

### **Therapeutic Insight 3**

- Fascia, a liquid crystalline matrix -

In my last article titled, "What do you believe," I stated that our prevailing paradigm, our model of reality, was logical but incomplete and terribly flawed.

The consistent profound results of Myofascial Release are so impressive, even when all else has failed, that critics have said it is impossible because it breaks the laws of science. I agree that it does seem to break the laws of science, but the results are there, and have been for decades. I have trained over 50,000 therapists and physicians who are achieving these kinds of important results on millions of clients per month. So, a more realistic perspective may be that science is flawed. How could science be wrong? I would like to point out a number of errors that have accumulated over time and have become our so called "proven facts" of reality.

Here are some interesting thoughts to ponder over from Arthur Koestler's book, "The Ghost in the Machine". Koestler states that science is based on monumental superstitions and argues that the pillars of science are cracked and revealing themselves as hollow. He goes on to say that science considers terms like consciousness, mind, imagination and purpose to be unscientific, treated as dirty words, and banned from the vocabulary.

Now let's examine some of the basic flawed assumptions that led science to try to make us into objects. Science has accomplished amazing discoveries and achievements with objects, architecture, bridges, rockets, aircrafts, electronics, computers, etc. However, we as humans are not objects!

The fundamental premise of science "objectivity" is flawed and built on quicksand. Anyone with a beginner's level of understanding of quantum physics knows that there is no such thing as objectivity. What most scientists have refused to do is to examine the meta paradigm that underlies all other scientific paradigms, i.e., either consciousness exists and is primary or consciousness does not matter. Traditional science considers consciousness as unimportant and only an accidental artifact of the biochemistry of the brain. In fact, there is not one shred of evidence that supports this theory. It's just another myth propagated as fact. In other words, consciousness emerges from inert material. Really? So, when the fundamental belief is wrong, all other beliefs (theories) that emanate from that flawed thought, while logical, will also be erroneous.

Traditional scientists who cling to this outdated, obsolete information have refused to examine the voluminous new information that has emerged by some of the leading scientists in the world. This is bias, which is unscientific. I believe this attitude impedes growth and is intellectual dishonesty.

The good news! There are a large number of the world's most respected scientists that have discovered a new view of the human's mind/body complex that supports the Myofascial Release approach that I have taught for decades.

Because of limitations of space, I would like to present to you a very simplified version of a very complex subject, the human being. The human being is a beautiful, conscious, vibrant, liquid crystalline matrix. Let's compare what you and I were taught by traditional science and what I and other Myofascial Release therapists have learned from experience. I will also discuss fascinating discoveries of the "new" science that is emerging.

The Myofascial Release principles, techniques, and paradigm is the "missing link" to be added to all other forms of therapy that will enhance all that you do and are. I would recommend that you read Dr. James Oschman's book "Energy Medicine in Therapeutics and Human Performance." He is an extremely insightful scientist and has accumulated an enormous amount of research on the fascial system. All other traditional and alternative techniques are based on the "neuron doctrine" which states that all perception and function come from the brain and neurological system. However, the "neuron doctrine" and the newer "neuromatrix theory" are unfortunately a reductionist point of view and incomplete until included in the much larger, living, liquid crystalline fascial matrix theory.

The "neuron doctrine" and "neuromatrix theory" suggested that it was the brain and neural system which runs the body. However, it turns out that the brain and neural systems are embedded within a much larger and vastly more important crystalline fiber optic network, the fascial system, which transmits the flow of information, light and sound which is necessary for health and a vibrant life.

The brain and every nerve of our body lie within and are profoundly influenced by the liquid/gelatinous ground substance of the fascial system. It is a well known fact that nerves can only transmit signals at slightly over twenty meters per second. Therefore, it is impossible for nerves to stimulate the trillions of cells of our body that each have over 100,000 reactions per second.

The fascial system functions as a fiber optic network that bathes each cell with information, energy, light, sound, nutrition, oxygen, biochemicals, hormones and flushes out the toxins. The brain and nerves are an important but a much slower form of communication. The ion-transfer mechanism of nerve impulses is too slow to account for the massive amount of information necessary for our body/mind to function. Therefore, it is the fascia, your liquid crystalline matrix that is the major and most important communication system of our body. The fascia functions as a fiber optic network connecting every aspect of our mind/body at an enormous speed.

This is a fascinating and important way of perceiving ourselves. There are many other aspects that we will delve into in future "Therapeutic Insight" articles. You are welcome to ask any questions or share your thoughts and insights at the end of each Therapeutic Insight article or on my blog. You can access my blog by going to [www.massagemag.com](http://www.massagemag.com). Just scroll down to the "Expert Insights" tab, and click on my latest blog.

I believe that Myofascial Release and the many other forms of massage, bodywork, and energy techniques make it possible for us and our clients to live a joyful, productive, and vibrant life!

Thanks!

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He is on the counsel of Advisors of the American Back Society; he is also on *Massage Magazine's* Editorial Advisory Board; and is a member of the American Physical Therapy Association. For more information, visit [www.myofascialrelease.com](http://www.myofascialrelease.com)