

About Bowen

“One of the most sublime experiences we can ever have is to wake up feeling healthy after we have been sick.” ~ Rabbi Harold Kushner

“Every patient carries her or his own doctor inside.” ~ Albert Schweitzer

Understanding Bowen Therapy

The fastest way to explain Bowen Therapy is to say that it triggers the body to do what it alone can do—*heal*.

The body is miraculous in its ability to redress wounds and pain. However, particularly as we age, the ability of our healing systems to bounce back gracefully can slow and sometimes even appear short-circuited.

Think of the last time your computer got jammed—perhaps you stressed it with extra software or accidentally forced something one time too many. Finally you realize that to turn off the computer and push restart is the most rapid solution to your difficulty. Somehow there is magic in taking a rest, in getting out of the way so that complex systems may find their own solutions.

Similarly, Bowen Therapy reboots the nervous system so that your “wiring” is reorganized for more efficient balance. For this reason, in acute and chronic crises we often discover surprising results as the body gently unwinds from a state of confusion.

Since we are stimulating the nervous system, which regulates the underlying functions of the body, this work will assist anyone in any situation. Bowen Therapy frequently goes to the source of difficulty by sifting through many layers, so depending on the client’s history each course of repair will be unique. Often, underlying conditions will be corrected first in order to resolve the problem that actually prompted treatment.

Why it works: Research demonstrates that Bowen Therapy is successful for many conditions, perhaps because Tom Bowen developed a combination of moves that under normal circumstances will reset the resting length of muscles. This in turn can remove restrictions in the fascial system, re-hydrate connective tissue, promote efficient visceral function, and balance the autonomic nervous system through an increase in parasympathetic function.

For more technical explanation [click here](#).

About your session: An appointment at Listening Touch is individual to your needs and will generally last 75 minutes. Wearing loose clothing, you lie comfortably on a massage table. I perform Bowen moves by strumming my fingers across the belly of muscles and tissue in specific locations. Frequent pauses allow your nervous system to integrate these moves. As the hour progresses, you undergo simple yet profound change. You may experience tingling, energy waves, or a dream-like melting of tension.

Many clients find that a small number of sessions have long-lasting effects. Once your condition has improved, you may find it useful to return monthly for preventative maintenance and balancing. Receiving treatment at Listening Touch can be a gentle way to support your exercise, health and lifestyle goals.

While you are receiving Bowen Therapy, please refrain from all other bodywork. In particular, we have found that massage and chiropractic treatments can “shout out” the subtle messages that have been transmitted to your nervous system.

Number of sessions: The exact number of appointments that you will need is usually determined by how well a treatment holds. This is affected by several factors, including your level of hydration (how much water you drink), your general state of health, how many medications you are taking, and how long you have had this condition (naturally, a chronic condition is more deeply rooted into the body).

Pain due to a very recent accident will frequently respond in one to three sessions. Often, structural discomfort will be 80% resolved within three to four appointments. Chronic conditions may take several more sessions of specific work. Frequently, a chronic condition will be treated weekly for a month, then bi-weekly, and finally once a month.

- Good articles on Bowen Therapy:

www.positivehealth.com/permit/Articles/Bowen/rapapo18.htm.

www.bowendirectory.com/?p=4&ID=213&d=1

- For information about Animal Bowen:

www.bowendirectory.com/?p=9