

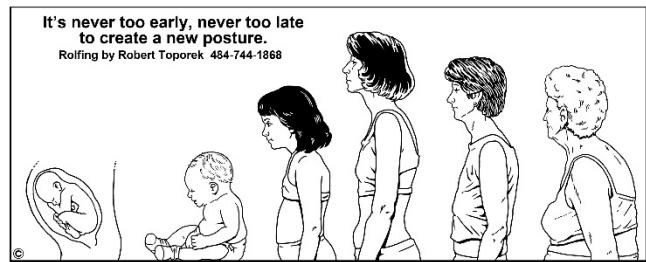
Dear Friends,

Over four years ago, I discovered the wonders of One-Brain.

I was in college at the time, bouncing between two majors, trying to decide what to do with my life. As you may recall, my brain-injured child led me to Pat Baumgardner and your One-Brain defusions. To work with my son, Jeff, Pat suggested I have a few sessions so I could serve as a surrogate for him. I did! Wow, was I surprised by my results and fascinated by the process. Interestingly, when I decided to use One-Brain to defuse my confusion about my major, to my surprise, I didn't want either—I wanted to learn and work with body energy. Since then, I have pursued this path, and it has worked well for me and my son. It has helped me find several other interesting avenues, one of which I would like to share with you for your information, for you to do with as you see fit.

It is called Rolfing, an extension of Dr. Ida Rolf's work in "structural integration."

And the effects of gravity on the body. I am enclosing an informational brochure and two pictures, including one showing four generations. The role genetics plays in posture, as well as a photo of my son and me showing the before and after changes in a severely brain-damaged child's posture, whose genetic structure was exaggerated trauma at birth (10 minutes without oxygen).



by

Mr. Toporek believes muscles learn to operate through an inherent pattern, and on top of that, there is the trauma. Rolfing first works to interrupt the intrinsic pattern of how muscles operate, then establishes a new pattern that, in turn, works with a particular trauma a person has suffered.

When I started Rolfing, I hoped to relax Jeff's spastic muscles somewhat. Something I couldn't seem to accomplish, no matter how many One-Brain defusions I did on him -- I couldn't change his posture. Within just two or three Rolfing sessions, I noticed a change. But what I discovered was that the process is so similar to One-Brain - sort of in reverse; it deals directly with the individual muscles to stretch and manipulate one muscle at a time to teach the body how each muscle may be used and that they may work independently and not as a unit of muscles as programmed by genetics, stress, and trauma.

This process, in turn, relays the information to the brain, which also repatterns it. As you will see in the brochure, Mr. Toporek correlates each session's work with a particular area of the body to a specific emotional reaction or personality change. In other words, how our body's posture impacts our lives and how our lives' postures impact our bodies.

As you can see from Jeff's picture, it has made a considerable difference in his posture and relaxation, which has affected his sleeping habits and his ability to tolerate an extensive physical therapy/educational program.

Mr. Toporek's extensive videotaped documentation has piqued doctors' interest in research using scientific measurements to quantify changes in the bodies of children with Cerebral Palsy across different phases and integration periods.

I am compelled to pass this information on to the Three In One, just in case you see some benefit from this knowledge. Please feel free to contact Mr. Robert Toporek if you wish. He would welcome your interest.

Respectfully, Cindy