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# Ortho-Bionomy®

## NEWSletter



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## PRESIDENT'S address to members

Have you seen or read the Ortho-Bionomy News in the past? Or, is this your first time looking at it? If you are familiar with our SOBI quarterly publication you will notice a new look. We are endeavoring to boldly go where no Ortho-Bionomy Newsletter has gone before! We are on a New Mission!

We want this Newsletter to be an informative and educational tool. Something you hand out to your clients, friends, family, everyone. There will be interesting articles or tidbits for those wondering about Ortho-Bionomy, those wanting to know more, students, practitioners, instructors, and everyone interested enough to pick it up. Our goal is to make it interesting to everyone, economical to print, with a space for your identification label so you can use it much like you would use a brochure. You'll be able to print it as needed. It will contain all the advertisements from members and SOBI information, minus the business related stuff, i.e. financials, meeting minutes, etc. That type of info will come to members via email and will be on the website.

Here is what we have in mind: We would like to have an area specifically explaining Ortho-Bionomy to lay people. Starting from the very beginning. What is it about? Members can write about how they found OB and how they got involved. It will be personal and dynamic! Personal stories, moving stories, funny stories, experiential stories. Stories about you. Stories about your life with Ortho-Bionomy. How you got wrapped up in it. How it has helped you take the path of least resistance and move and live with ease. How living with an understanding of Ortho-Bionomy, of no attachment to the outcome, of less is more, or the incredible wisdom within us, has helped us navigate life on earth.

And stories with a little more info for people that want to know more. Articles on what kind of organization Ortho-Bionomy is, what does the trademark mean, how does it affect me, and  
*continued on page 2*



*continued from page 1*

how is it used, how to begin to study OB, how to find more information, what does "Ortho-Bionomy" mean? Who started it, what are classes like, how is it taught, how do I find an Ortho-Bionomist in my area, how would I prepare for a session, etc, etc, etc... You get my drift.

We are asking everyone to do a little soul searching to see if this is the right time for you to write a piece for the Newsletter. Did your heart speed up a little when you read that last line? If it did it is definitely time for you to put pen to paper.

We have an Editor that would love to help you get your story written. A couple phone calls with her and you will be on the road to a beautifully written piece for publication. Or, if you know someone that is good with words ask if they will help you get something written. It can be short and sweet - a paragraph or two. If you are new

to Ortho-Bionomy write a little blurb about how it has been for you. What has your experience been like? How do you explain ORTHO-WHAT??? Your experience could help another person get through a struggle or a block, so share it with your Ortho-Bionomy community.

Another new feature to the News-letter is "Letters to Members" similar to "Letters to The Editor". Not necessarily opinion pieces like in a Newspaper but more like letters on how and why you came to Ortho-Bionomy, how it has helped you and your clients, fun or helpful stories about you and Ortho-Bionomy. Has Ortho-Bionomy made you giggle, laugh, weep, or scream? (It's made me do all of those, and more, but enough about that.) Letters are often easier to write than Articles. Just like writing a Letter to your favorite auntie, or niece, or nephew. Let's see if we can bury our editorial staff in letters and articles. I'm sure we can do it.

I bet in the past you thought you didn't have the experience or authority to write something to publish in a newsletter. Just ask yourself "who is the best authority on you"? (Ignore the other person that comes to mind because I want your take on you, not theirs).

Here is exactly what I'm asking of you to help make our NEW Newsletter a success: submit a letter or article (500-1000 words) of your experience with Ortho-Bionomy. Or submit a letter or article to help explain anything and everything about Ortho-Bionomy. It's a wide-open gate kids! Just zero in on what you will submit bi-monthly, quarterly, or annually. I am waiting to hear from you.

Take really good care of yourselves and get writing!

Jeanne

Ortho-Bionomy News is published quarterly by the Society of Ortho-Bionomy International, SOBI, as an informational and educational tool for members of SOBI, Ortho-Bionomy enthusiasts, and anyone interested in learning more about Ortho-Bionomy. Feel free to print portions to hand out to advertise your business. Remember to attach your label with your contact info. Printed newsletters can be ordered from the SOBI office. See order form on SOBI website.

Information contained in Ortho-Bionomy News does not necessarily reflect the opinions or beliefs of the Society of Ortho-Bionomy International and/or the staff of Ortho-Bionomy News.

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**"TRAUMA CREATES  
CHANGE YOU DON'T  
CHOOSE. HEALING IS  
ABOUT CREATING  
CHANGE YOU DO  
CHOOSE."**

**- Michelle Rosenthal**

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## SOCIAL SHARING

Embody O-B is a Facebook page for our Coordinator community. It is a closed group, specifically for Coordinators and Instructors who coordinate their classes. This won't be for sharing our schedules. This is for students sharing ideas; what's worked, what hasn't. How do we grow our communities? Coordinators are the grassroots of the Society. We share what we love, we invite Instructors into our areas and collaborate with Instructors to fill the needs of our area. We do the footwork of pulling a class together and we grow community. We believe deeply that by supporting one another, while promoting the principles of Ortho-Bionomy, we can all thrive, and we can all prosper. If you are a Coordinator or an Instructor who coordinates your classes, go to the Embody O-B Facebook page and request to join. —SOBI Office Administrator



# LETTERS TO MEMBERS



Have you thought about writing an article for the Newsletter? Do you have notes that could be turned into a story or article, but you are not quite certain how to start? Let's talk. I'd like to help you refine your thoughts and ideas into an exciting piece just waiting to be published. We can do an interview by phone or Zoom as we work together to get your story just right.

