

Winter 2021

Volume 31

Number 1

Ortho-Bionomy® NEWSletter



Inside this issue

1 Conference Vision
BY RICHARD VALASEK

3 Meeting Virtually
During the Pandemic
BY ANNE BUCHANAN
& RENEE SCHNEIDER

8 Jeanne Hollingsworth,
a Tribute
BY ANN MCFADDEN

11 President's Message
BY JEANNE DOUGLAS

13 The Society Trademark-
The Journey to
Ensure Our Future
BY BRUCE STARK

18 The Tao of L-5
BY URSULA HOFER

20 A Practitioner Essay
BY HILMAR MOORE

23 Online Classes,
an Essay
BY MELISSA MALM

24 Ortho-Bionomy
Elevator Speeches
BY JEANNE DOUGLAS

25 The OB Community in
Right Relationship
BY KAREN DANA, MD

CONFERENCE VISION!

BY RICHARD VALASEK

SOBI is organizing a Conference and would like for you to come. Of course, it's virtual so by 'come' I mean to say 'attend'. And in not having to pay those pricey venues (and hard to get to) Means they (we) don't need to charge so much, in fact only \$75 pays for the entire conference. (I suggested \$74.99 but the others laughed and groaned)

This Conference is titled:

CARE

Self — Community — Planetary

Which is all about how those are all levels (phases?) of you, and,
how healing at any level is healing at every level.
Now you don't have to travel (maybe wish you could before you forget what travel is).
You don't have to plan and book and organize.
You don't have to be organized more than to circle the dates (and make them **safe**).



**Conference dates are
April 16, 17, 18, 2021**

We don't need to make a profit, Jeanne, president of the SOBI board of directors says, the important thing for us, the organization, is simply that you be there. We do need to at least break even. So, with no added expenses **\$75** for 16 hours of SOBI credit ain't a bad deal, but we're not all in the same floaty boat. If you need

to pay less, pay less and if you can pay more, pay a bit more. Any extra funds received will be used to subsidize attendance for those who need a little help. We are all part of the family after all. Let's live the title of our conference.

There will be much more later, Who will be presenting. Mostly it will be You. Your presence (even as a lurker) is a presentation.

continued on page 2

Tired I know you are of all the Zoom-Zoom-Zooming, if you're at all like me you are and you probably are at least a bit like me (so says Theory of Mind anyway). Here comes the "but". We are excited by the technological function that's

available for virtual conferences. More about that from Anne and Renee below.

And by the way if you can't make all of the days all of the times, don't fret. As soon as you register you

will begin getting content and have it all for 6 months. Also, the relationships you've firmed and forged, the lives you've changed and been changed by in that time is your Ongoing Action...

Do you need Study Group Credits?

Save money by eliminating travel expenses and sign up for a SOBI sponsored On-Line Study Group!

Study Groups are held the 3rd Thursday of every month.

These Study Groups are taught by Ortho-Bionomy Instructors who have a passion to aide in your deeper understanding of Ortho-Bionomy.

Contact the Ortho-Bionomy Office if interested.

Email: office@ortho-bionomy.org

Feb 18	Sara Sunstein	Verbal O-B, Talking Your Walk
Mar 18	Ann Hoeffel	Chapman's Reflexes Review
Apr 15	None	SOBI Conference
May 20	Susan Smith	Contact & Positioning for Equines with Special Needs
Jun 17	Morel Stackhouse	Working with Knee Replacements
Jul 22	TBA	
Aug 19	TBA	
Sep 16	TBA	
Oct 21	Bettina Beaucamp	Applying Ortho-Bionomy Principles to create balance and Abundance
Nov 18	Luann Overmyer	Ethics
Dec 16	Rouel Cazanjan	Phase 7 & Life Skills

Rebounding with Resilience: Meeting Virtually during the Pandemic

BY ANNE BUCHANAN AND RENEE SCHNEIDER

While the 2021 conference might look a little different this year, it may be the most inclusive ever. While SOBI conferences typically attract 125 people, this year's virtual conference may connect hundreds more of its 785 members with a blink of an eye and clicks of the mouse. And a low \$75 registration fee!

The conference planning committee is chaired by Richard Valasek, Vice-Chaired by Cathy Krenicky and supported by Carole Poffinbarger, Lynne Marotta, Anne Buchanan, Renee Schneider, among many others.

The committee has been busily researching the latest event technology platforms that will allow SOBI members to come together and still connect as a community. We have decided on using the Whova platform to support our conference needs. <https://whova.com> We think this company gives us the functions to support most if not all of the conference presentations and opportunities for individual connec-

tion that we all appreciate about attending the conference. It's easy to use for even the most non-techy of us and they give all of the people attending time to play in the platform for a month before the conference begins, so you will find it easy to enjoy, engage and participate in the conference.

The universe of ways to connect with tech is expanding beyond imagination. Conferences become online ecosystems. The platform provides registration to online workshops and events, along with pre-recorded content accessible after the conference is over. All live-streaming speakers will be recorded and will be available to attendees in case an event or workshop is missed.

The committee is also excited that people will be able to communicate with each other through breakout rooms, bulletin boards, and the ability to directly contact each other and chat through private messaging and video calls. Incorporating a virtual Happy Hour along

with other ways to network and socialize are in store, keeping the conference balanced, interactive and lively. Online profiles, virtual lounges, speed networking, cloud word polling... Ortho-Bionomy goes community-tech!

The event will be accessible on phones, tablets, laptops or desktops, so participants can use whichever device that is most user friendly. Some platforms interface with the popular zoom app, which may make things easier for presenters and attendees.

Some of the best things about going to the conference will soon be beamed into the comfort of your own living room. No budget busting travel reservations! No jet lag! No pet sitting arrangements! But still plenty of interaction, professional development, and CEs ...as well dance parties, networking and lifting up each other's work and one another's spirits. We may be in a pandemic, but the Ortho-Bionomy community is un-phased, rebounding with resilience into the future.

We invite you to follow this link to the SOBI website, to access the presenter application, and to keep up on conference activities as the Conference Committee pulls all of the moving pieces together <https://www.ortho-bionomy.org/aws/SOBI/pt/sp/conference>

SOCIETY OFFICE

Society of Ortho-Bionomy
International
PO Box 40937
Indianapolis, IN 46240

Office Administrator
KERI BROWN

Office Hours
TUESDAY 1 PM–6 PM
THURSDAY 9 AM–3 PM
Voice messages and email will be
checked regularly and responded to
within 24-48 hours during the week.

Phone Number
(317) 426-1261

Email Address
office@ortho-bionomy.org

Website
ortho-bionomy.org

NEWSLETTER STAFF

**Newsletter
Board Liaison**
LYNNE MAROTTA

Graphic Designer
TERRI WOLTERS

Support Staff
KERI BROWN

BOARD OF DIRECTORS

SOBI Member	Office Title
-------------	--------------

JEANNE DOUGLAS.....	PRESIDENT
---------------------	-----------

ANN MCFADDEN.....	CO-VICE PRESIDENT
-------------------	-------------------

LYNNE MAROTTA.....	CO-VICE PRESIDENT
--------------------	-------------------

ERIN LONG.....	TREASURER LIAISON
----------------	-------------------

MELISSA MALM.....	SECRETARY
-------------------	-----------

RENEE SCHNEIDER.....	CONFERENCE
----------------------	------------

CATHY KRENICKY.....	CONFERENCE
---------------------	------------

NEWSLETTER DISCLAIMER

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 the 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.

