



# AMERICAN HELLERWORK ASSOCIATION'S TENSEGRITY NEWS

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## CEW 2002 MT. SHASTA . . . WHERE HEAVEN & EARTH MEET

Mt. Shasta's snowy crest rises 14,162 feet above the surrounding landscape. The town of Mt. Shasta is at 3,500 feet and slopes quickly upwards to the majestic mountain. Mt. Shasta's population is approximately 3,600 people. Four towns surround the base of Mt. Shasta: the City of Mt. Shasta, Dunsmuir, McCloud, and Weed to the north. Mt. Shasta has a very seasonal climate of 32 degrees in the winter and 85 degrees in the summer, making it a beautiful and healing area to visit any time of the year.

Several Indian tribes are indigenous to the area: the Shasta, Wintu, Klamath, Modoc, Pit River and the Karuk. In 1837, a new railroad line supported the then booming lumber industry. The logging industry has declined and now the major economy depends upon tourism. Non traditional religions, new age interests and alternative healing practices attract visitors from around the world seeking spiritual insight and rejuvenation.

Mt. Shasta is one of seven major energy vortexes existing in the world today. Mt. Shasta's energy vortex extends out approximately one hundred miles in circumference from the center of the mountain. The area abounds with many sacred sites. It is felt that these sites are sacred because they not only hold the gift of accelerated vortex energies, but because for a long time they have been the grounds of worship, sacred ceremonies and visitations. The outpourings of meditation, song and prayer have so enhanced these grounds that they are now commonly acknowledged as sacred sites.

Visiting the mountain is like a pilgrimage to a great outdoor cathedral. Mt. Shasta is not only dazzling and pristine in beauty, but awesome in power. Relaxing into the energies existing in and around Mt. Shasta is truly a holy experience. Mt. Shasta is also known as one of the sacred homes of ascended masters and angelic beings, with energies of love and compassion being truly palpable on all levels' of one's senses.

Stewart Mineral Springs lies approximately 15 miles northwest of the town of Mt. Shasta. It is a beautiful commute from there into town. The area is surrounded by thick natural forests, crystal clear alpine lakes, hiking trails, and massive rock formations, all existing within an easy 10-20 miles of the area for you to enjoy. We look forward to seeing you there!!!



. . . by Steve Evans

# Visceral Manipulation Enhances Structural Integration

... by Jeffrey Burch  
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Osteopathic principles are the foundation of structural integration. On the way to developing structural integration Ida Rolf read Osteopathic literature and studied with Osteopaths. In her unique evolution of Andrew Taylor Still's work, Ida Rolf emphasized and developed other facets, for example Fritz Smith's Zero Balancing and Lawrence Jones' Counterstrain. Marriages between structural integration and its Osteopathic cousins are particularly fortuitous. In the next article in this series I will explore about the bigger picture of our lineage, going back before Osteopathy to the Bone Setters. In the present article I describe how structural integration and one Osteopathic derivative, Visceral Manipulation, enhance each other.

## Fascial Continuity

The human body is held together and given its shape by connective tissue. Developing early in fetal growth, all of the connective tissue in the human body is continuous. There is a lot of it: about 20% of the weight of the human body is connective tissue. Collectively this connective tissue matrix is the Organ of Support. As structural integrators we work with the Organ of Support to assist our clients to a better relationship to gravity and to life.

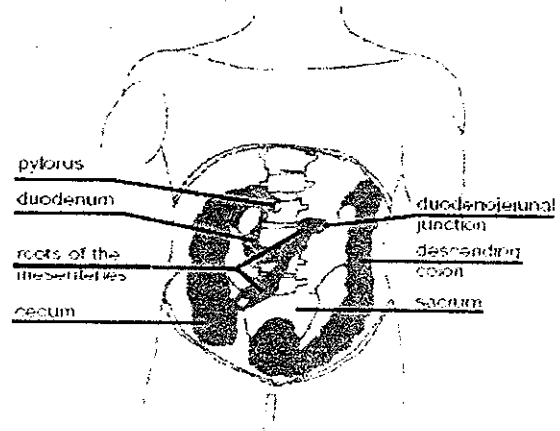
My experience with unpreserved cadavers has shown that our manipulative techniques are effective on the physical properties of the connective tissue matrix even after death. The Organ of Support also contains a vast network of peripheral and autonomic innervations. Much of what we do as structural integrators is a conversation with the nervous system particularly the gamma loops and the autonomic nervous system.