SOBI is a beautiful community; if we allow our beauty to flow into the words of our newsletter we can bring our message of ease, flow, and comfort to everyone that reads it.

A lot of you have been around a long time and have so much to offer; so many stories to tell. Help us draw new members. Help us refresh and enlighten those already in our community.

Contact me to set up time for a short chat or Zoom meeting; I want to hear your story or experience and get it on paper! Contact the SOBI Office and we can set up an appointment!

Sarah Lee Canfield (YOUR Editor, here to SERVE!)

Dear SOBI,

Since we have been shut down due to Covid-19, I have been Zoom meeting with some of my instructor training cohorts weekly. I have also taken some Zoom study groups and classes, meeting people from all over the country. This is a little more flowery than I usually get, but I am feeling VERY blessed to be a part of the rich tapestry of Ortho-Bionomy: the extraordinary body of creative, talented people pursuing their passion for facilitating healing in the world. Each person brings the invaluable matrix of their experiences, sharing their knowledge which enriches us all. I'm not glad that the Covid virus has visited our shores, but I know that my understanding of Ortho-Bionomy has deepened immeasurably during this time.

Thank you all for sharing, Stay safe out there!

- Nicky Roosevelt

# Golda's Story

BY TERRI LEE



I breed, raise and train old fashioned, Straight Back German Shepherds as well as practicing & teaching Ortho-Bionomy since 1982. I call my dogs, Ortho-Bionomy German

Shepherds because they get Ortho-Bionomy in the womb. They get Ortho-Bionomy on their bodies from birth. They have Ortho-Bionomy in their bones from birth. I want to tell you a story about one of my pups. Her name is Golda.

As Golda was being born, with head and shoulders coming out, an interruption happened that caused the mom, Mandy, to suck the baby back into the birthing canal. After some very scary moments, Laurel, my sister and fellow puppy midwife, was able to get the pup out and born alive. She was christened Golda because of her strength & will to live. She immediately was suckling with the other pups while awaiting the birth of the next pup.

The first day, I noticed that Golda was not 'plumping up' like the pups usually do in the first 24 hours. She was flat and was crawling on her side to get to her mom to nurse. This is quite unusual, and most breeders

would have disposed of this pup at this point. They do not know Ortho-Bionomy and the elegance to which it addresses these unknown nervous system disorders. I assumed her nervous system/cranial nerves had been highly distressed during the birthing trauma. Knowing how powerfully we can work with the nervous systems, Golda became an adventure in discovery.

Every day, I observed and worked with Golda. It wasn't a full session every day. I would work with the parts that seemed obvious that day-like neck, cranium & pelvis. The patterns that would present themselves were fascinating. Pups grow so quickly, making changes daily in their motor skills and awareness. I would exaggerate & support. When she couldn't hold her head up, I worked with connecting all of the neck vertebrae with C1, helping her stabilize and feel herself all the way through her spine.

When she started to walk and her head was like a weeble wobble head, I would hold & stabilize her body and head, while her little legs & feet worked at moving her in the direction she was going. Living up to her name, strong & determined. When it seemed she was locking into a wry neck sort of 'RCA Dog Pose', I started doing isometrics with her. Also, several times during the day,

I would cock my head and mimic her and then slowly move my head in the opposite direction and she would follow me as she watched, turning her head out of the locked position, allowing the nervous system to feel that movement and the use of those muscles. She was a voracious eater, growing strong and big quickly. Everyday there were different patterns, every day a creative process with Ortho-Bionomy. What will my hands find today? How will she be different?

Because of Golda's special needs and her insistence from birth that she was going to my friends Bob & Nancy. I called Nancy and told her of Golda and her special needs - I was sure she would need Ortho-Bionomy as a constant part of her everyday life for the rest of her life. I sent them pictures and video of Golda so they could see what I saw then, Golda was about 4 weeks old. Bob & Nancy had talked to me about getting one of my pups, however they wanted one - later.

So, I was calling & asking them to consider a special needs dog out of their planned timing. They had discussions, we had discussions. They decided they would take this sweet, happy girl. However, because they were moving, they could not take her at 8 weeks old. I would need to keep Golda until they were moved.



