

What Bowen triggers in the body

Excerpt from a book by Manfred Zainzinger

Bowen rebalances the body

In the Far East the energetic concept is a balance between Yin and Yang, the polarities. Everything flows and is part of the whole. If one element is unbalanced the whole is disturbed. Gentle impulses can support the body to bring it back into equilibrium. The balance between the left and right half of the body plays an important role.

Bowen relaxes the body

Only a few moves help the body to reach a level of deep relaxation. In this state everything is easy. The autonomic nervous system calms down, the body can work in peace and find its equilibrium. Healing is possible. Many people fall asleep during treatment. This can even be a sign of relief, especially for “thinking” types of people for whom it is difficult to let go.

Bowen stimulates the self-healing power

Starting from the brain, information is transferred to the body. When moves are applied to specific points, the body becomes aware of the area needing attention. This is followed by a flow of energy and nerve impulse. Because of the interaction of the nerves and other control points within the body, effects can occur in other parts of the body as well.

Bowen releases the energy flow

In Far-Eastern medicine, the energy conductors of the body are called “meridians”. As well as the nerves, which are used in Western medicine as an explanation for the effect, the meridians and their increased energy flow can also support healing processes. More vitality is noticeable through energy flow.

Bowen stimulates the circulation and the lymphatic flow

Not only energy circulates in our body but also blood and lymph. The latter is responsible for detoxification. If the lymph flow is blocked, the body cannot completely clear the waste-products from the tissue. Moreover, oedema-fluid accumulation in the tissue can occur. Bowen gently stimulates the circulation as well as the lymph flow, which again activates the expulsion of toxins.

Bowen stimulates the intake of nutrients and oxygen

In this way nutrients can be more easily transported from the stomach and digestive systems into the cells. It is of course very important in this context to consciously follow a healthy diet with enough nutrients. Bowen considerably improves the intake of oxygen to the lungs, a positive effect when there is difficulty in breathing. Sufficient exercise lets the body breathe more deeply thus providing more oxygen, an important basis of our health.

Bowen relaxes muscles and tendons

Occasionally, muscles become tense because of stress and try to adopt a protective position in order to avoid pain and to make parts of the body immobile. Bowen gently loosens up the muscles without causing pain.

Bowen improves the mobility of the fascia

Fascia is the membrane which shapes the muscle tissue. The Bowen therapy dissolves adhesions. Also scarred tissue becomes softer without putting undue pressure on the fascia.

The Bowen effect on emotions

Without being one of its targets, Bowen can trigger emotions because the body never forgets. Past traumas settle in the body’s memory and act as crystallized emotions. It can make relieving tears flow and healing may also occur on the emotional level.

Andrée Boisvert

andree@abholistichealth.com

www.abholistichealth.com

250-816-5543

Excerpt from a book by Manfred Zainzinger
Bowtech The Original Bowen Technique

What Bowen is not

It is more difficult to answer the question what Bowen exactly is than what the technique is not. Since it cannot be compared to anything else, it however reminds one of several other methods. Although Bowen, for instance, triggers off the energy flow and deals not only with the body, but also the energy system, the method cannot be explicitly understood as energy work, because the therapists do not make themselves a channel for the energy transference. Even if Bowen always includes a holistic comprehension of body, soul and mind, this technique is neither a pure body method, nor a pure spiritual one.

Bowen is not massage

Although the technique deals with muscles and connective tissue, gentle is all that is needed. There is no deep and sometimes painful massage in Bowen. Muscles are not kneaded until they are soft, they simply loosen on their own as the moves are applied.

Bowen is not a trigger point therapy

There are many parallels but this therapy has not directly influenced Bowen. While trigger-points are mostly situated in the middle of the muscle being pressed to release tension, Bowen treats the area where two muscles or muscle groups overlap, at the muscular insertion or via nerves and tendons as well.

Bowen is not a lymphatic drainage

The lymph flow is stimulated by Bowen, however there are no specific strokes and stimuli of the lymph flow as in a lymphatic drainage.

Bowen is not a therapy of muscular or muscular sheath relief

Although the Bowen moves act on the fascia, the muscular sheath, there is no specific and deep treatment of the fascia as with Rolfing. The moves there are made with more pressure, which can even be painful. This is not true for Bowen.

Bowen is not a chiropractic therapy

Even if dislocated joints and vertebrae can reset themselves by the work on muscles and tendons, Bowen neither acts on the skeleton nor on the bony tissue. There are no strong jerkey thrusts as in chiropractic.

Bowen is not physiotherapy

Although sometimes simple exercises will be recommended to support treatment, they do not aim at the body training. Moving the body, as in walking, is helpful for detoxification, but strenuous exercise on the day of treatment and some days later may interfere with the beneficial outcome.

Bowen works without aid

No oil or vibration, electricity, magnetism or implements are used. Treatment happens exclusively with the hands.

Bowen is not body psychotherapy

Although the moves can trigger off emotions, it is not the aim when using this method. Emotions can drain away with the energies, which are dissolved in the body. Often people report a feeling of well-being and clarity after treatment.

Bowen is not energy work

Similar to reiki, polarity and other methods, work is carried out with the hands, which stimulates the body and energy systems, increasing energy flow, however it does not consciously transfer energy to the body.

Bowen is not a religion

In order to experience the Bowen effect, you need neither to be religious nor part of any other doctrine. Being open to treatment and healing, however supports the process as with any other method.