

## MOVING MEDICINE

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Forty five years ago I began an inquiry into the human condition that eventually became known as Continuum. The basic questions forming the foundation of my work were, "How and why do we become self- limiting? Why are life and water intertwined? Why are we composed of 80% water, what does it mean? Why is NASA constantly searching for water-based planets knowing wherever this miraculous liquid exists, life must be there as well?"

Ironically, water the substance of life, is the least researched element and consequently our ignorance continues to contaminate the very essence of our existence with pollutants of every kind.

I say that water, whether in the galaxy, planet earth or in our bodies functions as ONE ORGAN OF RESONANT BIO-COSMIC INTELLIGENCE. Resonance means there is no time-space differential, no sender- receiver, it is fundamental unity.

This unifying stream functions similarly as an undulating, spiraling "umbilical cord", resembling a fractal of the embryo's umbilical cord and just as the embryo is primarily nourished so are we through the vital resonance of bio-cosmic nourishment.

The shaping of the life of the embryo is inherent, a fractal formulation of existence that has swelled our world with millions of species all blessed with the mysterious messages of undulating fecundity.

*Embryonic life echoes the shaping of the first cell. At first, we are primarily a membranous sac filled with fluid. As seeded instructions become active, we see the interior water continuing its adaptive sculpting. This artistry eventually becomes our circulatory and digestive systems. Form travels through us, leaving its imprint. The intelligence of its unfolding is encoded in our systems.*

*The human body has been spiraled from the vortical tendency of living water, an extension of the primordial ocean, appearing separate but maintaining constant resonance. We are in perpetual resonance with all fluid systems everywhere in the universe, functioning as an undivided whole. We discover ourselves as a continuum of a living process that began billions of years ago and extends to this day. (Excerpted from "Life On Land" by Emilie Conrad).*

Our bodies have been shaped by the sea. For eons species arrived and departed leaving an imprint of shapes that eventually transformed a fin into an arm; a tail into legs; not that long ago we discovered the sea squirt that for eons has been housing a gelatinous tube that is similar to the embryonic notochord as the beginning of our spines.

Essentially our bodies are billions of years old containing planetary and possibly inter-planetary fields of engagement. Our bio-cosmic resonance teaches us through an exquisite undulating language of movement. In this scenario movement is the MESSAGE and the MESSENGER.

What does this have to do with our health?

Simply put, closed systems deteriorate. Whether it is an organ, a relationship, or a country, health is determined by “flow of information”.

The internet becomes a perfect metaphor for expanding “flow”, we know that links never before possible are now commonplace: in short, the internet has revolutionized our world and as we begin to see by increasing fluid resonance we will revolutionize the human body.

I will try to describe the character of wave motion as “flows of information”. First, let us see conventional waves as peak and valley activities that are fairly even in expression, meaning not too much variability; this will indicate perfunctory activities that I refer to as, “fetch wood carry water”, which carry a modicum of information. These particular formulations demonstrate what is required for the immediate task at hand efficiently getting us from point a to point b within a particular time/space interval.

In a sense we can say that this familiar wave choreography has a

degree of resistance to it; meaning that fluid molecules are somewhat gathered together in order to achieve conventional time/space survival activities.

As fluid molecules begin to separate (space) the character of wave motion changes drastically. We now are capable of reaching into a timeless sphere in which the ordinary world shifts into what I call the extraordinary world.

Water carries memory and as we become less compressed (localized) its history ripples through our connective tissue bringing us to re-cognize ourselves as streams of pulsating wisdom.

When we look at a lake we see that the surrounding terrain is mirrored back to us, the stars and moon are also reflected, the water absorbs all that it encounters whether on earth or in the Galaxy, it is a reservoir of rippling wonder, in short, fluid resonance carries the cues and signals of the bio-sphere and beyond.

Repression/compression stifles new sources of possibility and will encrust the system with perpetual entrenchment forcing a closed system constancy.

As earlier stated, our “bottom up” fundamental engagement is through the resonance of the fluid system within us and when that is muted and no longer kept vital by our primary fluid resonance, our organism will ultimately weaken and become susceptible to

deterioration.