The Society of Ortho-Bionomy International reserves the unrestricted right to accept or reject any submissions within its sole discretion, determine when to publish a certain piece of work, edit materials where appropriate, reject copyrighted material unless the consent of the copyright holder is obtained in writing; and assumes no responsibility for errors, corrections, omissions, or modifications in publication.

The Society of Ortho-Bionomy International may also elect to request further information to determine compatibility with its publication's editorial policy.

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

THANK YOU!

The SOBI Board of Directors wants to make a point of thanking you all for continuing to support the Society of Ortho-Bionomy International®.

The Board of Directors were looking at some disturbing numbers by mid-2019 and just as we were recovering, the pandemic became a reality for everyone and affected the businesses of most of SOBI's membership.

Many of our members need(ed) grace periods to pay their annual dues which we happily granted and still grant. Many members paid for two years of their membership to make up for the period when members were not being invoiced appropriately. We have even had a Canadian Instructor insist on paying member dues even though Canadian O-Ber's have their own organization. She said that she wanted to support O-B organizations where she could.

We even had a member gift the Society with money, in memory of two well-loved Instructors who have passed.

The Society has much to be grateful for indeed.

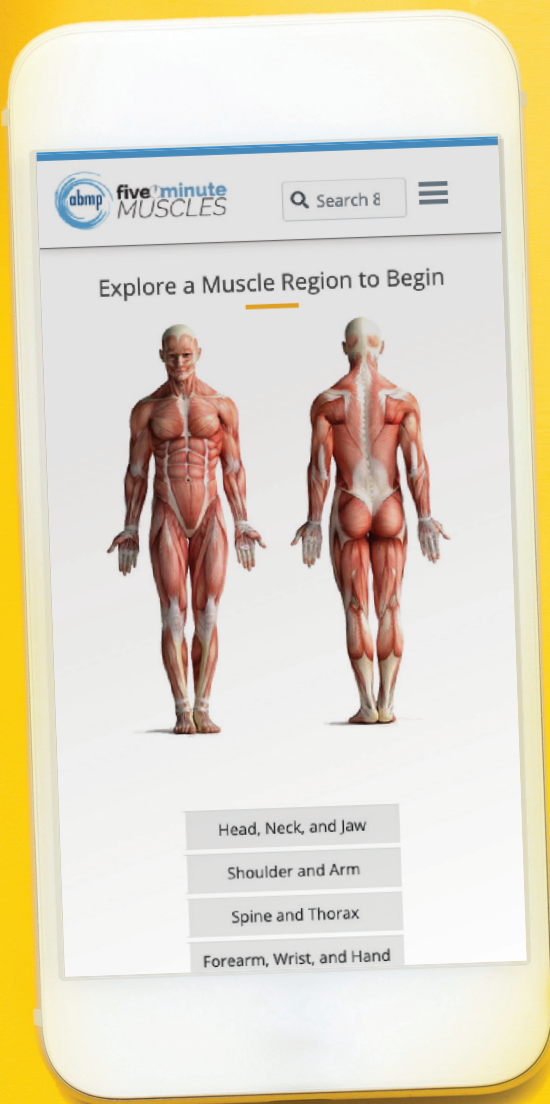
One way we want to show our gratitude is to lower the price of the SOBI Sponsored Study Groups again. Starting in January these Study Groups will only cost \$25 for SOBI members through 2021.

We know that the pandemic will influence our members for a while to come and we want you to know that we are still saying yes to members who need more time to pay their annual dues. All you have to do is ask. Together we will work to make your membership renewal as easeful as possible.

TWO NEW REASONS TO LOVE ABMP



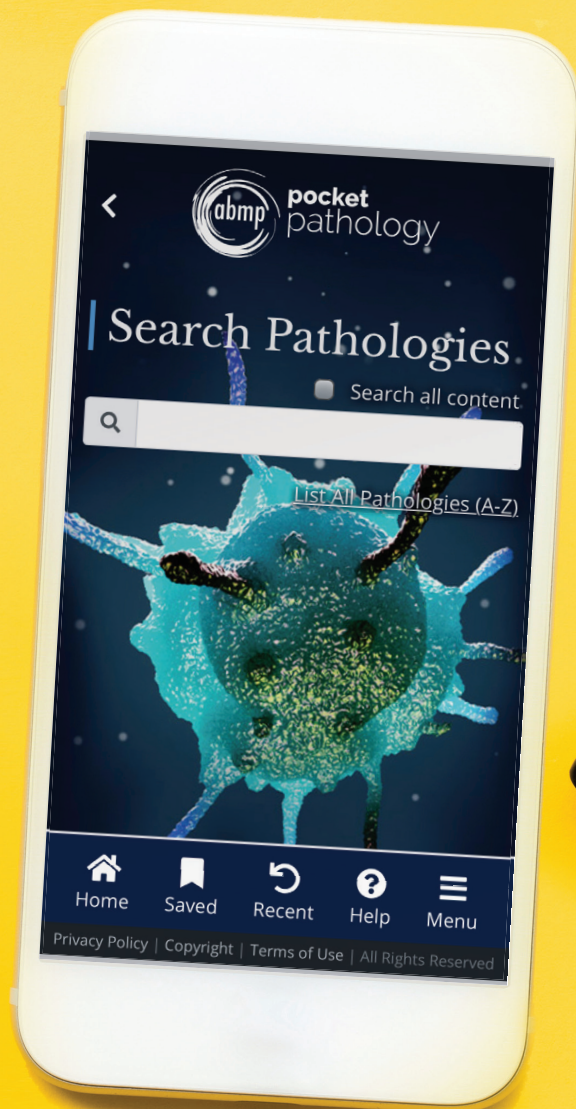
"The new applications are amazing!" —Kelley



ABMP Five-Minute Muscles

Muscle-specific palpation and technique videos, plus actions, origins, and insertions at your fingertips.

abmp.com/five-minute-muscles



ABMP Pocket Pathology

A quick reference app created with Ruth Werner to give you the info needed to make treatment decisions for your clients.

abmp.com/abmp-pocket-pathology-app

Included with membership at ABMP.com

COORDINATOR CENTRAL

Question: Why would I want to coordinate a class?

Answer KB: The first reason most people start coordinating is to pay their way through the Practitioner Training program. If your class makes enough money to pay your instructor and your expenses you get your class for free and, you can actually make a profit. In Indy, coordinating became much more as time

went on. We created space for community and relationships with Instructors that we appreciated and still value.

Question: How do you find students for classes?

Answer KB: I was shameless about collecting business cards and email addresses from open forums, like at the local health food store. They kept a 3-ring

binder with business cards available for local people to market their services. We have PT's, OT's, Pilates, and Yoga teachers who are regular students on the Practitioner track. Many health clubs and alternative health care related networking groups welcome new people and presentations. It also is a great way to practice your Demo Skills.

2021 Residential...Red Cliffs Lodge Moab, Utah

March 7th 4:00 pm–13th 11:00 am

Sign up now to hold your spot.

This location is built for Covid. It does not have any hallways as each room exits outside. The room where we study is large and we can easily meet the Covid DORA Requirements for safety.

Come join us as we celebrate the power and beauty of this work and each other.

