previously hidden connections are re-established, it becomes possible for people to stop carrying and expressing the burdens that belong in the past. Health and well-being can finally be attained.