# 2020 SOCIETY CALENDAR

## **September 15, 2020**

Materials/Waivers/Evolvement requests for PRC/IRC Due  
Newsletter Article Submissions & Advertising Due

## **October 1, 2020**

Board of Directors Term Begins, Board Retreat

## **October 2020**

Ortho-Bionomy News Quarterly Newsletter Available

## **December 15, 2020**

Newsletter Article Submissions & Advertising Due  
Materials/Waivers/Evolvement requests for PRC/IRC Due



Sheri Covey  
Advanced Instructor of  
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*continued from page 5*

This was good with me. She is a very special girl.

Then came the day all the other pups went to their forever homes and I was left with Golda and my pack. I quickly realized that Golda was deaf. All this time, the other pups had been Golda's ears - tagging her when she was asleep, telling her that I was approaching. My dogs would go by and rattle her bed - I hadn't noticed that they were waking her up before this as there were so many puppies in motion, playing with each other the way pups do. However, without the other pups it was so obvious!

I called Nancy & Bob to inform them that I would be keeping the pup and although they had sent some wonderful toys for her to play with and I much appreciated that they were going to take her, a deaf dog changed that agreement. Nancy asked "WHY?"

I said, because a deaf dog cannot hear you call them, or soothe them, or praise them. A deaf dog cannot hear the bear, or the oncoming car. So many challenges that I have no experience with. I had however, immediately found a website that was marvelously informative and had been educating myself on the subject. I told Nancy about it. She wanted to talk to Bob, read up on deaf dogs and think about it.

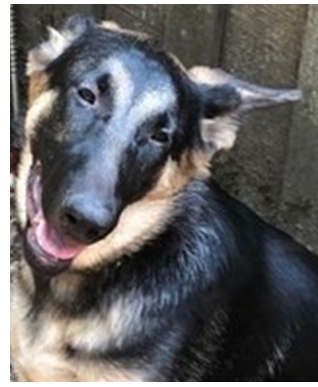
When Bob was told about Golda's deafness his first response was "I sent a deaf dog a squeaky toy?!!" I then sent a video of her

totally chomping down on this loud squeaking toy and told them "Golda does not care that the toy squeaks - Golda cares that it fights back". She loved that toy, tore it up real good. Nancy told me she later found Bob waving his fisted hands in front of the neighbor's dog and when asked what he was doing, he replied "practicing my paw language". Funny man.

Golda stayed with me and my pack until it was time to take Golda to Bob & Nancy when she was 7 months old. German Shepherds need a job. I give all of my pups a job before they leave my house - love your human family. I talked to Golda, yes, I talked out loud to the deaf dog, all of the time about Bob & Nancy. They received pictures and videos of her as she was growing. I had to work hard not to personally bond with her as 'the owner'. It was so hard, she is such a love.

When I arrived with Golda, it was instant love, like they had already met. Another proof of energetic connections. She adored them. And they adored her. About day two, we were sitting outside and I put a therapy dog vest on Golda. She looked at me, puffed up her chest and went over and sat next to Nancy and said 'this is my human'. It was so incredible. The transition was seamless. I left for a week and came back to visit, just to see how things were going. And to give them a chance to hand her back if it was too much. Golda was happy to see me and the two dogs I was traveling

with, however, she made it clear, she was with her people and was not going anywhere with us. Bob & Nancy made it clear she was staying. I was so happy.



**Golda/5 months**

Golda is loved. She looks after her family like she was born to do. I love the pictures I get, seeing how she is maturing. How wonderful Bob & Nancy are with her. How much she loves them. Golda is a wonderful 'What Ortho-Bionomy Can Do' success story! Trust the work. Observe. Support.

**Terri Lee**

### Biography

*Terri Lee is a Registered Advanced Instructor of Ortho-Bionomy, teaching and practicing since 1982. She studied extensively with the Founder of Ortho-Bionomy, Arthur Lincoln Pauls.*

*Terri has had a wide range of Clientele: horses, dogs, turtles, birds & dolphins - oh yes, and humans. Terri has traveled world wide teaching and practicing Ortho-Bionomy. Her expertise in teaching this gentle, effective bodywork allows students to gain a deeper understanding of Ortho-Bionomy and of themselves.*

*Terri believes that when you learn to work with the nervous system of humans, applying these same Ortho-Bionomy Principles to life, animals & nature is easy. She has developed Canine and Equine classes, teaching in one day, two day and week long formats. Terri can be contacted at [soldancin@gmail.com](mailto:soldancin@gmail.com).*



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Contact the Ortho-Bionomy Office if interested.

