

Inside This Issue

- 2 **Who Lives Behind the Mask?**
- 3 **My Story:**
From Cancer Survivor to CranioSacral Therapist
- 5 **Milestones**
- 5 **Featured Products**
From The Upledger Institute
- 8 **Course Calendar**
January - March, 2009

Upledger UpDate

5 Amazing Days: Teaching Craniosacral Therapy to Oaxacans

by Roland Jackman

It's February 4, 2008, just three days before Tad Wanveer, LMT, CST-D, is to teach a CranioSacral Therapy course. Only he's never been to Oaxaca, Mexico. Never needed to use translators in a class. And never witnessed a Shamanic cleansing.

72 hours later that would all change.

Oaxaca (pronounced Wah-hah-cah) is nestled high in the Sierra Madre Mountains of the Mexican Peninsula. Home to the ancient peoples of the Zapotec and Mixtec, the region is rich in tradition, unique flavors and vibrant colors.

Much of the Oaxacan population consists of families that work the land six days a week. They live in mountain villages and embrace the lifestyle of their ancestors, cherishing its tranquility and

peace. It is not, however, a lifestyle without health issues. Injury, disease and dysfunction all weigh heavily on a culture where few have ever seen the inside of a hospital or even a doctor's office.

A long-time instructor for The Upledger Institute, Tad journeyed to southern Mexico with the dream of bringing Cranio-Sacral Therapy to these spirited people. "The experience has changed me forever," he says.

The Genesis of an Enlightening Journey

The plan was conceived two years earlier when Tad taught a CranioSacral Therapy I class near Mexico City. He met



Who Lives Behind the Mask?

by Stan Gerome, LMT

After teaching Therapeutic Imagery & Dialogue through The Upledger Institute for the last few years, a central theme – a central curiosity – has emerged. I use the word “emerged” because that word articulates something coming out of the void, something coming forward from a deep, non-conscious place.

When I image the non-conscious, I see a place as vast and deep as the Universe itself. Along with this image comes a feeling of mystery and awe. It is a place filled with suns, moons, asteroids, black holes, and a great deal of expanding space. A place of great turbulence, violence and peace. A paradox.

The psyche, like the Universe and life itself, is a paradox full of new discoveries, new interpretations of old beliefs, new potentials, more questions, and a great deal of energy. Most people are uncomfortable with paradox. We feel we know ourselves well enough. We tie ourselves up into neat little packages

with bows, and we say, “Here I am. This is me. This is the way I behave. These are my attributes, my beliefs, my limitations. Therefore, I know myself.”

This is by no means a bad place to be. It can bring stability to our personalities and our lives. But for the inner explorer, this is only a place to begin. Once we’ve looked at this “Persona” and the daily masks we wear, we might be ready for a new and deeper exploration.

This exploration might be likened to moving from Newtonian physics into the quantum world. Newtonian physics can explain everything from the workings of machines to the motion and tracking of heavenly bodies – in other words, the Persona, or the outward workings of the Universe. But the quantum world acts more like the “Shadow;” more like what goes on in the private, hidden parts of the Universe and our psyches – that which is concealed behind the mask.

Hiding In the Shadow

The Shadow has become that central theme, the central curiosity in the Therapeutic Imagery & Dialogue (TIDI) class. It is also the first layer of the psyche one meets when moving behind the Persona. But what is the Shadow? How is it formed?

Robert Johnson, in his book *Owning Your Own Shadow*, calls it “... that dumping ground for all those characteristics of our personality that we disown...” The problem is that we try to ignore the Shadow. But sooner or later we will encounter this great, submerged energy in the form of disease or challenging circumstances.

First of all, let me say that Shadow formation is a necessary evil, so to speak. Once we learn from our parents and society that certain behaviors are acceptable and others are not, we enter the dualistic world of good and evil. The behaviors, thoughts and actions that are deemed unacceptable are cast into the recesses of the psyche, much like broken toys and old clothes – possessions willfully relegated to the garbage. If we reflect on the past and remember how many toys and how much clothing we’ve thrown away, we may begin to appreciate the amount of energy stored in the Shadow.