## Core

A crucial bodily balance is that between surface and core. A surface is easy to describe, the nature and location of core has been an ongoing debate for all of structural integration's half century of development. Currently, advanced Roling instructor Jan Sultan and others describe core as 'the visceral space', not referring to the organs themselves, but to the membranous container of the organs and its inherent pressure system.

The membranes supporting the internal organs have multiple and extensive connections with the rest of the Organ of Support. French Osteopath Jean-Pierre Barral has demonstrated that manipulation of the visceral support system has profound and lasting effects on the organization of the rest of the body. The visceral support membranes have rich autonomic innervation: the number of neurons in the visceral

Roots of the mesenteries



Tension in the mesenteries will rotate the lumbar and fixate the right SI joint

support system exceeds the number of neurons in the spinal cord and brain stem. The several nerve plexi of the visceral support system are literally another brain, named the Enteric brain, and function as a crucial entry point for our conversation with the nervous system.

Here are two examples of how the visceral support system affects structure, one in the abdomen and one in the thorax.

### Abdomen

The 25 feet of the small intestine are supported by a membrane called the mesentery. If the small intestines are removed with the mesentery attached, and the small intestine is stretched out in a line, the mesentery appears as a 6 inch long curtain hanging from one edge of the intestine. In the body the edge of the mesentery not attached to the intestine is collected and attached along a 6 inch long line running from the duodenojejunal junction in the upper left quadrant of the abdomen to the ileocecal valve in the lower right quadrant. Between these two end points the mesenteries attach to the back wall of the abdomen crossing the lumbar spine at a diagonal and also crosses the superior portion of the right sacroiliac joint attaching to both sacrum and ilium.

***"To leave the visceral support system out of structural integration is to ignore a large and literally central part of the Organ of Support"***

## *Visceral Manipulation by Jeffrey Burch continued . . .*

The diagonal line of attachment of the mesenteries to the back wall of the abdomen is called the Roots of the Mesenteries.

Tension in the mesenteries, and particularly tension in the Roots of the Mesenteries, will rotate the lumbar spine and fixate the right sacroiliac joint. It is a routine demonstration in Visceral Manipulation classes to first assess lumbar and sacral position and mobility, then free the mesenteries. Post testing of the lumbar and sacroiliac joints shows that a very few minutes of light visceral manipulation makes profound change in Lumbosacral position and mobility.

### Thorax

The lungs are surrounded by two layers of pleural membranes. The pleura are essentially fascial sheets associated with organs. The inner or visceral pleura forms the surface of the lungs. The outer or parietal pleura invests the inner surface of the chest cavity. Between the two layers is a small amount of serous fluid. This lubricant and the potential space it occupies are maintained at slight negative pressure by the lymphatic system. This negative pressure means the two pleural surfaces cannot move away from each other, just like two sheets of wet glass can slide on each other but cannot be pulled apart. The top of the parietal pleura forms a dome 2-3 cm above the first rib. The apex of this dome is suspended in part from the bottom side of the middle scalene muscle by the Suspensory Ligament of the Lung. In addition, Sibson's Structure attaches the pleural apex to the anterior surface of the transverse process of C7, sometimes C6, and occasionally also C5. Sibson's structure contains highly variable proportions of collagen, elastin, smooth muscle fiber and striated muscle fiber. This variability has led to this same structure to be named fascia, ligament or muscle in different texts.

Contractures and adhesions of the pleura are easy to come by. Hard coughing can break ribs. Everyone has had colds and the flu. Most of us have had blows to the chest. Pleural adhesions and contractures accumulate through life and are so common as to be considered a 'normal' feature of aging. Pleural restrictions are easily visible during surgery of dissection. We take more than 20,000 breaths per day. If there are pleural adhesions and contractures, these 20,000 aberrant breathes are a fine opportunity for repetitive strain injuries. Since the lungs are suspended from the cervical vertebrae, this puts a tremendous strain on the neck. The cervical paraspinal musculature become tight in its attempt to resist this pull.

When we feel scalenes which are not only tight but also pulled inferior this is a sign of strong pleural restrictions. Freeing the pleura often quickly relieves neck strain and improves head position. The brachial plexus passes adjacent to or through the middle scalene: pleural pulls on the middle scalene routinely impinging on these nerves supplying the arm and hand. The vasculature supplying the arm and hand courses as a bundle with the brachial nerves and are similarly compromised by pleural restrictions transferred to the scalenes by the suspensory ligament of the lung. History of respiratory illness is a documented risk factor for carpal tunnel syndrome.