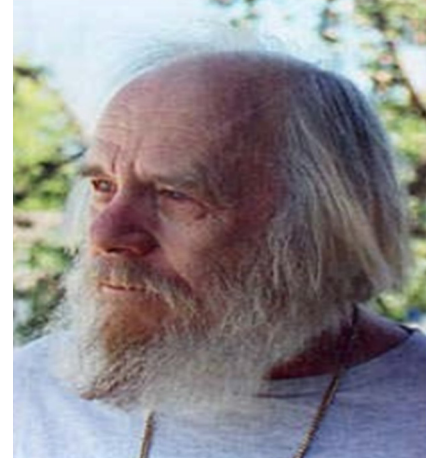
**Email: [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)**

Sept. 17th	Susan Smith	Working with the Equine Fight or Flight Response
Oct. 15th	Bettina Beaucamp	Burnout
Nov. 19th	Luann Overmyer	Ethics
Dec. 17th	Rouel Cazanjan	Phase 7 & Life Skills



# The development of Ortho-Bionomy®

BY LUANN OVERMYER



Arthur Lincoln Pauls

Ortho-Bionomy is a system of working with innate reflexes. Ortho-Bionomy Bodywork introduces the concept of self-correcting reflexes as the basis for stimulating structural balance and client awareness. Gentle positioning is used to relieve joint and muscle pain and reduce stress. The work is non-forceful and indirect. Through the action of the proprioceptive nerves, natural self-corrective reflexes are stimulated, allowing the client to sense the releases and relaxation of patterns of tension and distress. Due to the gentleness of the techniques, acute pain can be addressed as well as chronic conditions that require more of an on-going process of rehabilitation. The client feels a part of the healing process and is encouraged and empowered to awaken to the potential within him or herself.

Developed and founded by Arthur Lincoln Pauls, a British Osteopath, Ortho-Bionomy has its roots in Osteopathy. Osteopathic principles emphasize structural alignment and unimpeded circulation of blood and lymph for physical health. In 1964, an American Osteopath, Lawrence Jones, published an article titled

***Spontaneous Release by Positioning.*** Jones found that by slowly and carefully exaggerating an abnormal bony posture in such a way as to make the patient maximally comfortable, an amazing process unfolded. The patient treated in this gentle fashion spontaneously relaxed those muscles whose spasms had been keeping the bones in an abnormal position without force and without cracking or crunching.

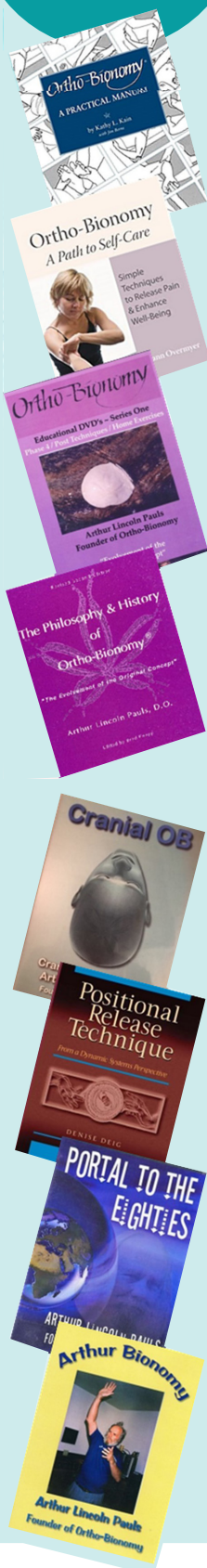
As a Judo instructor, Pauls had often visited an Osteopath for structural manipulation treatments. Although helpful, the beneficial effects did not last. In order to understand more about how structure could be corrected and how function could be lastingly restored, Pauls became a student of Osteopathy. Here he encountered the article by Jones that intrigued and impressed him and led to his dedicating himself to the principles of non-force manipulation as his life's work.

Recognizing that spontaneous release by positioning works by exaggeration of the lesion, Pauls theorized that the greater the exaggeration, the longer the release

time. While working with someone whose pain prevented him from using the standard Jones' techniques, Pauls discovered that subtle exaggeration with slight approximation of the articulate facets reduced the release time to 30 seconds. This became Phase Four of Pauls' research. By 1976 Pauls had developed the Phased Reflexed Techniques of Ortho-Bionomy. The term Ortho-Bionomy means "correct life study" or "science of laws pertaining to life." Pauls defined the techniques as "the correct application of the natural laws of life." Originally the term "phased" was used because the techniques were developed in stages. Phase One was Jones' work, Phase Two and Three were early attempts that proved impractical and difficult to demonstrate to others. In addition to referring to the development of the techniques, time and experience has shown that the term "phase" actually describes the onion skin effect of the work. People release in phases, and at a pace that allows their body to support the structural changes. The term "reflex" is used because Pauls believed the self-corrective reflex to be the key factor. While Jones

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# THE SOBI STORE IS OPEN



## BOOKS

	Member/Non-Member
Ortho-Bionomy: A Practical Manual, Kain/Berns	\$20 / \$25
Philosophy & History of Ortho-Bionomy, Pauls	\$17 / \$22
Chapman's Neurolymphatic Manual	\$20 / \$25
Ortho-Bionomy: A Path to Self-Care, Overmyer	\$20 / \$27
Positional Release Technique, Deig	\$30 / \$40
Equine Positional Release – Download PDF, Carter	\$30 / \$35