Meeting My Hidden Self

On a personal level, my teenage and early adult years were spent in the entertainment world. I did just about everything entertainers and music personalities are known for. Yet as I traveled around the country carrying on like a musician, I also carried with me a library of religious philosophy and healing. This kept me in some sort of balance.

Advanced I CranioSacral Therapy

Boston, MA — April 21, 2008



Back row (l-r): Kelly Sanders; Chuck Spina, PT, JSCC; Cyndi Fine, CBW; Rusty McKague; and Michele Antico, LMT. Middle Row: Jeanie Maw, LMT; Carl Rowan, MA, LMT, CST; Dawn Hull, LMT; Martha Houghton, PT; and Herta Payson, PhD, LMT, CST. Front Row: Dolores Arroyo, OTR/L (teaching assistant); Tim Hutton, PhD, LMP, CST-D (instructor); and Knox Cummin, CST (teaching assistant).

Years later, getting involved in massage therapy, CranioSacral Therapy and Psychosynthesis, I began the inner work necessary for further psychic growth, though I'm not sure I was truly aware of what I was doing. I was just following some compulsive instinct.

I ended up at the Psychosynthesis Institute of Miami and for many years investigated my inner world. I worked on the various characters that emerged until reaching a place of deep-seated rage and hatred. As a child I was not allowed to express anger or dislike toward anyone. Where is that energy to go but deeper into the psyche, gathering more energy and developing into rage and hatred?

I learned it was not so important to ask, "What makes me angry?" or "Why am I angry?" but to ask, "Who is the Angry One?" I stayed with the Angry One for months, drawing pictures of him – a fire-breathing dragon – and dialoguing with him.

I still get angry. Anger is inevitable. It has a vital energetic quality. But now anger does not rule me. I can recognize something simple like, "I'm not getting my way right now," and invite that vital energy to solve the problem instead of burning up inside. Much of this insight was not easy for me to admit or to deal with, but actually reaching this point was easier than what was to come.

Finding the Gold in the Shadow

After working with this angry psychic material for a long time, I realized that the Shadow had grown to become the root of my daily actions, and that I had become quite familiar with much of this dark side. Buried much deeper in the Shadow, however, was my own heart,

my own worthiness, the light – what Johnson calls, "the gold in the Shadow."

To this day, owning my own noble traits is much harder for me than owning my darkness. Notably, I am both – the Gold as well as the Shadow. The two together make a whole, but owning the nobility is still full of resistance. This is part of my current process in my second half of life.

To be born a child is to be born whole, with both

the Gold and the Shadow sharing the conscious psyche. Then society, religion and culture intrude and dictate which traits of the psyche are acceptable and which ones aren't, effectively dividing the child in two and striving to repress the Shadow.

The second half of life is the time to resurrect ourselves from this psychic graveyard and find wholeness again by reintroducing the Shadow into our adult consciousness. Awareness of these polarities can truly help balance our lives. We must own both aspects of ourselves or remain bewildered about who we really are. This balance can be maintained through ritual, art, dance, music, or any harmless avenue we choose to play out these darker aspects. But know for certain that they must be entertained.

Along with this work comes a new-found sense of understanding. We can see ourselves more easily in others, and we see we are not so different. There is a new feeling of patience, kindness and grounding, and a knowledge that we're all in this mess together.

It is the same thing we see and feel on the table in CranioSacral Therapy. In solitude or wherever men and women gather, the Shadow follows. Every relationship, office, institute, community, political party, religion or country has a Shadow – both personal and collective.

The psyche, like the Universe and life itself, is a paradox full of new discoveries, new interpretations of old beliefs, new potentials, more questions, and a great deal of energy. Most people are uncomfortable with paradox.