The fluid within our connective tissue reflects the degree of resonance within us by how it MOVES; this can be observed in our skeletal structure, our breath and in the quality of our skin.

Placing your fingers very lightly on an area of skin and gently attempting to slide it slightly you will quickly learn if it is dense (compressed) or sluggish; we can define this lack of responsiveness as “resistance”; very little flow of informational resonance. Healthy tissue has a welcoming silky glide to it demonstrating receptivity and openness.

The phenomenal agility of the octopus is a great example of the healthy fluid play within tissue. Although we are not as supple as this extraordinary sea creature, the fluid within our skin can demonstrate a somewhat similar varietal dexterity.

Reflecting a fluid responsive capability will determine the degree of vital abundance available to us. Looking at the skin of someone’s chest for instance will indicate the health of the heart, lung, breast or immune system of that individual. One can begin to read tissue similarly to that of a document.

Since this article is being read primarily by women let us take breast tissue as an example. Say we are looking at someone’s chest; we observe the skin looking tight, dry and quite deflated, in other words healthy tissue has a plump wetness to it and one can see the

undulating fluid reflected in the movement beneath the surface of the skin.

Deflated tissue will appear to be starving (which it is) separated from its FUNDAMENTAL RESONANCE. This would be similar to an embryo whose umbilical cord has been severed. There is a loss of connection, making that area of the body vulnerable to deterioration. Depletion whether in tissue, finances or relationship always represents loss of capability and responsiveness.

If a woman is lying on her side and reaching upward with her arm the condition of the tissue of her armpit will indicate either a vibrant plumpness or the tight closed look of a loss of thriving. The armpit is the residence of lymph nodes and the health of the breast, heart and lung is readily seen in the quality and mobility of tissue.

Just as an aside, radiation although well intended will lock the fluid within its target area and again, there is a loss of vital connection that will eventually determine the health and well being of that part of the body. Increased fluid resonance=flow of information=increased engagement at the bio-cosmic level.

As our tissue is less compacted a choreographic freedom emerges that glides, spirals in on itself, expands, decreases and expresses itself with an unpredictable randomness.

I will describe to you a simple way to increase resonance in any area of your body.

I have found in my forty five years of developing Continuum and in the work that I have explored with severe neuro-muscular compromise is that the most efficient way to increase flow in enmeshed fluid molecules is through the use of sound. As we know, water carries sound vibration creating flurries of activities within densely packed molecules urging them to respond.

Although there are many techniques that use sound in healing the body I have found that vocal sound has a much greater effect. Our response to sound goes all the way back to our ancestral sea where coral swims toward reefs by the “song”, large sea mammals use echo location to communicate with their group, the embryo hears, the person in a coma hears and hearing is the last faculty to go when our hearts and brains are no longer responding.

Sound stimulates fluid response and will de-coagulate that which has become compressed and moribund. The easiest sound to use is the “E” sound. When you voice the sound of “E” (keep your sound low) and touch the part of the body that you are concerned with, continue with the sound taking a short rest here and there, after several minutes stop and listen internally; hopefully, you will find a delightful stirring within the particular area which will indicate the arousal of fluid response. My suggestion is to continue this practice until the tissue is maintaining a plump ripe fullness, which may take time depending on the situation.

The “E” sound will decompress tissue very effectively due to the

fact that it creates a lateral shape. The internal fluid will begin to spread similarly to an ocean wave extending toward the shore.

Sometimes it may feel like a wave or pulsation and we begin to feel an undulating presence that knows exactly what to do. I refer to this as “moving medicine”.

I recommend if there is a particular problem spend time returning to the sound, always accompanied with your touch. If there is an area that is difficult to reach getting close by will be almost as good.

The bones of our fingers behave as tuning forks and will carry the sound to wherever we are placing our hands.

As a guideline to the demands of our current lives please remember that “flow of engagement” is key to the health of any system, cellular, relational or societal.

Just as outer space has increased our knowledge of the world, the same holds true for the wonders of inner space. As we become more receptive each of us will become pioneers of new ways of moving, knowing and engaging in the glorious mystery of existence.

Welcome to our birthright.