## DVD's

	Member/Non-Member
Discount set of Series 1 & Series 2, Pauls	\$215
Series 1 - Phase 5 & 6, Pauls	\$130 / \$140
Series 2 - Phase 4 & Post & Home, Pauls	\$100 / \$110
Cranial, Pauls	\$50 / \$60
Pearls of Wisdom, Pauls	\$40 / \$50
Portals to the 80's, Pauls	\$35 / \$45
Arthur Bionomy, Pauls	\$45 / \$55
Discount set of all five Phase 8 DVD's, Lee	\$225
Phase 4 Spine, Lee	\$40
Phase 4 Extremities, Lee	\$40
Exploration of Movement, Lee	\$50
Isometrics & Isotonics, Lee	\$50
Postural Re-Education & Post Techniques, Lee	\$60
Bodyease Self-Care Video – Download, Rodriguez	\$25 / \$30

## STUDY GROUPS

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10 Newsletters (Including Shipping & Handling)	\$35
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demonstrated that force is not necessary for correction, the Phased Reflex Techniques recognized and further developed the potential for self-correction through increasingly subtle exaggeration and slight approximation.

These techniques educate the client through awareness and active involvement to understand how to recognize which positions relieve the pain, and how to find the optimum position to stimulate self-correction of the reflex arc that perpetuates the pain cycle. This is especially important when the client's compensations become incorporated into the body's proprioceptive understanding. The proprioceptors are nerve endings that give information concerning movements and position of the body. They are located primarily in the muscles, tendons and labyrinth of the inner ear. Proprio means "of one's own." Through the proprioceptive system, the person integrates their physical, emotional and mental experiences into their own movement patterns.

In the case of compensations from injuries, a person may proprioceptively incorporate the trauma pattern into his or her functioning. For example, a woman has an accident that injures her normal, healthy structural pattern of movement, yet she adapts to the trauma and develops patterns somewhat more limiting, yet still functional. Pauls found that if you follow the movement patterns inherent in the tissue and are guided by the

person's own proprioceptive movement, they will come to self-correct their own structural faults with your support. At the same time, they can also release emotional and mental trauma that was generated by the injury. This work he called Phase Five. He developed Phase Five techniques to allow the person to direct their own self-correction while the Practitioner follows and supports their autonomic proprioceptive movements. Pauls described this technique of self-correction as a mentally-patterned, proprioceptive, neuro-etheric, muscular reflex. He also found that these patterns could be sensed by his proprioceptive nervous system even if he wasn't touching the person. He found that the self-corrective reflex could be stimulated within the person by working with his hand away from the body. This method he called Phase Six.

Phase Six proves useful for those whose trauma seems to be incorporated into their energy system. Yet, these reflexes can also correct the person's structural faults, as well as bring them to a clearer understanding of the "accident" or injury. Since the techniques are non-force and non-traumatic, the client has the opportunity to consciously remember the original incident that caused the tension, and to recognize the position that releases the pattern and pain. Unlike rapid adjustments that try to correct the lesion before the person has a chance to realize what is happening, Ortho-Bionomy allows the timing to be a vehicle for

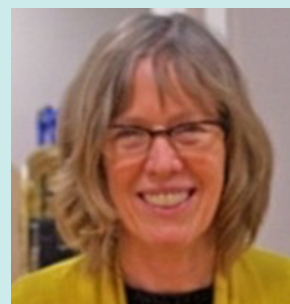
consciousness. During the positioning the person can experience what causes pain, tension and stress and what relieves it.

Pauls looked upon this work as an "education of the structural faults of the body." In his writings he said, "Remember (that) most manipulative practices are based upon forceful approaches. It has been proven that the body responds better when it is given the corrective motive for change. Change can only come about when the instincts of the body are summoned up in such a way that the body does not resist this change. Anything beyond this is force, which when applied too much, leads only to rebellion of the self instead of a reunification of the harmonic whole."

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## Biography

*Luann Overmyer has over 40 years in the practice and teaching of Ortho-Bionomy. She has trained and taught extensively in the field of body awareness, structural balance and wellbeing throughout the US and Australia and other countries throughout the world. Luann is the author of the book Ortho-Bionomy: A Path to Self-Care now available in English, Spanish, Chinese, and Taiwanese Editions.*





# Beginning Ortho-Bionomy®

BY LYNNE MAROTTA

Why learn Ortho-Bionomy? It is a simple, effective method that relieves stress, headaches, back pain, and much more. Ortho-Bionomy is easy to learn, and can have a positive impact on improving reflexes, speeding recovery rates, and restoring balance to the body. Classes are designed for anyone interested in natural health and self-care.

Whether you are curious about this simple effective modality or you are determined to study this work, begin by taking a class, or receiving a session from a practitioner if one is in your area. Self-care is a wonderful class to begin your Ortho-Bionomy experience. This class can help you recognize your body's varying responses to simple positioning while seeking comfort and ease. You will be on your way with building a relationship with your own body.

Phase IV is the fundamental level of this modality, and a great way to start to learn how to practice this work. Our history, philosophy and the concepts of Ortho-Bionomy are showcased in these classes. Phase IV classes also provide an overview of the basic release techniques and anatomy for the major joints in the body. Some instructors require this introduction to the work before taking other classes. Other instructors will welcome students in any Ortho-Bionomy class. The instructors are also advisors and can help guide you through your learning process.

