

Awareness-Oriented Connective Tissue Therapy

Connective Tissue Therapy employs measured, deliberate strokes that permit a client to explore her inner space, evaluate the condition of her tissues, gain access to feelings, and fully experience sensations. One can easily recognize when the therapist is approaching a sensitive or stressed area, and then choose to resist (or not resist) the instinct to tighten and assume the classic sympathetic responses. She may be inclined, with the therapist's guidance, to breathe into the area and play an active role in relaxing and rejuvenating the local tissues. If there are memories or emotions imbedded in these tissues, an opportunity exists to check into the feelings, even begin to process them if appropriate.

The major intention behind this work is to Facilitate Self Awareness. The main physiological effects are to produce *thixotropic phase change*, promote hydration via *peizelectronics*, lower sympathetic tone and reduce neural output.

THIXOTROPY

The body's amorphous ground substance surrounds and connects every cell in the body. Often referred to as the living matrix, it fills all the extracellular potential spaces throughout the body. It is the solute through which other fluids, gasses, hormones, chemicals, nutrients and waste products, along with a myriad of other molecules, diffuse to and from the bloodstream and between cells. This connective tissue matrix is, in fact, our internal environment.

A remarkable quality of the matrix (classified as a colloidal gel) is a phenomenon known as thixotrophy. Depending upon its energetic state, it becomes more dense, solid and gelatinous, or less dense, fluid and soluble. Increased energy potentials promote a more fluid state; lower levels of energy a more viscous, glue-like state. Fluctuations between sol and gel are referred to as thixotropic phase changes.

The application of Connective Tissue Therapy can produce a phase change, temporarily 'melt' the ground substance, restore tissue resiliency, malleability and suppleness.

The delivery of nutrients, chemicals and oxygen and the disposal of cellular wastes is more efficient and requires less energy output when the matrix is in a fluid state. So clearly, a juicy, high energy ground substance is vital to healthy metabolic activity.

PEIZOELECTRONICS

The crystalline nature of collagen and other proteins of the myofascial system make them excellent generators, conductors and transmitters of electrical fields. The characteristic electrical field produced when semiconductors like collagen are pressed, jostled and stretched is referred to as peizelectronics.

When a skilled therapist applies appropriate amounts of pressure in an advantageous direction at a proper depth and a certain pace, the strokes can effect positive energetic changes to improve energy flow through the body. The energy generated via peizelectronics liberates hydrophilic ions that attract water molecules into manipulated tissues, where they are stored. The heightened hydration in turn boosts conductivity and transmission of electric/neural currents). Depending upon how the vectors listed are utilized, the fascial system can be stretched and manipulated to reduce adhesions, support new spatial relationships, and enhance posture.

Besides generating and transmitting energy, it is theorized that the connective tissue system is a communication network that carries bioelectric signals and messages to and from every part of the body!