Contact RMOBCenter for more information.

Listening Hands, Loving Hands

A tribute to Jeanne Hollingsworth, Practitioner of Ortho-Bionomy®

BY ANN MCFADDEN



Standing at less than 5 feet tall, Jeanne was a mighty woman. But not in the typical sense of the word. More likely descriptions would be vast, expansive and loving.

Jeanne traveled in many circles, and first and foremost of those circles was the local Native American community, where she was welcomed and supported. She was given the Dakota name, Cis'tina (Chi stin na), meaning little, and was known as Little Jeanne. She was a Sundancer, Pow Wow Dancer, and advocate for environmental sustainability. Her environmental activism was at the core of her being, and most recently served on the Board of Directors for the Pilot Knob Preservation Association (Pilot Knob was traditionally known to the Dakota People as Oheyawahi, "a hill much visited," and has now become an open space site protected by the City of Mendota Heights, and Mendota Dakota people). And, as far back as twenty years ago, she was again fighting for Mendota

Dakota land, working tirelessly to preserve an Oak Savanna, four sacred oak trees and Coldwater Spring, which were all in the path of Minneapolis' first light rail, and the rerouting of Highway 55.

Another important circle was the healing community, most notably, Ortho-Bionomy. Jeanne started her Ortho-Bionomy journey in 1989 when she took her first Ortho-Bionomy class with Robin Wilson in Minneapolis. In less than just a few years, she was expertly coordinating all of Robin's classes and doing what we now call "Bench Assisting." When I first met Jeanne in 1992 at my first Ortho-Bionomy class, I just assumed that all coordinators assisted students during practice sessions. Jeanne took so many classes over the years, including most, if not all, of Robin's classes over a 10 year period, and assisted in all of them. With all of that training and experience, she could be an advanced instructor ten times over. But, like many of us in



Minneapolis, she never finished the paperwork. It was only in the last year or two that she, Lee Beaty and myself all pledged to each other that we would advance onward. It was with much pride that Jeanne received her Practitioner status this past year and happily started her *formal* Instructor training program.

continued on page 10

SOBI MEMBERSHIP BENEFITS

- Personal online member profile access to the “Find Members” searchable directory on the SOBI website.
- Ability to update your own online business profile directly.
- If Associate level or above, listing in “Find a Practitioner” searchable directory for the public.
- Receive via email the quarterly “Ortho-Bionomy Newsletter.”
- Discount Pricing in SOBI Online Store
 - Purchase DVD’s and Books to aid you in your Ortho-Bionomy Journey.
 - Go to: <https://ortho-bionomy.org/aws/SOBI/pt/sp/shop> to place your order.
- Receive a discount on Conference pricing.
- Discount on Associated Bodywork & Massage Professionals (ABMP).
 - ABMP includes insurance coverage for bodywork professionals if you qualify (the United States only).
 - If you are already a member of ABMP, you may call 1-800-458-2267 to join and receive a discount for being a SOBI member.
 - ABMP provides a customized url to every member at no additional charge.
 - For Instructors-Classes included on the ABMP Online CE listing.
- Emails keeping you informed of what is happening in the Ortho-Bionomy Community, such as; Practitioner Support Groups, online SOBI sponsored Study Groups, events, and more.
- Professional Referrals (Associates and above). Contact office@ortho-bionomy.org or call during office hours.
- Use of Ortho-Bionomy trademark and logo for Practitioner Level and above.

May it be known; however, that not finishing the paperwork had anything to do with the kind of Ortho-Bionomy Practitioner that Jeanne was. She was good. And I mean really good, rock solid good, one of the best. And, her technique was not like any other Ortho-Bionomist I have ever encountered. There was precision to her work, and this precision poured forth from her because she was patient, gentle, kind, and inexorably living in the present moment – with herself and with whomever she encountered – on the massage table or out in the world. She was just ready to be there with you, present, witnessing, and “doing nothing”, and at the same time, doing so much.

Because of her small stature, she had to modify most techniques. There was no lifting and twisting of torsos, hips, or legs. Her body size was just so small that it could not accommodate it. So she adapted her style. From the outside, it decidedly looked like the two handed Chapman’s techniques that Robin taught us, but Jeanne took this technique to another level, and made it her own.

I often marveled at the quality of her touch, the depth of healing,

and the deep relaxation that Little Jeanne and her little hands were able to produce. I wondered out loud to her, about her technique on several occasions, marveling at her capacity. And when I hinted that it seemed like she was doing two handed Chapmans, she never gave me a direct answer of her method, only a cheery “Yes, sort of.” All I knew is that I wanted to be able to do what she did.

When I found out Jeanne passed unexpectedly, from a heart attack, I could not believe it. She would be gone forever from our lives. Jeanne and I were roommates on a few different occasions over the years, attended ceremonies and pow-wows together, and stood watch over the encampment at highway 55. On occasion we would go out and listen to music, see a movie, or go out dancing with a group of our friends. We even worked together once at the Minnesota Council for Quality. I couldn’t believe I would never see her again. It was just so unreal.

Within days of hearing of Jeanne’s passing, I became incredibly ill with a sinus and ear infection. In my grief, I remembered the many times that

Jeanne had lovingly performed Ortho-Bionomy on me and was sad that I would never again feel her healing touch. And then something occurred to me, I could place my hands on the sides of my head, at my temples, and imagine Jeanne was there. It seemed, that was the only invitation she needed, and I could feel her energy coming through my hands, just as she had done in classes when I was just a novice. She showed me what she did, and it was pure love. And only love. She listened with her hands. And she loved everyone she touched.

Biography



Ann has over 25 years’ experience practicing Ortho-Bionomy and became a Practitioner in 2012. She is currently enrolled in the Instructor Training program, as well as completing her advanced practitioner program; She began benching last spring and plan on doing more benches next year once the impact of Covid has hopefully declined.

Call for Articles

The Society is a community of some very gifted people, who have a great deal of experience to share.

We would love to hear from our members about your musings, case studies, personal evolvment, self-care, even three sentences on why you love Ortho-Bionomy.

Please consider writing or sharing a piece of yourselves with your larger O-B community. Contact the office and we will be delighted to help you bring you experience forward. office@ortho-bionomy.org

PRESIDENTS MESSAGE

Hi SOBI members and friends,

Lots of stuff going on these days! I hope you are taking it all in stride, maintaining a calm center, and sending peace and love out to the universe. That's not only how I get through this, but also how I believe I can do the best thing for the world. I do a lot of conversing with the universe these days!

SOBI is going strong! I have so much gratitude for you, our members, and supporters. I know it has not been easy and many of you have not been able work during the pandemic, so we are offering to help with annual dues. Just ask Keri if you need help. We have been offering payment deferments and grace periods for anyone who asks. If you are late on your dues we will help. Contact the office and let us know if you need help.

We have lowered the fee for SOBI sponsored online Study Groups to \$25 for the rest of the year. We want to make it easier for you stay involved with like-minded people. The study groups are on the third

Thursday of the month. These are excellent opportunities for you to experience instructors that you have not met before. If you haven't done a zoom meeting yet this is an easy way to try it. Check the SOBI website for planned study groups. We can only list the upcoming study group on the registration page so check back monthly to see what is coming up.