In an Ortho-Bionomy class, you will see techniques demonstrated with students attending the class. You will pair up to practice what you learned with another student supported by an instructor who monitors the tablework. When your partner practices you will have a chance to receive Ortho-Bionomy. Seeing Ortho-Bionomy in action from a skilled teacher/ practitioner, practicing the ease of the work with another student, giving and receiving, will deepen your understanding of the profound effectiveness of Ortho-Bionomy.



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# A spiral a day keeps the doctor away

## Part 5: The Power of Witnessing

BY ROUEL CAZANJIAN, M.A.

This stand-alone article is part of an ongoing series dedicated to the genius of Dr. Arthur Lincoln Pauls, D.O., who changed the way I see the world and function in it. This is not a Phase 7 class, but is my offering on how to use Phase 7 Principles in life. If you have not taken a Phase 7 class, you might consider taking one from a qualified Instructor. Regardless, you can use these concepts and techniques if they resonate with you.

My past articles are:

A Spiral a Day Keeps the Doctor Away:

Part 1: Imagery (vol. 4/17),

Part 2: Connection (vol. 7/17),

Part 3: Essence (vol. 4/18.),

Part 4: Seeing Multiple Points of View (vol. 1/19).

You can look them up in the member's section of the SOBI website.

A lot of things are exaggerating and seemingly out of control in our world right now, which puts them into full view. The world can appear hostile, chaotic, and pointless. Depression and anxiety are at all-time highs, but also is the opportunity for personal enlightenment.

This was my inspiration for this article, because I use Phase 7 Principles every day to solve my life



problems, reduce my suffering, and help make the world a better place. There is not a single person on planet earth who has not been affected by the current pandemic. Phase 7 principles can help us all navigate these challenging times. Phase 7 is ultimately about seeing the universe as it is and working with it. Surrendering to the process of the Universe while observing it ignites paradoxical change. This is the difference between power and force. If we feel that life is fundamentally flawed, corrupt, or wrong, we sacrifice all this power and are left with forcing our way through life or collapsing into resignation.

To offer a broader perspective on human control, consider that life on earth made it all the way to pre-humans without our interven-

tion and was a fully-functional biosphere and ecosystem. While it is human nature to control things, it is overstepping our authority to think we know how the universe should unfold in all ways. I tell this to myself daily, because insisting on how things should be is a major source of needless suffering and bad results. There is, however, a mysterious universal process of change that we can access, even if we don't intellectually understand it. The key to this access is knowing how to witness.

### **What is personal versus transpersonal witnessing?**

Dr. Pauls, was a highly observant man by nature, but when he was performing Phase 7, he was not seeing through his personal lens

# EVOLVEMENTS

## CONGRATULATIONS

Practitioners, Associates, & Instructors!  
Evolving takes time, money, passion and dedication.

**YOU ARE ALL AWESOME!**

Instructor	<b>Luca Prada</b>	Teaneck, New Jersey
Advanced Practitioner	<b>Nicky Roosevelt</b>	Berkley, California
Practitioner	<b>Lois Kiefer</b>	Williston, North Dakota
Practitioner	<b>Donna Racik</b>	Leonia, New Jersey
Practitioner	<b>Sasha Sells</b>	Glenwood Springs, Colorado
Associate	<b>Sarah Lee Canfield</b>	Miami, Florida
Associate	<b>Jesse Jones</b>	Miami, Florida
Associate	<b>Cara Meier</b>	Delores, Colorado
Associate	<b>Michelle Potter</b>	Emmet, Idaho
Associate	<b>Purvi Shah</b>	Queens, New York
Associate	<b>Kristi Tucker</b>	Brighton, Colorado





with all his biases. He was observing through a transpersonal lens, which humans are not supposed to be able to do. I experienced this from him so early in my life that it seemed, not only possible, but natural. There is nothing wrong with personal witnessing, as long as we know that it is subjective. All unnecessary human suffering is caused by the way we view life from our personal biases, not by life itself. And, most of the problems in human society are from the same insistence on treating our personal biases as reality.

What if there was no good or bad or right or wrong – only cause and effect? What if good and bad were subjective, depending on our personal circumstances? This is actually true. The universe operates on a cause and effect principle, not a right and wrong principle. It is difficult to see that humans and all human activity follow this same law. Rather than judging life as good or bad, witness it through cause and effect, and self-correction will be forth-coming.

