



Keeping in Touch

news & updates May 2024



Pictured: The author holding her dental aligners after receiving the Additional TMJ move. Photo by Ray Ralls.

**Trust the
Technique:
Expect the
Unexpected-
Additional
TMJ in Action!**

~by Maggie Ralls, Professional Bowenwork Practitioner at the Bowen Works Magic clinic in Glendale, Arizona

While taking modules 1-6 in 2021, I began a popular tooth straightening regimen that my dentist suggested. It was tolerable, although my jaws always seemed to ache. At each dental visit, I was told my discomfort was “normal,” and that teeth were shifting.

In early 2022, while in the midst of dealing with family issues and our new business, I had to have a cavity filled before I could get “maintenance” dental aligners. During the weeks following the procedure and the new maintenance aligner, something changed. I was not myself: I became more irritable, tense, and had clicks and pops in my jaw. This became increasingly uncomfortable and chronic. I would put the aligners in and feel relentless compression in my head. I experienced pain from the torque and pressure change immediately after they were taken out to eat. I did not want to wear them any longer, but felt trapped by the medical need and cost. After numerous weeks of unsuccessful manipulations and fixes, my dentist was baffled.

After many weeks, Ray (my spouse and fellow Bowenwork practitioner) had endured enough of my increasing grumpiness and unsuccessful TMJ sessions. He suggested the Advanced TMJ procedure, which I had not yet learned. On a particularly rough day for me, he insisted on doing the Advanced TMJ after first

performing Upper Back, 1-8, Neck, and Upper Respiratory/ TMJ. He had no sooner covered me with a blanket to contain energy, when a reaction began.

My jaw almost immediately began to sting, then burn, then throb. Within minutes I was holding my jaw, moaning. My pain rose to a six or seven on a pain scale of one to ten. I sat up on the table, rocking and moaning, for about 25 minutes. I kept telling myself silently, "The Bowen is working with my body, re-balancing what is wrong." I was in tears, holding my face, my jaw. We were both becoming concerned. After about half an hour my jaw was not throbbing as much, but began to feel puffy. For about 30 minutes after that, my cheeks and jaw felt very numb and swollen. Looking back, I felt like I was a chipmunk with a large mouthful of nuts.

About two hours after the almost hour-long ordeal, I cringed a little while I hesitantly put my aligners in... with minimal pain! Now over two hours after Advanced TMJ, I fell asleep, soundly. I remember brushing my teeth the next morning after taking the aligners out, shockingly, with only achy tightness: no pain!

Ray took me out to breakfast that day. He looked into my eyes and said "You're smiling! You haven't smiled, *really smiled*, in weeks... maybe months!" I noticed that I was thinking clearly and had pep in my step. Wow! I'd never experienced this procedure before. I was about to learn it in the Specialized Procedures 1 class scheduled several weeks later. Thank goodness Ray had already learned it.

When talking about the procedure's unexpected effects, we both admitted that we had been frightened by the reaction and had both briefly considered calling for medical assistance. We have both done this Additional TMJ procedure many times on our clients since this incident and have never seen any reaction like mine. We (nervously) trusted the technique, watched it work in real time, and were awe-inspired! I am humbled by Bowenwork each day. It continues to amaze me.



Congrats to those who completed Modules 5 & 6 at the Bowen Works Magic Clinic run by Ray and Maggie Ralls, in Phoenix, Arizona.
Left to right: Terri Carr, Teri Noack, Amanda Miller, Instructor Collin Froman. Collin will return to teach Modules 1&2 and 3&4 later in 2024.
Photo by Collin Froman

CE Classes: Online and In-Person

For more information and to register, click on the [blue](#) titles.

In-Person:

[Equine Bowenwork Level 1](#)

Mill Spring, NC, May 23-26, 2024.
24 CE hours.

NOW OFFERING CERTIFICATION:

[Bowenwork for the
Childbearing Year, Online
Course, Part One](#) Online, May
18, 2024.

Equine Bowenwork Level 2

Chester, NH, May 30 - June 2, 2024.
24 CE hrs.

The Nerve Tour In a city near you
Ongoing through December 2024.
5 CE hrs.

Associate Instructor Training
Gentry, Arkansas. May 24-27, 2024.
32 CE hrs.

**Practitioner Days A & B
Combined** Gentry, Arkansas. May
25-26, 2024. 16 CE hrs.

**Deep Anatomy: Exploring
Structure and Choice in
Bowenwork Moves** Phoenix,
Arizona. June 29-30. 16 CE hrs.

Online:

These online classes can be started
anytime. For more information, click
on the class names.

**Marketing Your Practice: Tips
and Strategies to Increase Your
Client Base** Online, Ongoing. 16
CE hrs.

**Business Skills for a
Successful Bowenwork
Practice** Online, Ongoing. 16 CE
hrs.

Distance Bowenwork Online.
Ongoing, 8 CE hrs.

**Ethics for the Bowenwork
Practitioner.** Online. Ongoing, 8
CE hrs.

Anatomy by the Modules.
Online. Ongoing 6 CE hrs.

**Deep Anatomy of SP2 Part 1
Iliacus Release, Gluteal
Release, Adductor Magnus
Release** Online. Ongoing, 3 CE hrs.

**Anatomy and Physiology for
Bowenworkers.** Home Study.
Ongoing, 120 CE hrs.

This series of classes will be offered
on the Ruzuku platform. Each part
will take a month to complete.

- Part 1 – Pre-pregnancy and Early Pregnancy
- Part 2 – First Trimester
- Part 3 – Second Trimester
- Part 4 – Third Trimester
- Part 5 – Labor and Birth
- Part 6 – Postpartum Mother and Newborn

32 CE hours will be granted for each
class/part, all of which are applied to
the 500-hour designation. 24 hours
will be applied to the current CE
period. NCBTMB hours are pending.