We also have a free event: The Ortho-Bionomist Support Group (Formerly: Practitioner Support Group) on the first Monday of the month. This is casual conversation between members on a variety of topics. It's easy and relaxed. I try to do it every month. In all honesty, and I can't believe I do this....I forget. Now I put it in my calendar with a loud alarm, so I hopefully get on each one. You should also be receiving an email announcing the Ortho-Bionomist Support meeting. Let the office know you are interested, and you'll get the link via email.

We also have the conference coming up in April! How exciting is



that? The conference committee is working hard and putting together an exciting event. I haven't participated in a virtual conference yet so I'm really excited for it. I'm thinking there will be email blasts about the conference. Stay tuned.

That's all I have for now folks. Take really good care of yourselves and your families. Stay safe, stay healthy, be happy, send healing energy the world over.

I hope to meet more of you at the free Ortho-Bionomist Support Group zoom calls, and at the conference.

Until next time. Jeanne

EVOLVEMENT PAPERWORK

READY TO TURN IN YOUR WAIVER OR EVOLVEMENT PAPERWORK?

Practitioner (PRC) Instructor (IRC) Review Committees Quarterly Evolvment Cycles

- Submissions due by March 15th, June 15th, Sept. 15th, Dec. 15th
- Include the following items: Waivers, Practitioner, Advanced Practitioner, & Instructor submissions.
- Review final checklist with Advisor (s) and get all signatures needed.
- Compile all paperwork in the correct order - see the checklist on the program handbook.
- Scan into a single PDF. (If you do not have a scanner, visit your local Kinko's, Staples, or public library, and save your scanned pages onto a USB Flash Drive.)
- All dues and fees must be up to date for the evolvment packet to be submitted to the review committees.
- Email completed portfolio to office@ortho-bionomy.org and, be sure to copy your Advisor.
- The SOBI office will confirm receipt of materials received and notify applicants of the Review Committee results on or before the next evolvment cycle.
- Keep original copies of all your paperwork for your records.
- Keep copies of all communication for your records.

The Society Trademark: *The Journey to Ensure our Future*

BY BRUCE STARK

Originally Published July 2001

The trademarks of the Society of Ortho-Bionomy International® are some of the most valuable assets we own. As a Society, the trademarks are some of the fundamental assurances that Ortho-Bionomy® will be able to continue to be taught and practiced under the vision of Arthur and the organization, and that Ortho-Bionomy will be able to survive as a profession. The procuring of the trademarks involved an incredible learning curve and extensive effort on the parts of many people and challenged all of us as an organization to clarify what it was we wanted to protect.

The first question we had to ask was "Why have trademarks?" There are two primary functions trademarks serve. First, we want to have the ability to distinguish Ortho-Bionomy from other services and modalities. Second, it is essential to protect Ortho-Bionomy from being confused with other goods and services. By having trademarks, the Society is ensuring that Ortho-Bionomy is distinctive from other types of bodywork and somatic education techniques, and, that those who have completed the

trainings can be differentiated from those who have only taken a class or two or, with the public access to the manual, have just read the textbook and have been working with the techniques presented there.

As an example of what would have happened had we not protected Ortho-Bionomy is illustrated by what has happened with Pilates. Because the organization that oversaw various types of Pilates training had not taken the steps to have

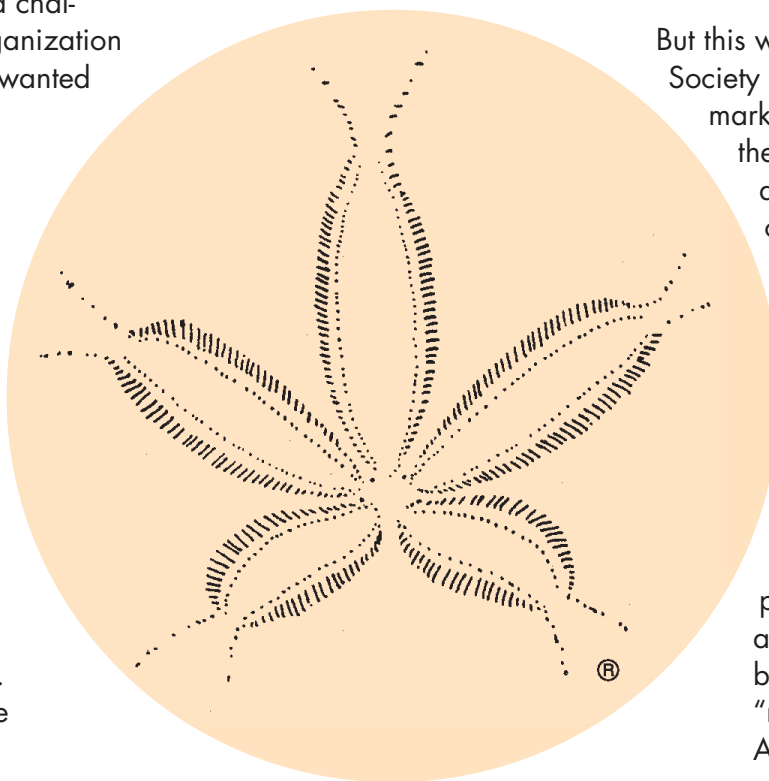
Pilates recognized as a unique and distinctive body training technique, the courts ruled that Pilates was a generic term for a class of services and not available to be trademarked. This means that anyone can say that they teach Pilates regardless of their training or experience they may have. With Ortho-Bionomy we are able to demonstrate that this work is indeed unique and distinctive, and its use is regulated and represents specific training and levels of proficiency.

But this was not an easy task. The Society currently owns three trademarks: The Sand Dollar Logo, the term "Ortho-Bionomy" and the phrase "Society of Ortho-Bionomy International."

The formal work for trademark registrations began with work by the Board of Directors in 1993. The purpose was to protect the term "Ortho-Bionomy", to protect its distinctiveness as a healing modality, and not be subsumed by the field of "massage therapy".

A San Francisco law firm was hired to file the application. Three applications were filed: The Sand Dollar logo, 'Ortho-Bionomy', and

continued on page 14



Ortho-Bionomy®

a representation of the phrase “Society of Ortho-Bionomy International”. In March 1994, all three were submitted to the federal Patent and Trademark Office (PTO) for review. In October of 1994, the PTO sent their decision denying all three applications. The Sand Dollar application was denied because of a typo in the application which could be easily corrected, but the other two were denied because, in the opinion of the examiners, the phrase and term were “merely descriptive” meaning they saw no distinctive quality to the service ascribed to the term “Ortho-Bionomy”.

In November 1994, the Board of Directors retained a different law firm with attorneys who specialized in trademark and patent law. Upon reviewing the previous applications with them, we discovered the original application for the term “Ortho-Bionomy” was only for the use of the term in the calligraphy form – essentially anyone could use the term, as long as it was not printed in the calligraphy. Even people who had not taken a class could legally say they do Ortho-Bionomy and we would have no recourse to insist they stop. Through close discussion with the attorneys and the Board, it was decided to submit new applications that were specifically designed to protect the term. The application sought registration of the term as an educational service mark. That means the term “Ortho-Bionomy” referred to a specific type of training in the field of bodywork and somatic education that was distinctive from other forms of bodywork, and that the training for this work was directed by an organization (the Society) and that the Society was responsible for monitoring and

licensing the term.

The other application was to register “Society of Ortho-Bionomy International” as a collective membership mark. This means that only dues paying members of the Society could indicate they members to the public at large.