### **The Personal I and the Transpersonal Eye**

- 1) Pick a familiar object around you to observe.**
- 2) Say to yourself “I see this,” and let it impact you with any associations you have. This is your “Personal I.”**
- 3) Next, say to yourself “awareness is happening,” and have**

**the transpersonal experience of that object, seeing it as it is without any personal interpretation. This is your “Transpersonal Eye.”**

- 4) Graduate to other things to observe: plants, animals, people.**
- 5) Further graduate to seeing larger processes in the world that catch your attention.**
- 6) Always know the difference and honor your personal experience and your transpersonal experience.**
- 7) To help change the world, pick one aspect of the world that seems wrong to you (never cycle between multiple negative aspects). Just see it, purely as a witness with no personal investment in any specific outcome, but with an openness to some positive outcome. Relax, as you see it with greater levels of depth and specificity. Let go, as you go as far as you can. It will self-correct in some way, as the universe has been doing ever since the big bang.**

Life is much bigger than we are, which can make us feel helpless, unless we join with life. We do this by taking a step back from our personal self and embracing our Transpersonal Self. Our Transpersonal Self can see the essence of what is happening without adding any personal narratives – “it is just as it is.” Once we achieve this state, observing life can help it to change and will raise our set point for happiness at the same time. We can’t be in this transcendent state

all the time, nor should we be, but if we want to tap into the mastery of Dr. Pauls, it is essential to access this state in our own way.

### **Biography**

*Rouel Cazanjan, M.A., LMFT, CMT, SEP is a registered Advanced Instructor and Practitioner. He has over 30 years of experience teaching and working with clients. He also has extensive experience with Buddhist principles, mindfulness, meditation, hypnosis and many movement therapies.*

*“My passion is to help people use Phase 7 principles as a life-mastery process to alleviate suffering, improve relationships, improve health, and achieve success. If you found value in this article, please see the ad in this publication for my complete Phase 7 Life Mastery course.”*



# Want to work with horses?

BY SUSAN SMITH

Some of the best ideas emerge from coffee, tea and crumpets. This article came about as a result of a conversation over coffee with Jim Berns and Joanna DeRungs in Portland last year. Jim, a writer of some renown (co-author of *Ortho-Bionomy – A Practical Manual*), said I should write about how I got into Ortho-Bionomy. Ortho-Bionomy seems to attract a wide variety of people. I didn't come from a massage or health care background. So here it goes:

I came to Ortho-Bionomy without ever intending to become a practitioner. I was just going to take a few classes to augment what I had been learning from an instructor of another modality for horses who came to my area once or twice a year. No equine bodywork classes existed in my area at the time, and the only classes that were available were for humans. I was not interested in working with people, but found it really compelling so I kept going. I could also translate the work to horses. My advisors allowed me to do half my documented sessions on horses and my advanced practitioner demo was done on horses at the local horseman's association arena.

I am a freelance writer and editor and wasn't really looking for another profession. I owned horses so I wasn't sure I wanted to spend more money on extensive education. I thought I would save money

by learning to work on my own horses. I certainly wasn't expecting to someday become an instructor!

Because Ortho-Bionomy worked so well for me, my family and horses, I continued my education. I tell students, the education is always with you. Once you've paid for it, it's yours.

Equine Ortho-Bionomy was demonstrated at the 2019 Society of Ortho-Bionomy Conference in Indiana. I realized when I presented there that many people who are interested in working with horses didn't really know what might be available to them.

Working with horses has been practiced and taught by a few dedicated Ortho-Bionomists for quite some time. But how did they get there?

Of course, all this occurred pre-pandemic, and now many practitioners are reevaluating how to practice, or if they are not yet able to practice in their states, how to provide Ortho-Bionomy services in a viable way either by phone, video conferencing or collateral materials. Equine work has an advantage in the pandemic era of being done outside without a lot of people around, in many cases. I have been able to maintain some of my onsite clientele throughout the pandemic.







Here are some ways to incorporate equine studies into your Ortho-Bionomy program:

- You may find those equine-related classes listed on the Ortho-Bionomy website by doing a search for equine (Right now those may be online classes only).

- Seek an advisor who will allow you to do some of their documented sessions on horses. I was lucky enough to be able to work with advisors who allowed this and I allow it for those I advise.

- Equine Classes offered by Ortho-Bionomy instructors are considered SOBI electives. My classes are also approved by the NCBTMB so they count for those who need electives for massage and/or wish to include them in their practitioner and advanced practitioner programs. Many states are now requiring Ortho-Bionomy instructors become NCBTMB providers. (See study options below).

- Ortho-Bionomists who have had no prior horse experience who want to work with horses would do well to take these elective classes to become familiar with the needs, preferences and safety surrounding horses. While

we can work with all creatures, horses are large and move suddenly, sometimes in response to techniques or the movements of pasture mates. They can cause injury. Additionally, it's helpful to get in tune with the rhythms of horses.

- Those Ortho-Bionomists who have deep prior experience with horses will appreciate the Ortho-Bionomy approach to horsemanship and handling. The equine industry benefits from our Ortho-Bionomy principles, as there is a lot of handling that involves not meeting the animal where they are, for example.

Here are some areas I would like to see addressed with Ortho-Bionomy for horses:

- In the horse world, many people take equine bodywork classes that don't require a lot of hours to become certified. It may be a good beginning, in some cases comparable to associate practitioner status, but good horse work isn't achieved in a small amount of time.

- For those who really want to advance their education, Ortho-Bionomy provides advanced electives, almost all of which can be translated to the horse.

