

# PART 3



PHOTOS COURTESY OF JOHN F. BARNES, P.T.

# The John F. Barnes Myofascial Release Approach

This exclusive three-part series by the master of myofascial release explores the history of myofascial release, myofascial unwinding and myofascial rebounding. Part One ran in the December 2006 issue; Part Two ran in the June issue.

by *John F. Barnes, P.T.*

**P**ast research on the fascial system focused on the fibrous web, because scientists studied anatomy on cadavers that were dry and brittle. Those scientists were studying nonlife. Yet, we are conceived in fluid, we develop in amniotic fluid and we are born in fluid. Our bodies are more than 70 percent fluid. New scientific discoveries demonstrate that the fascial system is a combination of a powerful fibrous web surrounded by a ground substance that is a fluid/gelatinous medium and which provides both the internal and external environment of every cell in the body.

Recent research shows that there is a micro-myofascial system (a tensegrity structure) within every cell. Within the cytoskeleton of the cell lie microtubules of fascia that have a hollow core within which fluid flows. Energy, information

and consciousness flow within that fluid.

Consciousness is not just in the brain, as we were taught. My experience has shown me that consciousness flows through every cell of our bodies. The fluid within and around every cell performs the important function of being the transport medium of oxygen, nutrients, chemicals, hormones, toxins, energy and information throughout our entire being, almost instantaneously.

When a person undergoes trauma or an inflammatory process, the fluidity of the fascial system dehydrates and the tissue begins to solidify. This solidification of the fascial system tends to deepen and spread, creating and perpetuating the negative effects you and your clients experience.

Myofascial rebounding is a gentle oscillating

motion introduced into the client's mind-body complex, utilizing the body's fluid as a therapeutic force. (See sidebar, "Myofascial Rebounding in Action" page 74.)

## Fascia: conductor of energy

In his book, *Energy Medicine in Therapeutics and Human Performance*, James L. Oschman, Ph.D., writes, "Traditional science considers the fascia and the proteins of the body to be an insulator that is incapable of conducting energy, information and consciousness. When a traditional

transportation along a protein.

Of course, the scientists of the time ignored this important discovery because it did not fit the model of reality they had memorized. This false and obsolete information (that the soft tissue of our body is an insulator) is still being taught in all medical, dental and therapeutic schools in the country.

## A sea of information

Remember trauma and inflammatory processes dehydrate the fluid component of the fascial system. These fascial restrictions then exert enormous pressure on pain-sensitive structures and inhibit the vital communication that flows through the liquidity of the fascial system and every cell of our body that ultimately produces symptoms and disease.

Philosopher and systems theorist Ervin Laszlo is considered one of the most profound thinkers alive today. In *Science and the Akashic Field: An Integral Theory of Everything*, he explains our primary reality is the quantum field, or zero point energy field, or what he calls the akashic field.

The akashic field, which underlies physical reality, is a vast sea of energy and information that flows through us and the universe as a hologram. We were taught nothing travels faster than the speed of light; however, Russian physicists have discovered torsion waves that travel as energy and information at more than 1 billion times the speed of light.

In discussing how the akashic field performs in the living organism, Laszlo states that the living organism is not a mere biomechanical machine, the traditional paradigm. A living organism is dynamic and fluid with all components in instant and continuous communication. This kind of instant, system-wide communication cannot be produced by the traditional view of solely physical and chemical interactions among molecules, genes, cells and organs. The speed with which activating processes spread throughout the body makes reliance on biochemistry alone insufficient.

## Our communication system

The fluid within and around the microtubules of the fascial system (the conduit of consciousness) carries almost instantaneous energy and information throughout, so we can function as a coordinated, balanced whole.

The fascial system is the primary communication system, with the much slower neural system a secondary system of conduction. Our innate intelligence flows through the fascial matrix, carrying vast amounts of



*Staying within the client's rhythm is important, as the release will feel like an increased felt sense of liquidity.*

biologist wants to study tissue, they crush it, pulp it and put it into a centrifuge. The tissue is then spun at high velocity to separate the solid from the fluid. The solid material is then thrown away and the fluid is studied.

"However, back in 1941 Professor Szent-Gyorgyi said this was an erroneous way of doing research on living tissue. He proved... that by dehydrating the proteins through the removal of water converted the proteins from conductors of energy into insulators."

Water is essential for life. Szent-Gyorgyi then stated that by taking away the water, you are studying non-life. Keep the proteins hydrated, and they are semiconductors of energy. He states our body's communication system relies on water. A 10-percent change in water content can trigger a million-fold change in charge

information, instantly capable of storing far more information than the brain.

Traditional science's erroneous view that the connective tissue is just an insulator was proven wrong back in 1941; instead, the fascial system is a three-dimensional structural web that holds and conducts liquid, energy and information.

Fear, anger, hate, anxiety, alienation and hopelessness are not just feelings; neither are love, serenity and optimism. All are physiological states that profoundly affect

our health. However, as our experience has shown us, trauma, inflammation, surgery or unresolved emotional holding patterns dehydrate and tighten the fascial system. This loss of fluid and the resultant solidification of the ground substance block this important communication, which eventually produces the symptoms of pain, headaches, anxiety, restriction of motion and disease.

In her book *The Field*, Lynne McTaggart states, "In the near future the idea of using drugs or surgery to cure anybody will seem barbaric. It has been discovered that

## Myofascial Rebounding in Action

by John F. Barnes, P.T.