Knowing that we had a very strong case for distinctiveness, we went ahead, and the applications were filed on January 30th, 1996. The PTO reviewed the applications and on August 30th, 1996 rejected both applications, again stating the term appeared to be “generic” and not related to any distinctive services being provided. The key factor we had in our favor was that we, as a Society, had been using the term as a distinctive form from the very beginning, and had extensive amounts of documentation to support that stand. In addition, there was legal precedent as evidenced in the fact that other modalities had acquired distinctiveness such as Rolwing, Feldenkrais, and Trager, and that they had been trademarked.

On February 12th, 1997, a response and appeal was sent to the PTO documenting the distinctiveness of Ortho-Bionomy. Because of the additional documentation we presented, the PTO examining attorney agreed with our responses and on September 16th, 1997, the term “Ortho-Bionomy” was officially registered, four and a half years after the official start of the application process. As far as the collective mark was concerned, the examiners reversed their decision on that as well and “Society of Ortho-Bionomy International” was officially recognized.

The entire process took more than 5 years and the work of many of people to complete. Phyllecia Rommel, Terri Lee, Ray Miller and Christina Montes de Oca began the process on 1992-1993, and the work was continued by myself, Luann Overmyer, Linda Garfield, and Katherine Andreatta. In addition, the Society use significant financial resources throughout the entire process. The result has been the legal recognition and thereby legal protection of Ortho-Bionomy as a unique modality and the ability to protect the practice and teaching of Ortho-Bionomy for years to come.

If you need more information about the SOBI Trademark Policy, follow the SOBI website

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/bylaws-policies>

Feel free to contact the office if you have any questions.

Biography



Bruce Stark is an Advanced Instructor and teaches extensively in Australia and New

Zealand. Before moving to Australia in 2001 he taught extensively throughout the US. He is a frequent presenter for the Massage and Myotherapy Australia professional organization and has contributed to several professional bodyworker publications. He lives in Sydney Australia where he maintains a private practice.



MAY 2-7/2021

“TOOLS FOR THESE TIMES” OB RESIDENTIAL

AT MCCORMICKS CREEK STATE PARK INDIANA
WITH DENISE DEIG AND CAROLE POFFINBARGER

\$750 EB | MAR2 FOOD AND LODGING SEPERATE
CONTACT KERI BROWN 317.446.1559 KERI.COBI@GMAIL.COM

CHECK OUT OUR FACEBOOK GROUPS!

Society of Ortho-Bionomy International:

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

Ortho-Bionomy - @theevolvementoftheoriginalconcept:

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

Ortho-Bionomy Instructor Group:

<https://www.facebook.com/groups/379732202508940/>

Coordinator Embody O-B:

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

2021 CALENDAR

February 1	Notify members if # of board nominations are equal to open board positions.
February 28	Deadline for April newsletter submissions and ads.
March 1	Board Nominations, Applications and Nominee Statements Due
March 15	Materials/Waivers/Evolvement request for PRC/IRC Due
April	Ortho-Bionomy News Quarterly Newsletter & Annual Report Available
April 16-18	Virtual SOBI Conference
May 21	Society of Ortho-Bionomy Int'l Annual General Meeting via Zoom
May 31	Newsletter Article Submissions & Advertising Due
June 15	Board Election Ballots Due if vote is required Materials/Waivers/Evolvement request for PRC/IRC Due
July 2021	Ortho-Bionomy News Quarterly Newsletter Available
August 31	Newsletter Article Submissions & Advertising Due
September 15	Materials/Waivers/Evolvement request for PRC/IRC Due
October 1	Board of Directors Term Begins
October	Ortho-Bionomy News Quarterly Newsletter Available
November 15	Newsletter Article Submissions & Advertising Due
December 15	Materials/Waivers/Evolvement request for PRC/IRC Due
January 2022	Ortho-Bionomy News Quarterly Newsletter Available



Phase 7 for Life Mastery in Easy to Access Video!

Learn Phase 7 Techniques for
 Increased Happiness
 Better Life Outcomes
 Mind Expansion
 Improved Health
 Better Relationships

Facilitated by Advanced Instructors
Rouel Cazanjan & Bettina Beaucamp

Introductory Video Course Only \$47!

This six-part video series offers the perfect introduction to this powerful work and includes 43 pages of detailed written instruction.

To purchase Introductory Course, click the link below:
<https://bettina-beaucamp.mykajabi.com/offers/sHzoW3mo>

Master Video Course Only \$197!

Includes the above Introductory Course, PLUS our Advanced Life Mastery Course: Over seven hours of video recordings and 125 pages of detailed written lessons.

To purchase Master Course, click the link below:
<https://bettina-beaucamp.mykajabi.com/offers/G22mJVti>

For more information, contact
Rouel Cazanjan @ <http://rouelcazanjan.com/>

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 / \$225
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 / \$245
Phase 4 Spine, Lee	\$ 40 / \$ 45
Phase 4 Extremities, Lee	\$ 40 / \$ 45
Exploration of Movement, Lee	\$ 50 / \$ 55
Isometrics & Isotonics, Lee	\$ 50 / \$ 55
Postural Re-Education & Post Techniques, Lee	\$ 60 / \$ 65

MERCHANDISE

SOBI Tote Bag	\$ 15 / \$ 20
SOBI Conference Power Bank	\$ 20 / \$ 25

NEWSLETTER

10 Newsletters (Including Shipping & Handling)	\$ 30
Quarterly Newsletter Subscription	\$ 25 per year

Go to: <https://www.ortho-bionomy.org/aws/SOBI/pt/sp/shop> to place your order.

The Tao of L5

BY URSULA HOFER

The first session I received from Arthur Lincoln Pauls was also the first time I met him. He actually stayed at my house and asked me the first day if I wanted to exchange a session. Of course. He didn't ask me a thing before he started to work. The area he chose to work on was a very good one, my coccyx. I broke my coccyx as a child and it never got any attention at the time or ever thereafter. Of course, I hadn't told Arthur about it but he knew. I don't know how many of we instructors talk about this subject: how do we know where to work? How do we orient ourselves?

The other day a friend mentioned to me that a common acquaintance of ours had received a cortisone injection in her L5/S1 area. This woman, a long-time yoga teacher, of course tried other approaches to relieve the intense pain before she decided to get the injection. Her story stuck in my head. I think part of it is that I have had difficulty with my L5/S1 area for many many years. I remember trying to run very short distances when I was in my 30s and being in a lot of pain from it. Even though my L5/S1 is a lot better it still can talk to me and sometimes I have a bit of tingling in my left foot. Hearing her story ignited something in me.

I decide to look at Kathy Kain's book which is always my resource when I want to double check my knowledge or memory about the possible innate movement of the different joints. "The structure of the lumbar spine allows for full flexion and extension, and some lateral bending. If rotation were also available, the torsion on the lumbar disc

would be excessive. Consequently, the lumbar vertebrae have an interlocking joint structure that severely limits rotation. However, even with the added protection of restricted rotation, the lumbar discs are the most prone to injury." (Excerpt from Kathy Kain's book Ortho-Bionomy, the Manual of Practice)

I start to examine my relationship with L5. I recognize some anxiety around my symptoms but also my "non Ortho-Bionomic" approach at times, just popping that area by forcefully twisting my body, pairing anxiety and impatience. Luckily my awareness doesn't stop there. I am an Ortho-Bionomist with a high level of self-tracking and self-care skills. That acknowledgement settles something in me and allows me to start listening more deeply.