- Equine bodywork programs do not require that you learn to work on people. I believe some understanding of the work on people is valuable to working with horses because it helps you understand what the animal is feeling. Many times people ask me how well a

certain equine modality works and I often have to say, I don't know because I haven't felt it in my own body.

Sometimes there is confusion there because the modality has been designed solely for horses.

If I can't feel it in phase 6 or 7, the work may lack right relationship. Our understanding of ourselves in relationship to the horse deepens the experience for both horse and human.

### Biography

*Susan Smith is a registered instructor and advanced practitioner of Ortho-Bionomy, with a practice in Santa Fe, New Mexico. She has been an avid horsewoman most of her adult life. Other certifications include Equine Positional Release (EPR) practitioner and Equine Acupressure practitioner.*

Contact Susan at  
[www.susansmithsantafe.com](http://www.susansmithsantafe.com)  
 or email:  
[info@susansmithsantafe.com](mailto:info@susansmithsantafe.com)

### Current study options:

*Susan is offering 16 CE Zoom equine courses comprised of one hour home study and three hours zoom time per class, for four consecutive weeks; plus equine study groups. In addition, she offers an online home study Bodywork for Equines class that one can take at any time, anywhere. All you need is a phone, iPad or computer. This is a 16 CE class, NCBTMB approved, that offers basic information and techniques for working with horses. NCBTMB Provider #1000176.*



# ADVERTISING

(See SOBI website for more ad size options, online payment & non-member pricing)

Advertisement size	Member Cost per 1 issue / 4 issues	Non-member Cost per 1 issue / 4 issues
1/8 page (3-7/8" x 2-1/8")	\$30 \$25	\$55 \$50
1/4 page (3-7/8" x 5-1/4")	\$50 \$40	\$75 \$60
1/2 page vertical (3.5" x 10.5")	\$80 \$65	\$105 \$95
1/2 page horizontal (7.6" x 5.2")	\$80 \$65	\$105 \$95

- Advertisements must be camera-ready:
- Size as indicated in the table above
- Print ads must be 300 dpi (dots-per-inch) resolution and formatted as a PDF, TIF, or EPS file ready to place "as is" into print
- Email camera-ready advertisements to [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)
- Fees: You will be invoiced for your ad through the SOBI office.
- Payment is due on receipt.
- Submission deadlines: first calendar day of December, March, June, and September

**Society of Ortho-Bionomy International**

**P.O. Box 40937**

**Indianapolis, IN 46240**

**Phone: (317) 426-1261**

**Email: [office@ortho-bionomy.org](mailto:office@ortho-bionomy.org)**



*Ortho-Bionomy®*  
In Madison, Wisconsin

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# Are you looking for a... Support Group?

**Led by your Host: Cathy Krenicky**

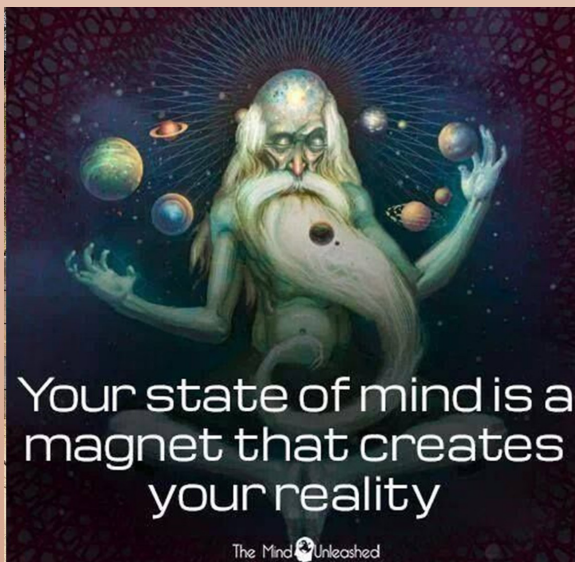
1st Monday of each month via ZOOM!

This is a monthly gathering geared towards supporting anyone on their journey to evolving as a Practitioner; but **ALL ARE WELCOME**.

Are you seeking:

- Accountability?
- To strengthen your ability to articulate Ortho-Bionomy to your Current or Potential Clients?
- A place to simply “check-in” to share where you are with any Ortho-Bionomy challenges?

**You may find solutions here...please consider attending; we welcome you!**



## MISSION STATEMENT OF THE SOCIETY OF ORTHO-BIONOMY INTERNATIONAL:

The mission of the Society of Ortho-Bionomy is to support its membership in their Ortho-Bionomy Practices, to promote public education and awareness of Ortho-Bionomy, to regulate the registration of Practitioners and Instructors, and to continue the evolvement of Ortho-Bionomy in accordance with its own philosophy and principles.

Arthur Lincoln Pauls, D.O. (1929-1997) Founder

## CHECK OUT OUR FACEBOOK GROUPS!

**Society of Ortho-Bionomy International:**

<https://www.facebook.com/OrthoBionomySOBI/>

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