Everyone wants more tools and techniques. But, as I say repeatedly in the TIDI class, the best tool to bring to the table is being a more integrated therapist. Carl Jung said, "One does not become enlightened by imagining figures of light but by making the darkness conscious." To begin to see the Shadow in this light is to truly begin the journey toward understanding the self and others.

The light behind the Shadow shines through at the end of the day. So don't be afraid of your own Shadow.

About Stan Gerome, LMT

Stan Gerome has been a practicing therapist for more than 20 years with expertise in modalities ranging from CranioSacral Therapy to



NeuroMuscular Integration and Visceral Mobilization. One of The Upledger Institute's first staff therapists, he continues his professional affiliation as a visiting therapist and instructor for Therapeutic Imagery & Dialogue. He is also extensively trained in Psychosynthesis, a form of depth psychology that serves as a valuable resource in both his classroom and treatment rooms.

Find out how Therapeutic Imagery & Dialogue can help you find the Gold in the Shadow to become a more integrated therapist. To register or for more details, call Educational Services at 800.233.5880 or visit www.upledger.com.

CLICK HERE
to view upcoming class
schedules.

My Story: From Cancer Survivor to CST Therapist

by Gloria Flores, HHP, CST-D

After recovering from cancer surgery in 2004, I made the decision to use my life to help others who felt helpless and hopeless because of illness. CranioSacral Therapy (CST) has been my path to reaching that goal.

In addition to my private practice as a CranioSacral Therapist, I regularly volunteer at Wellness Works Holistic Health Center in Glendale, California, where I provide CranioSacral Therapy to seriously ill members of my community. This is where my passion for CST is fueled. These clients tell me that it's been able to spark in them "a feeling of hope" regarding their condition.

Another source of joy for me is participating in CST Teaching-Assistant assignments and conducting Upledger Study Groups. These activities allow me the privilege of helping people discover their own ability to help others and to develop their skills in CST. This gentle yet profound therapy has positively affected the health of all of my clients with problems ranging from grief and emotional stress to cerebral palsy and HIV.



Gloria Flores helps clients with conditions from emotional problems to chronic pain. She is Board Certified as a Holistic Health Practitioner through The American Association of Drugless Practitioners. She is also

a published alternative-medicine author who has extensive experience with hospice and geriatric patients.

Find out how to save up to \$150 on your first CranioSacral Therapy workshop. Call Educational Services at 800.233.5880 or visit www.upledger.com.

Letters of Thanks

Patients Talk of Life Changes

After more than 25 years as a CranioSacral practitioner, I still recall the wonder and amazement when I first felt the tissues respond and move beneath my hands. Since then I discovered that CST is far greater than the sum of its parts. It's applicable to the treatment of conditions that I'd never before, as a PT, considered to fall within my bailiwick.

Instruction in Bruno's "Brain" class continues to broaden my horizons. Even at my junior level of knowledge and expertise, my patients frequently talk of life changes that I feel better equipped to address. I now have almost more work that I know what to do with. This isn't because the same people keep coming back. It's because they send others to me.

Bruno's Brain class was wonderful. It was more than worth the cost involved in traveling from western Canada to Dallas. My thanks to everyone.

Sincerely,

John Way, BPT, MCSP

Learn more about Bruno's Brain curriculum and how it can strengthen your ability to help others move gracefully through their life changes. Call Educational Services toll-free at 800.233.5880 or visit www.upledger.com.

The Best Education of My Life

Dear Dr. John:

I thoroughly enjoyed the Reversal of Pathogenic Processes class. I am so excited about this work and all that I've learned and continue to learn. It's been the best education of my life and I thank you so much for your time and talent and your passion to teach, share and treat.

I was fortunate enough to be a demo patient in the class. I feel like a different person after your treatment. My head is clear and my back and neck don't hurt.

