

Don't Forget the Emotional Aspect!

On 11 July 07 I went to see my lovely Bowen Therapist and Instructor, Nicola Hok for a treatment. We decided that Nicola would do a 'Mind, Body, Bowen' treatment on me as I felt I could see other therapists or colleagues for 'normal' Bowen.

For those of you who are unfamiliar with this treatment, rather than asking the client to 'switch off' and sleep as you would normally do, you instead ask the client to imagine that an electric switch has been turned on, and you ask the client to see where this electricity flows to in the body. The bottom stoppers are in this case the 'power switch'.

Immediately after the first moves had been put in, I felt cold around that level in the spine, which then spread to the top of the hamstrings. I also felt an almighty blast of cold along my left shoulder and along the left SCM. This remained so for a long time. There was some cold in the pelvic area, but predominately the cold remained at the heads of the hamstrings (especially the left) and in the shoulder/neck area.

Eventually after quite some time, cold ended up in my calf muscles and then poured out to the sides of my feet. Throughout this it felt like someone had their hands on my ankles as if to hold me in place.

After some more considerable time, Nicola added two more moves, I then went into this paralysed state, particularly on the left. At first I was slightly afraid, but after I while, I realised that I was meant to 'stay put' and I had no choice.

This whole feeling of paralysis lasted an extremely long time and the word 'patience' started to come to mind and how my body needed me to be patient; to stop, wait, relax and to let things happen.

Very gradually and after more time, I felt able to move. Little by little, starting with my feet, ankles, hands and wrists I began to move, then moving a quarter turn and then stopping for a while. Eventually moving a little more in fits and starts until I had turned over and was lying supine. I finally needed some more 'still' time, just gazing up to the ceiling until Nicola came back in and we talked about what was happening in more detail.

Nicola had in fact gone in and out of the room many more times, but I was not ready to talk, or as she put it, I was still 'processing'. The whole treatment was only four moves. My resolution about this treatment was the fact I needed to have more patience in my life and with my body. The whole experience, I believe, was also about being held back, or holding back with some things in my life.

After I had got dressed, I just felt the urge to test my stubborn frozen shoulder, which despite Bowen, dropped quickly back to 90°. I couldn't believe what happened next as it floated effortlessly all the way up, and has remained up! I was amazed, and again reminded about the true power of this work. They say that 'patience is a virtue' I've certainly learned another life lesson!

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PS – I believe that Margaret and Ann will be running their 'Mind Body Bowen' course in the UK again in February 2008. Please ask Nicola Hok for further details.