I remember how I tried yoga when I was in my thirties. I couldn't believe it but it didn't help my back. It made it worse and I finally had to stop doing it. I loved those twists but only while I was in them before I could feel the after effects. I wonder if I was able to discern what areas of my body were supposed to twist and rotate and which ones weren't.

Back to the present: I stop popping my L5. I start to investigate my relationship to L5 at all times. What happens in that area when I sit, when I walk, when I stand, when I do the self-care exercise from O-B for L5? I enlist the help of other O-B instructors to hook up with their knowledge and support.

The spotlight is on rotation. Where is rotation supposed to happen in our bodies? Where does rotation

actually happen in the body? Pelvic floor, femur heads? What role does the coccyx play? When my awareness gets out of my head and into my body I notice that I don't shift my weight easily to the left when I walk or stand. Obviously that doesn't really have to do with rotation but I can feel a lack of movement at L5. Once my weight does get transferred to the left I also feel some pain in my left knee. I notice how its ability to be reflexive stops. It is locked in a survival mode, so to speak, bracing for the impact of each step.

On my journey to have ease in my body I stop and work on my heart which is pulling up on the left side creating a shortening of the left leg. But my surprise gets even bigger when I realize that my left knee has an internal rotation of the tibia that affects how the left ilium can move and shortens the left leg.

Enjoying the changes and the newfound freedom of movement, my ability to explore without cranking or impatience has just reached a new momentum.

My next big aha moment comes when I get to work with a client in Phase 7. She gave me such good feedback about her inner experience of being locked in internal rotation of both legs. I spontaneously asked her, "what do you feel in your arches?" We both started to track the transverse arches. I realized at that time that I often feel the contraction in my medial arch on my left foot but I am not tracking how the weight shifts from the lateral to the medial through the transverse arch.

continued on page 20

continued from page 18

Now the left transverse arch gets my full attention. Walking, the weight shifts from the lateral arch through the transverse arch into the medial arch. But what happens on the return, so to speak? Of course, that is when the famous fibula bone comes more consciously into my experience.

I realize that the journey of L5 might not be over, but it led me to another aspect of the feet. It brought me back to Arthur's deep understanding of the natural laws of life including Hering's Law of Cure: In homeopathic philosophy symptoms leave:

Thank you, Universe, thank you Ortho-Bionomy, for opening up these avenues, allowing me to access myself in a new more expanded way.

Thank you, Christina Montes de Oca and Jessica Mark for sharing your inspirations and insights.

Biography



Ursula Hofer, LPC, LMT, Certified as an Advanced Instructor by the Society of Ortho-Bionomy International®. For over 35

years Ursula has taught classes and workshops in Ortho-Bionomy, client-therapist relationship, energy awareness and how to help resolve trauma. Ortho-Bionomy, working with the body's natural reflexes, still inspires her life and work every day. Her private practice in Santa Fe includes Ortho-Bionomy and Neurological trauma work. The pandemic transformed her private practice to a Phase 7 practice and her in-person classes to zoom.

**From the top of the body down -
From the inside of the body out -
From most important organs to least
important organs and
In the opposite order of occurrence.**



The Therapeutic Alternative and BodyWorkCEUS.net

Offering Live & Remote Continuing Education

2021 CLASSES

June 12 & 13: **Ortho-Bionomy®: Phase IV – Focus on the Spine**
Instructor: Liz Olivas
Location: Deerfield Beach, FL
Pre Requisite: None

August 14 & 15: **Ortho-Bionomy®: Phase IV – Focus on the Extremities**
Instructor: Liz Olivas
Location: Deerfield Beach, FL
Pre Requisite: None

September 9, 10, 11 & 12: **Ortho-Bionomy®: Fluids, Fascia and the Lymphatic System**
Instructor: Liz Olivas
Location: Boise, ID
Pre-Requisite: OB Phase 4 – Spine or Extremities
Recommended: Exploration of Movement – Phase 5
To register for this Boise, ID class contact: Robin Keller – Coordinator 208-863-5018

September 13: **Study Group**
Instructor: Liz Olivas
Location: Boise, ID

October 16 & 17: **Ortho-Bionomy®: Posture & Post Technique**
Instructor: Liz Olivas
Location: Deerfield Beach, FL
Pre Requisite: OB Phase 4 (Spine or Extremities)

ZOOM Consultation - Ongoing
Ortho Bionomy® - 1 Hour Private Consultation with Liz Olivas through "Zoom"
Location: Anywhere in the world

For more info, updates, or to register, go to: www.BodyWorkCEUS.net or call our class coordinator, Lady Pellicer @ 561-601-9452
ORTHO-BIONOMY is a registered trademark of the Society of Ortho-Bionomy International, Inc. and is used with permission.
Copyright ©2016 Vodder Schools International, LTD.

A Practitioner Essay

BY HILMAR MOORE

I met Ortho-Bionomy after many years as a teacher. I was 52, had explored various spiritual disciplines, learned to be a parent, studied homeopathy, and was in my first semester of massage school. I got interested in bodywork when my mother massaged my back as a child and wherever I worked, later, I was the person to whom colleagues came when their neck or shoulder hurt. I could always find the sore spots, they seemed to love it. My interest in healing also comes from years of gardening-healing the earth, and from working with children and adults. Education at its best is a healing endeavor. This led me to enroll in massage school.

I wondered what I would specialize in. I knew I wanted to do that Swedish or sports massage. An instructor in massage school mentioned OB and my karmic ears perked up. Conveniently (there are no karmic coincidences), there was a Phase 4 class in two weeks. I attended, I loved it, and I said in closing circle, "I feel like I've come home". It has been that way for me ever since. My destiny feels like this: education brought me into this life; my hands will carry me out of it and into the next one. Learning bodywork has not been easy for me, neither massage or OB.

"It's simple, but not easy".

— Albert Einstein

Ortho-Bionomy is very simple, a few basic principles. Indeed, it seems more a philosophy or way of being than a modality of bodywork.

My favorite sport at summer camp was judo. You start with your hands on your opponent and a dance begins, the goal is to keep your balance, to be so centered that you opponent losses their balance. That's when you throw them. You cannot do it without sensing their energy. There is remarkably little force or strength needed. I find in OB a series of balances between inner and outer, energy and structure, what I'm feeling and what the client feels and how to tell the difference. It is much more a homeopathic "less is more" approach, seeks to see the whole human being-both in client and practitioner, and does not force the client's body to do anything. OB is a form of education: I learn my clients' bodies, the client learns new ways to relate to his/her body, to recognize the underlying patterns: "recognition brings motive for change".

I deeply appreciate working with patterns, not forcing change. Chemical agriculture works allopathically, but when you garden organically, you are building soil to feed the plants, you are fostering new relationships between the flora and fauna of the soil and atmosphere and the plants. You work more with plant and soil energy with less focus on minute chemical reactions. OB work is much like gardening in this way, and it is like education, where you bring forth new ways of seeing and thinking in your students. It's not about burying a student with information but helping them to find the information they need and to use it effectively.