Thank you, Dr. John, for all you have done. I am so excited to take this work into my little world: to my friends, family, clients, and hopefully even to the VA. Thank you, again. I am truly grateful.

Anne Wister, LMT, CST

CranioSacral Therapy and the Reversal of Pathogenic Processes is one of many specialized classes available to upper-level Upledger students. For a full range of workshops available, call Educational Services toll-free at 800.233.5880 or visit www.upledger.com.

Milestones

Congratulations and Well Wishes

- Dave Tomlinson, RMT, CST-D, is now certified to teach Clinical Application of CranioSacral Therapy.
- Fiona Gilbraith, MCSS, CST, is now certified to teach CranioSacral Therapy I.
- Upledger Institute Italy has recently certified these instructors to teach CranioSacral Therapy I: Patricia Quirini, CST-D; Marilena Barbato, CST-D; and Giacomo Leone, CST-D.

Now Certified in CranioSacral Therapy

Diplomate Level:

- Gloria Flores, HHP, CST-D
(See Gloria's story on page 4.)

Techniques Level:

- Amy Delaney, MS, OTR/L, CST
- Suzanne Eidson, NCBTMB, AT-R, CST (top right photo)
- Michelle Emanuel, OTR/L, CST
- Kelly Handyside, NCBTMB, CST
- Marie Mastracci, PT, CST
- Susan Popiel, RN, CST
- Catherine L. Schneider, MA, LMT, CST (middle right photo)
- Gail Townsend, MT, CST
- Suzanne B. Williams, RN, CMT, CST (bottom right photo)



Now Certified in Lymph Drainage Therapy, Lymphedema/CDP

Level 1:

- Jerome Clyne, LMT, LLCC

New Certified CST Teaching Assistants

- Lisa Davis, COTA, CST, BS
- Mary Joan Deutschbein, LMT, CST
- Dick Larson, PhD, LAc, CST
- Vicki Larsen, CST, Reiki
- J. Ann Palomar, LMT, CST

Featured Products



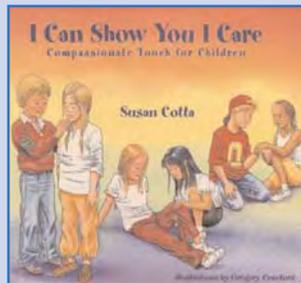
CranioSacral Therapy Dissection Images CD

By studying this collection of full-color images, used in CranioSacral Therapy I workshops worldwide, you'll better understand the integral connection between the body and the craniosacral system while you increase your palpation and hand skills as well as your therapeutic effectiveness.

Taken from actual craniosacral dissections, these images reveal the intracranial membranes, dural tube and cranial sutures.

Item Code: CSTD1 Retail Price: \$39.95 + s&h

Holiday Price: \$27.95 + s&h



I Can Show You I Care: Compassionate Touch for Children Book

Authored by Sue Cotta, a certified CranioSacral Therapy instructor, this book gives children a sense of control and hope by empowering them with a simple act of kindness: a safe, compassionate, gentle touch. A great gift for kids that you care about. 30 pages.

Item Code: ICSYI Retail Price: \$16.95 + s&h

Holiday Price: \$11.85 + s&h

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5 Amazing Days...Oaxacans

See 5 Amazing Days from front cover.

two talented therapists there: Veronica and Margarita. Both knew first-hand of the modest medical conditions and daily struggles confronting the Oaxacans and shared their observations with Tad.

“Their story was so moving, so full of compassion, that I felt compelled to help,” he says. He immediately set out to develop a CST class specific to the needs of Oaxacans, complete with course content addressing the most common ailments found in the area.

Creating a whole new class brought on numerous challenges. A study guide would need to be developed – with 50 new, hand-drawn illustrations – so the laypeople of Oaxaca could understand the contents. And it would have to take into account the participants’ modest understanding of body systems and structures.

