

Functional Integration

Zack Allen ND, cAK

Functional Integration is the process of unwinding and evacuating the kinesthetic "armor" that builds up in the central nervous system as a result of stress and trauma. In this workshop, Dr. Allen offers a history of "armoring" and the unique methods he uses to remove it. This workshop involves a brief lecture and hands-on practice, clearly demonstrating how to free up stagnation in the body in a simple and effective manner. Additionally, simple muscle testing will be used to identify toxic mental and emotional processes, and partner healing will be used to assist the process of removal.

The energetic body: Autogenics

Autogenics is personal orchestration of one's energy capital, involving deep breathing and whole-body linking of the entire energetic frame. This synthesizes stagnant and negative debris energy into focused awareness and optimal athleticism. Conditions improved by this system include chronic fatigue syndrome, stuttering, social and behavioral problems, poor coordination, low confidence, dyslexia, anxiety, depression, shoulder tension and low back pain.

Using autogenics, generally healthy individuals will find they feel more relaxed, focused, productive and "present" in social situations. This state of high functional integration is also known as "being in the zone" and "streaming." It is experienced as a blissful weightless state of optimal performance and peace of mind. Athletes using Autogenics benefit from calibration of hand-eye coordination, boosted energy and enhanced precision during training and competition.

With the help and guidance of experienced educator and Autogenics expert, Phil Powell, Dr. Allen has been exploring the most effective ways to "pre-enliven" armoring, enabling it to evacuate both spontaneously, and during autogenic sessions. The whole-body writing exercises pre-enliven armoring via neuro-motor re-patterning.

Effects of Autogenic Training

Autogenic training restores the balance between the activity of the sympathetic (flight or fight) and the parasympathetic (rest and digest) branches of the autonomic nervous system. This has important health benefits, as the parasympathetic activity promotes healthy digestion, lowers blood pressure, slows the heart rate and promotes optimal functioning of the immune system. These effects aid in relaxation, confidence and sense of wellbeing and overall quality of life. Functional Integration through whole-body writing and Autogenics brings people toward their full potential, improving health, energy, performance and quality of life. This allows your true colors to shine through in elegant harmony with the world around you.

Case Studies

- Mike: shattered 3 aluminum baseball bats, 2 in one game
- Zack: made ten three point shots in a row during a pick-up basketball game
- Aaron: local swimmer who broke 3 state records, one was standing 13 yrs; pre-squeeze of 120 lbs went to 180 lbs, post-autogenics squeeze, 210 lbs; completed 20 hrs whole-body writing

- Bobby Ingram (NFL): best season of his career at age 35, after 34 hours of whole body writing, and mastering autogenics
- Bob (friend of Phil Powell): thought he had high-speed cancer, went to E.R. 2 nights in a row, but no objective medical findings transpired. He lost his puffy “fish face,” developed chiseled features, and became more extroverted and social

History of Internal Armoring

Freud and Groddeck identified the *It*

- They defined the It as a negative force within them that made them do things they didn't want to do and not do what they wanted to do.

George Groddeck (October 13, 1866 – June 10, 1934)

- German physician and writer
- Friend of Freud's, he was a pathfinder of psychosomatic medicine, astonishing his numerous listeners and readers
- His therapy involved psychoanalytic, suggestive and hypnotic elements
- Along with Freud, described symptoms of internal armoring and gave them the generic name the It, for lack of a detailed understanding (*Freud*; Peter Gay)

Wilhelm Reich, Freud's student, devoted his whole life to studying the It

- Reich renamed the “It.” He called it *internal armoring (IA)* (*Fury on Earth*; Myron Sharaff, Freud's recorder and biographer)
- Reich eventually became side-tracked with his exploration of *orgone energy*

Frederick (Fritz) Perls was Reich's student

- Founder of the Gestalt Therapy Movement.
- Gestalt is a German word that indicates the whole is greater than the sum of its parts
- Perls published symptoms and cures of IA, including the concept that people “split off” from experiences, thoughts, sensations, and emotions that are perceived as uncomfortable
- This splitting off creates a fragmentation of the personality. His focus was to assist people in owning their experiences and developing a healthy gestalt or wholeness
- Perls also wrote extensively about *autogenics* as a way of evacuating internal armoring, which he called Chronic Hypertension (CHT) (*Gestalt Therapy*; Perls, Hefferline, and Goodman)
- Internal armor or chronic hypertension of the “kinesthelature” (energetic body) becomes concretized, like padlocks locking padlocks by ongoing stress, “jamming rival priorities” and minding “honey-do lists”

Although Perls made many breakthroughs in the field, he did not understand the true nature of evacuating internal armor, which must first be *pre-enlivened* before *Autogenics* and permanent evacuation can be fully effective.