So, OB is simple, but it is very hard to do well. Once I got past learning what seemed like hundreds of "moves", I faced learning to feel what was going on in the client, at first physically, later energetically, and eventually seeing that you can't work physically and not energetically, or vice versa. It has been quite difficult to learn the right touch-how definite to be, how much compression each client needs, when more movement is necessary, when a client is too sedated, when more relaxation is called for; and perhaps most importantly, when to stop in order to let the client's reflexes do their work. All this depends, of course, on fostering a healing relationship, being really present, creating a healing space and holding it. Simple principles, but difficult to do well.

With OB I am unlikely to do harm, to force a joint or muscle to go where it does want to go. I do not have to be right; I can follow the client's needs energetically and physically; I do not have to be an expert. That's not easy to learn or do either! We live in the age of

continued on page 21

experts. I also appreciate that I am searching for comfort for my clients and myself and, that energetically, both of us need to be in a place of comfort through applying OB principles, I've learned more about body mechanics than I did on massage school.

I continue to struggle with these principles. I like to be right and successful. I want clients to get better, I don't like to "lose". I continue to watch my own patterns, including a tendency to go back to what worked before, rather than to rely on what I see now. When I am tired or discouraged, I still must ensure that the quality of interaction is as fully conscious as possible.

I am a decent musician, getting better. In playing with others, I am in a similar place as my OB work: learning to listen better. It is not so much what I play, it's how I place it into the ongoing unfolding of the piece, how it interacts with what the others are doing. It's not playing anymore, but listening more, learning to "be" with the process.

Scarcely a day goes by that I do not find, in myself or clients, that "recognition brings motive for change", that change comes from within, that a session is only part of the work-it began before they came and will continue after they leave. All interactions are like this.

I have done many hours of sessions. I still struggle, there are moments of panic when I just do not know what to do, but I have learned to trust

much more-in my clients' responses, in my own intuition, and in the work itself. I have taken many classes in addition to the requirements for Basic Practitioner, but I've learned most from my clients, from doing sessions, seeing what happens and wondering what I could have done that would have worked better.

I've had great teachers, and teaching is something I know about. As I've progressed; I can better recognize what paths my teachers have walked to get to where they are, and I am most grateful. As my own awareness grows, I can see the path I have walked to get to this point, I recognize how much more capable I am now than when I began. At first, I raced through the Practitioner requirements, but there came a time when it seemed false. Yes, I could get a certificate, but what would that mean? I began to concentrate on my practice, and I was fortunate that Scot O'Shea asked me to work one day per week at his clinic. I have learned so much since then. Now I feel much more deserving to be called "Practitioner".

Presently, I am at a threshold. On one side is what I've done and who I've been. In the other hand is ALP and those spirits, incarnated or not, who have taken responsibility for this work. I am not through the threshold yet, I have not fully stood under (understood?) this mantle, this garment. But if a Practitioner is a representative of Ortho-Bionomy, then I can do that competently. I will not embarrass those who have

Biography

Hilmar passed away from ALS on November 21, 2020. He is survived by his wife Leslie, his son's, stepdaughter, in-laws, grandchildren and numerous extended family, many of whom were devoted caretakers during the length of his illness. He became a member of SOBI in 1997 and was appointed as a Practitioner in 2001. Hilmar was well known and loved in the Society. Below are some excerpts from his obituary. He received his doctorate in agricultural education from Union Graduate School and proceeded to teach in some form for the remainder of this life. A lifelong student, Hilmar had a boundless curiosity and a gift for storytelling. His passion for education and learning led to a long, though not linear, career as a founding member of the Biodynamic Association, biodynamic farmer in Dripping Springs, member of the Anthroposophical Society, founder of Waldorf schools in Texas, leader in the youth mentorship movement, and bodyworker.

gone before me. I can do it, whatever "it" is. I strive to live by the correct application of the laws of life. Not easy to do, but so essential.

-Hilmar Moore, July 15, 2001

EVOLVEMENTS

Congratulations to all of these members for their commitment to the work and as members of the Society.

Kami Clark

Practitioner

Vernal, UT

Kevin Hartigan

Practitioner

Crested Butte, CO

Martha Hopf

Practitioner

Jasper, IN

Teri Lennartson

Practitioner

Herriman, UT

Kandi Miller

Practitioner

Vale, OR

Laura Samel

Practitioner

Lafayette, CO

Are you looking for...
Support with your Ortho-Bionomy
journey & practice?

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!

Online Class Experience from an Instructor Perspective

BY MELISSA MALM *Registered Instructor and Advanced Practitioner*

Are you curious what it's like to take an online Ortho-Bionomy® class? In some ways it is radically different than in person, in others surprisingly similar.

First step is to get yourself a Practice Partner. It is up to each student and their partner to discuss and agree on appropriate COVID precautions. Some students use their spouse, their teenage child, or another family member. Some ask their client, their friend, or their neighbor to join them. Others pair up with another bodywork student who is local and is also taking the class. Either way, you will watch the demonstration with your partner, then you will work on your partner, then your partner will work on you, just like an in-person class. This allows for you to experience what receiving the work feels like, an essential component of learning Ortho-Bionomy. In the rare instance that your partner will not or can not work on you, you can instead work on your partner twice. In this case it is highly encouraged that you find other ways to receive Ortho-Bionomy as a client.

I love that geography is not a barrier to online classes—students can attend from anywhere in the world! And it is easy to co-teach. I have done one class on my own, but the others have been taught with my advisor and mentor, Jim Berns, an Advanced Instructor. We have fun teaching together while we aren't even in the same state.

One aspect you wouldn't think about in an in-person classroom is camera management. As instructors we make sure to always have two cameras on us as we do a demonstration, so you can see what we are doing from several angles. Think of it like you have the best seat in the house, without having to worry whether you can see around the student in front of you or whether you are blocking the view of someone behind you. This means sometimes while we are doing a demo we may take a moment to move one or both of our devices. We ask our students to be sure to be able to move their devices around (using a tripod for phone cameras) so we can see what they are doing while they practice and give feedback. All this camera management takes a little time during class, and contributes to different pacing challenges in an online class.

While in-person classes allow students to work with several different people over the course of a class and this gives a benefit of experiencing more than one presentation of tension patterns and releases, more than one student has talked to me about how nice it has been to work with the same student for the whole class. They have felt safe and secure with this person, and there is no jockeying for "who will I work with" during the final moments of a demonstration. They have also been able to see how changes progress through the class with the same partner.

When it comes to in-person and online classrooms, I am learning that there are challenges and benefits to each, and I expect that when I go back to in-person instruction I will start thinking "how can I bring some of the benefits of online teaching into the classroom?"

Biography

Melissa Malm is a registered Advanced Practitioner and Instructor member of SOBI, and lives in Ashland, OR. 15 miles north of the CA border with her spouse and teen daughter. Melissa has been in formal massage and bodywork trainings since 1997, attending a 720-hour massage program at NHI in Emeryville, CA followed by the 850-hour advanced training at the Acupressure Institute in Berkley. She then took every continuing education class she could fit into her schedule. Melissa first encountered Ortho-Bionomy in the spring of 2007 at an AMTA convention, and has been enchanted ever since with its subtlety, gentle strength, effectiveness, and powerful principles.



Ortho-Bionomy Elevator Speeches

BY JEANNE DOUGLAS

It is worthwhile to have a quick, easy, and concise description of Ortho-Bionomy for those times when you are in an elevator and someone says, "I see your shirt says Ortho-Bionomy on it. What is that?" This is when you pull out your favorite 15 second "elevator pitch" explanation that gets people asking more questions.