Since the Oaxacans don’t have the benefits trained therapists enjoy, Tad simplified each technique. He emphasized traction and cranial pumping, and incorporated fundamental hand positions. But the contents were still in English. Alberto Davidoff, who along with his wife Monica helped Tad organize the class, contributed his valued services as a translator to convert Tad’s text to Spanish. It was another in a series of much needed, generous gifts.

A Series of Gifts Leads to Each New Step

With the class content developed and study guide near competition, the next task was to secure a place to hold the 48 people who had already committed to attend the five-day event. Veronica and Margarita knew the area best. Working through two local charitable organizations, PROSA and ORAB, they

found a meeting hall owned by the Catholic Church. It provided class space, a kitchen, sleeping rooms and showers. Most class students stayed there as they couldn’t afford the simplest of hotels. What money they did have was graciously shared to buy food for the group.

Shortly before Tad’s departure date,



a friend of his contributed yet another of the many gifts that all came together to ensure that this unprecedented opportunity would take place. It was his one final need: the transportation that would jet Tad from the East Coast of the United States to the West Coast of Mexico.

What he found when he arrived took his breath away. “The texture and feel of

Oaxaca is extraordinary,” Tad shares. “The mountains are always visible, and the architecture . . . from ornate Spanish Colonial down to bare concrete block. So much variety, just like the colors. The vivid ochres, soft blues and intense greens constantly catch the eye.”

In the three days before the class, Tad met with representatives of the charitable organizations, visited the meeting site, and took a couple hours to enjoy this ancient land before meeting with Monica, Alberto and four teaching assistants: Claudia Serratos, Lucy Herrera, Thelma Soto and Susan Nogueq, to review the class material.

On the fourth day, Tad stood at the entrance of the meeting hall ready for his first CST class for the indigenous people of Mexico. What he experienced next was totally unexpected. “Before class began, the participants formed a long line and one by one they looked me directly in the eyes,” he recalls. “They smiled, kissed me on each cheek and said ‘Thank you for coming. God bless you, and may you go to heaven with your shoes on.’”

Another Surprise: A Shamanic Cleansing

At the end of the fourth day of class, Tad and his TAs were treated to a unique ceremony. “A Shamanic ritual of any kind is a very sacred thing to these people,” Tad says. “These rituals are the ancient teachings, beliefs and religious ceremonies of a culture that pre-dates our own by centuries. To be a part of that . . . to be the guest-recipient of a Shamanic cleansing was a great honor. It’s one that I’ll remember, feel within myself, and be shaped by as long as I live.”

Continued on page 7

After five days of class and dozens of hours of laughter, kindness, sharing and learning, Tad graduated 48 honorable students. In return, his grateful students presented Tad and his TAs with another touching memory.

“The class, together with the Shaman,

sang us a song they had written and practiced during the four previous nights,” Tad recalls. “We cried, smiled, and sang together while our hearts fused further in friendship, love and compassion. They shall always rest joyfully within my heart.”

Enjoy a Taste of Oaxaca

Learn to bake Tad’s favorite authentic Oaxacan meal, the Tlayuda.

Ingredients:

- 12-inch flour tortilla
- Squash flowers (or substitute with a sliced tomato)
- 1/2 cup Queso Oaxaqueno (or substitute with string cheese)
- 1/4-1/2 cup grilled chicken pieces
- 1/4 cup black beans, pulverized into a paste
- 1/4 cup diced onion, sautéed
- 1/2 avocado, sliced
- Molé sauce for dipping (or try it with red or green salsa)

Spread the tortilla completely with the black bean paste. Evenly distribute the cheese on top, then do the same with the chicken, onions, squash flowers and avocado. Heat under broiler for 5 minutes or until cheese melts.

Each tlayuda serves one person. Enjoy!