Alexander Lowen was also Reich's student

- Founded the Lowen Institute, in New York
- Lowen wrote and practiced extensively regarding the symptoms and cures of IA (*Fear of Life; Bio-Energetics; Pleasure*; Alexander Lowen, M.D.)

Moshe Feldenkrais was a physicist, rocket scientist and martial arts master

- Known for his Einstein-like brain
- He devoted lifelong study to the concept of IA and energetics
- Referred to armoring as *chronic hypertonus*
- Attributed it to "crossed motivations," the "adoption of civilized movement" and "family movement styles," leading to the development of "constructed characters"
- These factors obviate *acture*, aka *omni-somomativity*, which are terms referring to the integrated, "in the zone" movement, developed by autogenic training
- Armoring is socially reinforced by interaction with similar constructed characters
- His studies and developments were independent from the line of Reich, Perls and Lowen. Feldenkrais published symptoms and cures of IA (*The Potent Self*; Feldenkrais) including the claim that IA caused almost all illnesses
- He was skeptical of his own system of "re-educating the kinesthetic sense," saying it was too slow for anyone to ever notice differences over time

Feldenkrais understood that IA must be first systematically pre-enlivened for permanent evacuation. He developed 250 exercises similar to yoga but specifically designed to accomplish pre-enlivening of IA.

Contemporary treatments of internal armoring (IA)

- Modern Feldenkrais practitioners
- Lowen students (Lowen Institute)
- Perls students (Gestalt Therapy)
- Venice, CA Institute, based on *Body, Self, and Soul*, by Rosenburg and Rand
 - "Build a charge" was their term for developing integration
- Certain forms of martial arts aimed at inner cultivation
- Taoist Yoga, centered around energetic awareness and development

Whole-body Pre-enlivening

- Open each session with chin to sternum for 45 seconds
- 25 minutes of written neuro-motor re-patterning exercises
- Try using the non-dominant hand 25% of the time
- Breath into all changes, which may include itching, burning and pain
- Mark all sensations and involuntary facial contortions on the anatomy chart
- End each session with reverse archer's bow for 60 seconds
- After 12 cumulative hrs of pre-enlivening, begin *Autogenics* sessions
- Autogenics: stay kinesthetically linked for 40-80 mins; 20 mins minimum
- Concentration of itches in the low back is a sign that evacuations are near
- Armoring will soften and athleticism will begin to permanently improve
- Think of these changes as migrating energy parties
- Evacuations tend to ripple or steadily march through the body before dissipating

- ❖ **This process is easily dismissed before it has even started**
- ❖ **Stick with it! Chip, chip, chip away like the *Shawshank Redemption***
- ❖ **A pleasurable endeavor, *Autogenics* cultivates invaluable lifelong rewards**
- ❖ **Expect enhanced performance: athletic, academic, work, social, spiritual**
- ❖ **Have fun, and enjoy the dynamic journey toward *Functional Integration!***

Bibliography

Autogenic Therapy; Luthe Dr W & Schultz Dr JH, first published by Grune and Stratton, Inc., New York, (1969). Republished in (2001) by The British Autogenic Society.
In six volumes:

- Vol. 1 Autogenic Methods
- Vol. 2 Medical Applications
- Vol. 3 Applications in Psychotherapy
- Vol. 4 Research and Theory
- Vol. 5 Dynamics of Autogenic Neutralisation
- Vol. 6 Treatment with Autogenic Neutralisation

Bio-Energetics; Alexander Lowen, M.D.

Body, Self, and Soul; Rosenburg and Rand (Contemporary approach of Gestalt Therapy)

Gestalt Therapy; Perls, Hefferline, and Goodman

Fear of Life; Alexander Lowen, M.D.

Freud; Peter Gay

Fury on Earth; Myron Sharaff (biography of Wilhelm Reich)

Pleasure; Alexander Lowen, M.D.

The Potent Self; Moshe Feldenkrais