Do you have a short elevator speech to peek someone's interest quickly and simply in Ortho-Bionomy?

You have probably noticed that Ortho-Bionomy is hard to explain. We are gathering quick, simple, easy to remember sayings to help members explain Ortho-Bionomy.

Here are a couple we have so far:

- Ortho-Bionomy is a gentle, clothes on bodywork that uses range of motion and comfortable positioning to tap into your body's inner wisdom to bring itself back to balance.

- Ortho-Bionomy is a gentle form of bodywork that is hands-on and holistic. It is non-invasive, nonjudgmental, and focuses on slackening soft tissue to order to allow the body to self-correct through a sensory neuro motor loop. By tapping into the body's own inherent wisdom, Ortho-Bionomy brings the body into ease effectively. It's easy for both the practitioner and the client.

- Ortho-Bionomy is a gentle, non-judgmental hands-on bodywork that eases soft tissue enabling the body's self-corrective reflexes to relax into greater comfort.

We can help our members succeed by sharing our own catchy sayings. Will you share yours with us so we can get the word out? Please send them to the office.

Note: states have different rules, regulations, laws about words that can be used to talk about hands on bodywork. Please make sure you understand your state's regulations.



It is about being **INSPIRED**

Tired of faces on your computer & lack of tangible connection?

Weary of Zoom Classes?

We are live and following DORA Protection and Regulations Grand Junction, CO

Check out our Visceral Class, Covid Safe Residential & our New Program in Grand Junction, Colorado!

Check out our Calendar at RMOBCenter.com

The OB Community in Right Relationship

BY KAREN DANA, MD

The pandemic is affecting every single one of us. Approaching a staggering 400,000 U.S. Covid-19 deaths, the time table for getting this infection under control remains uncertain. Compounding our country's crisis is the internal threat of the Republican party at odds with itself, as witnessed by the deadly mob violence at the U.S. Capitol on January 6, 2021.

When the whole world is upside down and inside out, what do people do? The natural inclination is to seek out other people for support. Human beings are inherently social, to alleviate stress, loneliness, and fear. We experience an intangible essence when a person is emotionally present for us, and through this person's physical and/or energetic touch.

As we mark the first year of this unprecedented pandemic, we also see it is in our nature to adapt. As a new member of SOBI, I am part of the group of students who were introduced to Ortho-Bionomy in established in-person classes, followed by training in online live Zoom classes and study groups.

I find that the OB community is committed to following its principles (especially non-judgement), and to those diverse individuals who seek to learn Ortho-Bionomy, you extend a heartfelt and kind welcome.

Although I was at first uncomfortable with computer technology to meet and to study, I decided to participate in OB's monthly online support group, and a variety of the SOBI online live Zoom study groups and classes being offered. In this fashion, at this early stage in my

OB development, I have changed.

As a testimony to the SOBI leadership and to the high quality of our instructors, while learning OB, I am being nurtured by warm, rich interpersonal exchanges that I did not know could happen within an electronic medium.

Recently, I was a part of a great study group (Rebound & Recoil) led by Lynne Marotta and Teruko Tooley, and it evolved, and delved into deep reflections on self-awareness.

The exchanges were memorable and meaningful. The group's dynamic generated a vibrant discussion, but for privacy, I am limiting my quotes to myself and the instructors (who have given me their permission).

The study group's thoughtful hand-out included four quotes from Dr. Pauls' Pearls of Wisdom video. By no coincidence, the free-flowing discussion ended up mirroring these essential concepts and processes. These four quotes addressed key life-OB concepts: Recognition, Trust, Now, and Sequence of Events.

For opening circle, we were asked to talk about one of the quotes. I chose the one about remembering one key word - RECOGNITION - since it is through new awareness, one can change (which I personally try to live by). As Dr. Pauls succinct-



ly put it "...No motive, no action."

I ask a lot of questions (and I thank all of you for your patience). As I was listening to the instructors, I heard 'aura' and I recalled Dr. Pauls' quote about a person not letting you into her/his aura if she/he doesn't trust you. I asked, "I have heard the term, but what is an aura?"

Lynne answered that she has been studying auras for 25 years. One of her favorite books on the subject is *Man Visible and Invisible*, by C.W. Leadbeater. She shared a vignette about how she had once defined aura during an OB class, and her definition (which she told us) created a stir. Apparently, as with most conceptualizations, there is probably a difference of opinion about terminology and philosophy.

In our study group, the topic of auras generated more thoughts. Teruko spoke about the aura through her own experience. She used an

continued on page 26

example from how her family of origin sees her in their interactions. Her family has told her that she is always visible. Teruko shared that with Ortho-Bionomy, she came to recognize that her "big energy" was the reason why she was so visible. This acknowledgment of her nature was important in her self-recognition, and thus her self-understanding. She directed her thanks to me for asking my question. She and I talked after class. We recognized that my question was like when you throw the ball, and the ball came back with a great answer! This was a rebound. I felt it, too.

Lynne and Teruko concluded the group by announcing that just that morning, each one had received good news. They clarified that the new life developments had taken many steps and months of prepara-

tion. For Lynne, two new puppies were joining her household! For Teruko, her mother had called her (a happy call, to reach out to Teruko)! In their lives, as in OB, timing and sequence were critical factors in the unfolding of these important events.

I understand that Dr. Pauls used to tell his students that in most sessions, there might be one or two significant OB responses. In this OB study group, I believe there were a few more. One of those significant moments happened when Lynne passed on a pearl. She related that a couple of years ago, Jim Berns (advanced instructor in California) told her:

"Lynne, once you know where you are, you will know where your client is."

Biography



I live in Colorado (originally from the east coast). My career as a physician began with a full medical school scholarship from the US Army. After serving four years on active-duty, I became a psychiatrist and a psychotherapist. This fall, intrigued by an article on Ortho-Bionomy, I called advanced instructor Sheri Covey, who kindly invited me into a neck class to get a sense of the OB experience. Transfixed, I watched her skillfully demonstrate the facilitation of the body's self-healing capacity. Now, as a practitioner trainee, I thank the OB community for your support as I study this wondrous principle-based, healing art.

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

ADVERTISING

See SOBI Website for more ad size options,
online payment & non-member pricing.

Advertisement size	Member Cost 1 issue / 4 issues		Non-member Cost 1 issue / 4 issues	
1/8 page (3-7/8" x 2-1/8")	\$30	\$100	\$55	\$200
1/4 page (3-7/8" x 5-1/4")	\$50	\$150	\$75	\$250
1/2 page vertical (3.5" x 10.5")	\$80	\$285	\$105	\$395
1/2 page horizontal (7.6" x 5.2")	\$80	\$285	\$105	\$395
3/4 Page Horizontal (8" x 7.75")	\$110	\$395	\$175	\$500
Full Page (8" x 10.5")	\$140	\$485	\$175	\$600

- 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.
- 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

You can include your ad in the next newsletter by following this link.

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/newsletter>

CLASS LISTINGS

For full class descriptions, class information, coordinator contacts by state and area, and the most up to date class listings, go to Find a Class Online on SOBI's Class Page.

<https://www.ortho-bionomy.org/aws/SOBI/pt/sp/classes>