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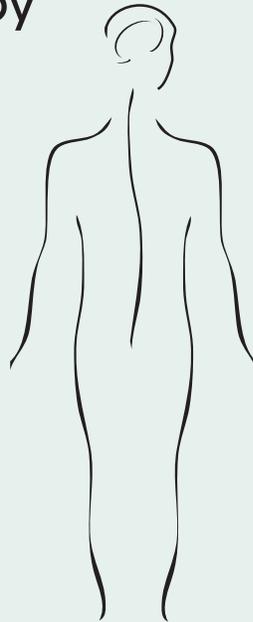


Course Calendar — Jan. 1-Mar. 1, 2009

CranioSacral Therapy

CranioSacral Therapy I

- CA: Los Angeles — Feb. 26-Mar. 1
San Francisco — Jan. 3-6
- CO: Denver — Feb. 12-15
- DC: Washington — Jan. 29- Feb. 1
- FL: Miami — Feb. 26-Mar. 1
Sarasota — Jan. 3-6
- MD: Baltimore — Feb. 5-8
- NJ: Ft. Lee — Feb. 8-11
- NY: Albany — Feb. 19-22
New York — Jan. 8-11
- OH: Cincinnati — Jan. 15-18
- PA: Philadelphia — Jan. 15-18
- PR: Caguas — Jan. 22-25
- TX: Houston — Feb. 12-15
- WA: Seattle — Jan. 22-25
- WI: Madison — Feb. 5-8
- CAN: Calgary — Feb. 12-15
Montreal — Feb. 5-8



CranioSacral Therapy II

- CA: Los Angeles — Feb. 26-Mar. 1
San Francisco — Jan. 8-11
- CO: Denver — Feb. 12-15
- FL: Palm Beach — Jan. 17-18,
Jan. 24-25
- PA: Philadelphia — Jan. 15-18
- WA: Seattle — Jan. 22-25
- WI: Madison — Feb. 5-8
- CAN: Calgary — Feb. 12-15

Unwinding Meridians: Applying Acupuncture Principles to CST

- DC: Washington — Jan. 29-Feb. 1

CranioSacral Applications to Obstetrics 1

- CA: Los Angeles — Feb. 26-Mar. 1

SomatoEmotional Release® I

- CA: Los Angeles —
Feb. 26-Mar. 1
San Francisco — Jan. 3-6
- FL: Miami — Feb. 26-Mar. 1
- NY: Albany — Feb. 19-22

Advanced CranioSacral Therapy

- FL: Palm Beach — Feb. 9-13

Clinical Application of CST & SomatoEmotional Release

- NM: Truth or Consequences —
Feb. 28-Mar. 4

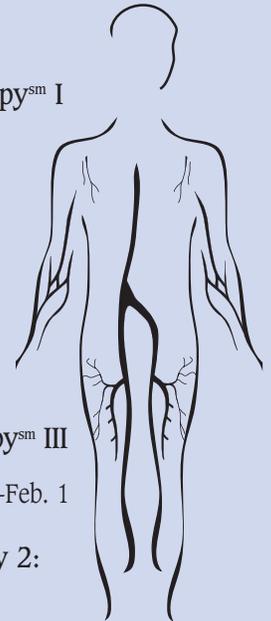
Clinical Application of Advanced CST for Pediatrics

- FL: Palm Beach Gardens —
Jan. 26-30

Lymph Drainage Therapy

Lymph Drainage Therapysm I

- CA: San Francisco —
Jan. 8-11
- FL: Sarasota —
Jan. 3-6
- NY: New York —
Jan. 8-11
- TX: Houston —
Feb. 12-15



Lymph Drainage Therapysm III

- MO: St. Louis — Jan. 29-Feb. 1

Heart Centered Therapy 2: Soul Ignition

- AZ: Sedona — Feb. 5-8

Healing From the Core

Healing from the Core: Grounding and Healthy Boundaries

- CO: Denver —
Feb. 12-15
- FL: Miami —
Feb. 26-Mar. 1

Healing from the Core: Release and Renewal

- AZ: Sedona — Jan. 8-12