**1** When the therapist discovers a myofascial restriction, he gently rolls the restriction or body part away from his own body. The therapist keeps his soft hands on the body, but instantly eliminates any pressure from the client's body to allow the fluid of the body to return to the therapist.

The motion is not pushing; it is more like rolling a cylinder filled with fluid. The therapist then focuses on transmitting the motion all the way down through the client's body.

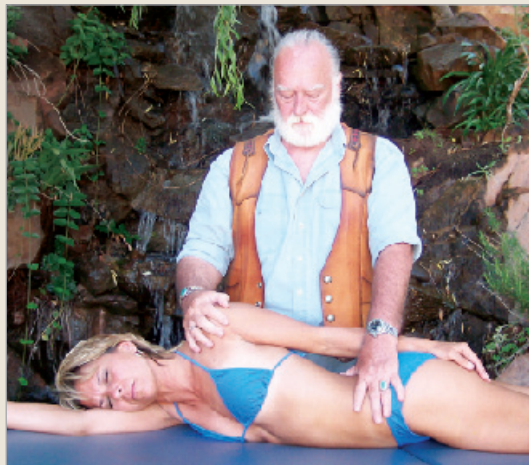
Next, the therapist tunes into the fluidity of the body and the fluid wave that is being generated within. Then the art of myofascial rebounding synchronizes with the client's fluid rhythm.

**2** Staying with the client's rhythm is important so that she won't have to go into subconscious bracing patterns.

Imagine you are holding a saucer with fluid in it. Your goal is to rock the saucer and fluid rhythmically back and forth, but not to spill the fluid beyond the rim of the saucer. The rim of the saucer represents the point where the client's mental protective responses would be activated.

As you flow with the client's fluid wave, you allow it to come back to you. You wait until the fluid wave rebounds away from you and give it a gentle energy boost. You continue to ride the wave until it returns to you, waiting for the wave to rebound away from you, and supply a minuscule amount of energy until you perceive a release.

The release will feel like an increase in the amplitude of the fluid motion or an increased felt sense of liquidity.



**3** You then flow with the new increased motion or direction. There is full-range amplitude, mid-range amplitude (away from the edge of the saucer) and what I call echoing, which is very subtle—almost unperceivable—but very powerful. It seems to reach all the way down to the cellular level to release long-held toxins and pain.

You have all seen videos of hurricanes that produced powerful waves crashing against the shoreline, eventually tearing down old structures. Myofascial Rebounding is like this, but without the violence. This rhythmical wave, over time, begins to release deep restrictions and pain, and flushes out trapped toxins.

**4** Rebounding has a lot to do with frequency and rhythmic vibration transforming the energy of the fluid system into resonance. Resonance is the basis of the release that occurs from all forms of Myofascial Release. The resonance of our internal "liquid light" acts like a tsunami (tidal wave), washing away restrictions to decrease pain and increase motion.

Myofascial Rebounding also is a reliable assessment tool for the therapist. Over time you will feel where the body is soft and fluid and where it is hard and immobile. Myofascial Rebounding is then used directly or indirectly on the restricted area. If this does not rehydrate and release the area, then the body language has shown you exactly where to apply Myofascial Release and Unwinding techniques.

humans emit highly coherent photons (the tiniest particles of light.) Our DNA uses wave frequencies of this light to drive all of the physiological processes of the mind-body. New evidence shows the brain's conversation with the body are waves and frequencies, rather than chemical or electrical impulses alone. Our brains are simply the retrieval and readout mechanism of the ultimate storage medium, the force field that surrounds us and infuses every cell of our bodies.

"In healthy individuals, the quantum light is highly organized. People that are ill, cancer patients for instance, have lost the organization of this internal energy, so the subatomic communication between the various parts of the body has broken down. In effect, their light is going out. It may be that all illness is a kind of scrambling of the frequency of this energy."

Myofascial release structurally and energetically opens and rehydrates the human fascial system for the coherent flow of the frequency, vibration, information and

## TO LEARN MORE...

- *Science and the Akashic Field: An Integral Theory of Everything*, by Ervin Laszlo, Inner Traditions, 2004.
- *The Field: The Quest for the Secret Force of the Universe*, by Lynne McTaggart, Harper Collins, 2002.
- *Energy Medicine in Therapeutics and Human Performance*, by James Oschman, Ph.D., Butterworth-Heinemann, 2003.
- "Breakthrough in Subtle Energies and Energy Medicine," by James L. Oschman, Ph.D. *Bridges*, Winter 2003:14, No. 4. International Society for the Study of Subtle Energies and Energy Medicine.

organization necessary for the health and quality of life.

This exciting period poses an incredible opportunity for us to grow as human beings, while providing the quality of care our clients deserve, allowing us all to move into authentic living and healing.

*John F. Barnes, Ph.D., P.T., L.M.T., N.C.T.M.B., is an acknowledged expert in the area of myofascial release. He has instructed thousands of therapists worldwide in his Myofascial Release Approach, and he is the author of*

*Myofascial Release: the Search for Excellence (Rehabilitation Services, Inc., 1990) and Healing Ancient Wounds: The Renegade's Wisdom (MFR Treatment Centers & Seminars, 2000). Barnes is on the Counsel of Advisors of the American Back Society, is an editorial advisor of the Journal of Bodywork and Movement Therapies and is a member of the American Physical Therapy Association. For more information, visit [www.myofascialrelease.com](http://www.myofascialrelease.com).*