



## Family Nurturing Tree

*"Where Self Care Is Empowered By Self Awareness"*

### Nourishment Inside & Out

#### What Are Your Organs Trying To Tell You?

As a bodywork therapist I am always amazed at just how intelligently our Creator designed our bodies and energy systems to provide us clues and signals for wellness. My chosen specialty is Ortho-Bionomy® and my most recent class, the Abdominal Visceral class, was yet another example of the mirror our body provides for understanding the inner and outer workings of our life. Time after time I am reminded the answers are always within, and this is just another example of that. I woke one morning feeling the need to work my digestive sphincters. When I did I felt the need to check in with each one and see "what is" and be receptive to what needed to move after each sphincter was "acknowledged". I felt the need to bring each sphincter into coherence with each other, by releasing one, and then connecting it to the next through touch and awareness. As I did each one opened individually and then they began to resonate with each other. With the ileocecal valve (ICV), I could feel a connection to old patterns of energy I am trying to leave behind so I stayed present with what was without judgment and let it come back into coherence. As I did, in my minds eye, I saw stream of energy flow into the ICV sphincter and felt it open and flow energetically along with the sound of tummy gurgles.

When working with the duodenum-jejunum (DJ) and pylorus sphincters I noticed the resonance with each other brought a shift of awareness in my outer world as well. I began to see food and how it moves through my body as a metaphor for how we take in nourishment from our world. My pylorus sphincter, which allows food to move from the stomach to the first section of the small intestine, was way out of communication with the other sphincters. The energy/food that was trying to come in, was having a difficult time moving out of my stomach for absorption of nutrients in the small intestine, which is what my life was feeling like financially. After the food passes through the roughly 12-foot section of the duodenum, it then connects to the jejunum where the DJ junction sphincter is located. When in harmony it passes on the next phase of energy/nutrients for movement through the small intestine. My DJ junction was not "aware" of what my pylorus was doing so things felt locked up both in my digestion and my finances.

Working both sphincters brought everything into harmony, into communication with each other, which I could feel physically, as well as emotionally. When the energy of both sphincters were attuned with each other, I could feel a shift in my consciousness connected to financial freedom and a peace and awareness of financial freedom washed over me. It felt like clearing the blockage or miscommunication between the Pylorus and the DJ opened me to be able to receive the "universal" signal of abundance I know exists in the world and my digestion returned to a more peaceful and effortless state.

My spleen and pancreas also had much to reveal to me. During class as my partner worked with me I could feel an imbalance connected to my spleen and pancreas. As she worked with both I began to tune into both organs and could feel my pancreas wanting to be heard. As with all Ortho-Bionomy sessions, it is not about the practitioner changing or trying to fix a client. It's about giving a client the space to be heard and acknowledged which reestablishes communication in the muscles, organs, and even energy bodies to bring about an over all sense of well being. As my pancreas began to be "heard", I connected with a deep grief that was just waiting to be acknowledged. As she stayed present with my pancreas and me the energy of grief gently released and I felt a healthy fullness there. As soon as that cleared, a surge of warmth and earthly love shot up along the spleen meridian of my left leg and into my spleen. My spleen then began to overflow with this amazing warmth and radiance. I felt I could truly receive nourishment from the earth herself to support my journey in all areas of life. It truly was a sense of the peace that passeth all understanding.

I now have a better sense of life and my organs through the Ortho-Bionomy experience. I send my organs and sphincters love and gratitude for they are a microcosm of me doing the best they can to maintain balance and order, and I am a microcosm of the macrocosm of humanity and we are all doing the best we can to maintain balance and harmony. It is yet another awareness of the wholeness we are as a coherent Living Matrix of Divine Life.

Other Resources:

1. To find a Ortho-Bionomy practitioner or instructor in your area: <http://www.ortho-bionomy.org>
2. To receive free meditations, articles and other self care exercises, you can subscribe to [The Sprout Newsletter](#)
3. To learn more about Family Nurturing Tree's Ortho-Bionomy practice, go to [www.familynurturingtree.org](http://www.familynurturingtree.org) and click on the Services page

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*As an expression of Love and Gratitude, please include the website and contact information – Light, Life, Love*

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