

April 5, 2020

Follow up to Zoom Meeting offered April 4-5, 2020

BI Inspire | By Ron Mariotti, ND, BI-D

~ Exploring the general vascular system and how the Barral approach will help facilitate function in the respiratory, circulatory and immune systems

Hi everyone,

It was wonderful to see all these familiar faces and connect with you yesterday. Thank you for your attention and I hope that the information helps in some way to empower you when we all get back to work doing what we do best... helping to decrease the suffering of those connected to us.

- As a summary of my talk the key points to remember are as follows:
- Improving the health of the organs is synonymous with improving the vascular flow to the organs.
- Even if you have not taken a vascular class you are, in essence, doing vascular work when you mobilize an organ.
- Water, as it interacts with hydrophilic membranes, changes into a crystalline structure which is able to store energy.
- Manual therapy helps to increase this exclusion zone water.
- When we mobilize an organ we are in essence having an effect on every single cell comprising that organ. Cellular membranes are able to detect and respond to pressure changes and it is through this phenomena that we are able to improve cellular function by working with the viscera.
- When you mobilize an organ you are in essence creating communication link to the central nervous system, specifically the hypothalamus which contributes to a cascade of events that soften the tissue.
- The coronavirus, via the ACE2 receptor, is able to gain access to the cell.
- ACE2 receptors are located in the lungs, heart, kidneys, intestines, blood vessels and therefore is likely to have a deleterious effect on these particular organs.

If you're interested in diffusing eucalyptus into your living space it doesn't make much sense to use a water-based diffuser as it is not able to get the extremely small, nanoparticles of the oil in the air, which seems to have the most antiviral effect. Also, it doesn't make much sense to buy a small little vial of oil. When you are using an atomizer you will go through a small vial of oil in about one day. Obviously, that would be very expensive. I recommend the following.

Purchase an atomizer from one of the links. My preference is the following atomizer from Oil Works. Here is the link. <https://oilworks.co/product/commercial-essential-oil-diffuser-for-large-areas-1000-sq-ft-sleek-modern-design/>

I have already purchased a few of these for myself, my office when it is finally opened,

and my mother's house. It's very efficient and puts a significant amount of oil in the air. Unfortunately, their factory is in China and it is difficult to get things out of China. When I ordered mine it took about two weeks to get them and I was told that there may be some problems with shipping moving forward.

Since that might be an issue for you I have found another source that also has a decent diffuser. This is also an efficient diffuser but a little less efficient than the previous one that I mentioned from Oil Works.

https://store.diffuserworld.com/Aroma-Whisper™-MINI-Bundle-2-Atomizers-Timer-Silencer-Diffuser-Cleaner_p_443.html

Now to discuss oil. I prefer to use an organic eucalyptus globulus oil. And you can purchase eucalyptus oil from Starwest Botanicals. As you are all practitioners I'm certain you can purchase it from them at wholesale price. This is the link to the wholesale price for their eucalyptus. Unfortunately, it looks like they are sold out. I think, due to the coronavirus, you may find it difficult to find some things. <https://wholesale.starwest-botanicals.com/category/eucalyptus-globulus-essential-oil/>

You can also purchase the eucalyptus oil in a 1 gallon size. I know, sounds like a lot but as this goes on you may find yourself using quite a bit of the eucalyptus oil.

Warm and healthy regards,

Ron Mariotti, ND, BI-D

BI Inspire | By Eric Marlien, PT, DO, BI-D
~ Global Integration of the stress response and how to reach physiological equilibrium

Activation of the Being

1/ Activation

I put my attention at the top of my skull, a few inches above. Now I feel myself higher and higher. Then I feel, I see everything from a dominant position, like perched on the top of a mountain. I can see everything, and feel myself with a downward glance. From this position, I dominate and I direct. In this state, my look and my vision of any situation is completely new, different. In this energy, I see, I feel, I understand, I know ... each event appears from another angle, perhaps even from all angles at once, as if my vision embraced 360 °, all around. I experience a feeling of freedom, a new understanding, free, wider than ever.

Then I place my attention and my presence in the middle of my sternum, as we did previously. I try to pay attention to a current of energy that radiates from this place.

Let's strive (but without the "head" directing and deciding), or better let's focus and regulate oneself on the perception of radiation from this area which is heading straight ahead. Clear, intense, directed radiation whose flow is directed towards the outside of oneself.

Soon, this radiation transforms into a sphere of white-golden, luminous energy whose center is the heart and which extends over as large a diameter as possible. This sphere of which I am the center completely encompasses me. In the perception of this field, I expect nothing, all need-desire is replaced by this radiation which leaves from the center, from the heart, pure radiation, pure gift, pure love ...

2/ Release of a problem

You can choose any problem, a fear for yourself or for anyone you love, or whatever you want to get rid of.

Return to the center above the top of the skull. Without trying to mentalize, without any intention whatsoever, see, live, feel the situation, the fear or any problem from this center. Let's perceive the state of being different in which we are, let's register it in all the cells of its body, including the brain cells. Feel fully this totally different state, let it imprint in yourself it will always be accessible.

Replace yourself in the center of the sternum, feel this clear and intense current which emanates, and which is the center of the sphere of radiation which surrounds you. Now, you visualize this fear, or any difficulty, as a mass of gray paste, shapeless, somewhere in this sphere.

Now the spotlight coming from the top of your head is focused on this gray mass, like a laser beam.

And the radiation from your heart also surrounds it. And little by little, this fear, this shapeless mass, disintegrates, melts, becomes lighter and lighter, less dense. Soon, it is only a little smoke, a vapor, more and more transparent.

Let a new feeling amplify, while your heart continues to radiate, let appear a new perception, spontaneous thoughts, without filtering or censoring anything. And you get a deep feeling of being, being there, finally being there. An ineffable presence, the deep and unique root of your being, always present, unalterable. I let you enjoy this feeling for a few more moments.

Heart Exercise

As far as the involvement of the consciousness goes, place the center sufficiently high: Too low and you have plexus; too high and you have throat. Look for a neutral point in between. Now, if you are very sensitive, there might not be a neutral point -- meaning you feel a little plexus and a little throat when in the middle of the sternum if this happens look for more throat and less plexus. You have to learn to give out fully with heart with no plexus at all. You were raised in a surrounding in which heart is linked to plexus activity, so you have to overcome that trend.

If you radiate heart spontaneously you don't have to bother with centering. Those who don't radiate heart spontaneously can use the symbol of the sun.

So, just imagine a sun, as big as you want, the center being somewhere on the sternum. The sun is radiating fully and free, very clear. If you want a color, make it slightly golden (between white and golden). Let it radiate fully until there is only that. When it is radiating fully, you will be aware of a huge field of radiation all around. As soon as you are aware of the evidence of the field of radiation, begin to breathe in the radiation from the field.

Breathe it in, and, depending on how you want to work with the breath, you can decide that when you breathe out it spreads throughout the body. Breathe in, it comes in, breathe out and it spreads throughout the body. Do this until you feel that this field has trans-penetrated the entire body. As you do this you will notice that a continuum will begin to establish itself between the field and the body - instead of a barrier keeping the field out.

When the heart radiates freely, there are many levels. There is no limit to the field. So, when you have finished the radiation experience, always let yourself go beyond all the limits you know.