***"Visceral Manipulation  
is the cutting edge of  
Osteopathy today."***

Folk healers have manipulated organs since antiquity. These folk traditions continue throughout the world. In Europe folk healers who work with the biomechanics of the body are known as Bone Setters. Andrew Taylor Still MD, founder of Osteopathy, mentions manipulating organs in his writings, however this remained a small part of Osteopathy until the last quarter of the 20th century when French Osteopath Jean-Pierre Barral studied the rather rough manipulations these Bone Setters were using. He

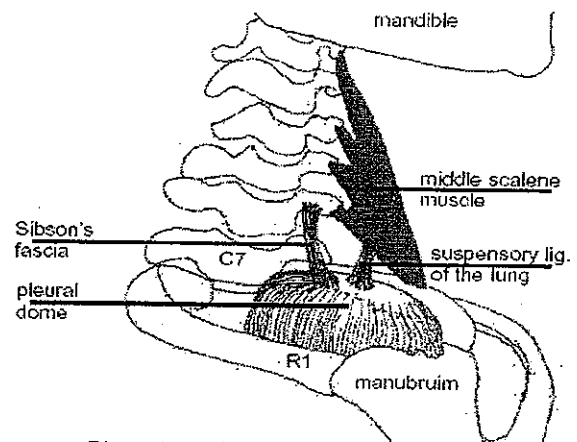
applied his Osteopathic knowledge to the organ support system and over the years made large developments in the art and science of Visceral Manipulation. He has published seven books on Visceral Manipulation and teaches it worldwide.

Incorporating Visceral Manipulation into structural integration provides the keys to fuller and more efficient core/sleeve integration. The manipulative strategies used for visceral manipulation were originally developed by Osteopaths for use on fascia and ligaments.

Now we can learn these efficient, low force methods in Visceral Manipulation classes and then apply them to other connective tissue as well. The assessment methods taught with Visceral Manipulation allow us to quickly prioritize what to do first, so the body can unfold easily and naturally. The end result is better integration for our clients with less effort

*. . .continued on page twenty six.*

### pleural dome suspension



Pleural tensions strain the neck and compress the brachial plexus and vasculature.

*Evolving Hellerwork continued . . .*

share myself enough to where they feel safe enough to share themselves. When clients have pain and difficulty I listen for similarities" to my own life and share in such a way to honestly feel what they are feeling. This truly becomes a "Physician Heal Thyself Process". Most of us do not want to know we are alone. When I am willing to stand there with them and feel what there is to feel, the feelings disappear for both of us. And all this while I am doing the structural bodywork that we have all been taught. The integrity and rightness of the bodywork creates a rapport that is not available in any other Human interaction.

Joseph has told us not to chase pain. He has said this work is a transformational process for people to be full expressed, with ease, balance and integrity. God, how I love this work.

Dan Rawson of Laguna Beach Ca has used this material to build a practice roughly twice the size of my own. He's been certified a couple months now. He charges twice what I do and is just as busy. He and I have talked of presenting a workshop based on the work I've just described and his remarkable marketing and business abilities. If you are interested in such a workshop or have any comments or responses, please contact me at: doctordohn@aol.com or Dr. James Dohn @ 562-438-136



*Look to this day,  
For it is life,  
The very life of life.  
In its brief course lie all  
The realities and verities of  
existence,  
The bliss of growth,  
The splendor of action,  
The glory of power -*

*For yesterday is but a dream,  
And tomorrow is only a vision,  
But today, well lived,  
Makes every yesterday a dream of  
happiness and every tomorrow a  
vision of hope.  
Look well, therefore, to this day.*

... Sanskrit Proverb

*Visceral Manipulation by Jeffery Burch continued . .*

from us. For a more detailed discussion of how Visceral Manipulation enhances structural integration, see Massage and Bodywork magazine April/May 2001.

I highly recommend the Visceral Manipulation training offered by the Upledger Institute. [www.Upledger.com](http://www.Upledger.com) 1-800-530-8875. Alternatively I offer Visceral training tailored specifically to the background and needs of structural integrators.

**Caution: Do not attempt visceral manipulation without thorough training. Organ support membranes are delicate and highly reactive tissues.**

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