What students are saying about Deep Anatomy:

"I had no idea this class was going to
be as wonderful as it was. I really like
Nancy's personality and teaching style.
The depth of knowledge that she
shared brought me a deeper
understanding of the Bowenwork.
Nancy was able to convey that not only
is the precision of the move important, it
is the quality of each move that can turn
an average session into a deeply
meaningful session. Since taking this
course, the Bowenwork sessions I have
given have been much deeper and
more powerful for the client and for
me."

Coming soon:
Introduction to Animal Bowen
Online class available for students
with any level of Bowen training. The
course is intended for those with a
basic understanding of the "Bowen
move" to use with their own pets.

Looking for a class?

Click [here](#) to use our Find a Class
tool. Search by the class you want or
your favorite instructor, or search by



Associate instructor Lora Fox, left, and instructor Nancy Pierson with Gil Hedley in Little Rock, Arkansas, for the Nerve Tour.

Gil Hedley-Iconoclast

~by Nancy Pierson, practitioner and instructor based in Gentry, Arkansas

Associate Instructor Lora Fox and I took a field trip down to Little Rock, Arkansas, to participate in Gil Hedley's Nerve Tour.

He is a riveting presenter, dispelling "common knowledge" of regional anatomy, which separates, differentiates, and names discrete units of the various structures. Instead, Gil uses dissection to understand the continuous whole, with all of its relationships and context.

For instance, he found the abundant sensory nerves that infuse the adipose layer when he didn't just scrape off the adipose tissue on his way to another layer. We all can imagine our clients exuberant of figure, whom we find to be quite tender to the touch.

Gil saw the nerves as stitching through and together the various layers of tissue. He disproved that the parasympathetic division of the autonomic nervous system has a portion originating from the 2nd – 4th sacral segment; the parasympathetic division only arises from the cranial nerves. Further, cranial nerves IX, X, and XI (glossopharyngeal, vagus, and spinal accessory) anastomose together in such a way that they cannot be differentiated in any meaningful way. Even cranial nerve XII (hypoglossal) anastomose with those three. He discovered that the vagus nerve has sympathetic functions.

His work on the sacral plexus took him to the nerve that serves the external genitals – the pudendal nerve, Latin for "thing to be ashamed of", which he has renamed the delectatal nerve.

In a private conversation following the vagus nerve portion of his talk, and after I marveled that none of what we thought we knew seems to matter, Gil grinned and shared that he thought of himself as a "demo [demolition] guy", dismantling outmoded concepts. He related a story of Thomas Aquinas, an Italian Dominican friar and philosopher of the 13th century, who dictated different treatises to separate scribes consecutively, in a manner similar to practitioners having multiple Bowenwork clients simultaneously, going from one to the next, and then circling back to the first. The story goes that on his death bed, Aquinas said, of his work, that it was all just straw.

That story reminded me of what a friend was told by Randolph Stone, father of Polarity Therapy, when they met in India: "I have been wasting my life; I should have spent my time meditating".

And then there is Rumi: "These songs, breath by breath, have kept me minding the musical modes of Iraq and the rhythms of Persia. The minor *zirafgand*, the liquid freshness of the twenty-four melodies, these have distracted me, while caravan after caravan was leaving."

Marketing Your Practice: Tips and Strategies to Increase Your Client Base

Emily has grown her practice from working in her home and seeing three clients per week, to having a dedicated office and seeing 20-30 clients in three and a half days per week.

This class is offered on the online platform Ruzuku. Emily has created fun and informative videos and assignments for you to complete. This class has no fixed cohort: you can start at any time and go at your own pace; you just must complete the assignments in order.



Join Instructor and Professional Bowenwork Practitioner, Emily Deneault, as she guides and inspires you in practical ways to increase your clientele.

[To enroll or for more information click here](#)



Click the video above to hear about the course!

"I could step back and listen a bit better to a pregnant client from having gone through the class. I am excited to have such a knowledgeable

Bowenwork for the Childbearing Year Certification

with Anita Tupper, Instructor, Licensed and Certified Professional Midwife, Certified Preceptor (supervising instructor) to student midwives, Certified Functional Medicine Practitioner, and Professional Bowenwork Practitioner

This series of classes will be offered on the Ruzuku platform. Each part will take a month to complete, Part 1: Pre-pregnancy and Early

teacher, and I am so happy to have this material
be offered as a Bowenwork course."

Pregnancy will begin on
May 18, 2024.

~Mary Purdy, Bowenwork Practitioner.

[To enroll or for more information click here](#)

Associate Instructor Training

American Bowen Academy invites confident, capable, and vital practitioners to join the instructor training program in a supportive environment where you will be encouraged to discover your authentic position among distinguished instructors.

We are calling for practitioners who stood out to their peers and instructors during their training; practitioners with impeccable boundaries and ethical behavior; practitioners with the vitality and presence to keep a class interested and learning; practitioners who are confident with their performance of the basic work; practitioners who embody Tom Bowen's philosophy and methodology.

The Associate Instructor training program is a stand alone certification class leading to a contract with American Bowen Academy (ABA), to teach the four-hour class, Bowenwork: An Introduction to Wellness in Your Hands. It is also the first phase (orientation) in the full instructor training, which is a program leading to contracts with ABA and Bowen Therapy Academy of Australia (BTAA) to teach Modules 1-6. Becoming an associate instructor does not commit you to going further in the instructor training program.

[For more information: click here](#)



SP2 in Gentry, Arkansas. Back, left to right: Debra Park, Lindsey Helms-Koury, Barbara Gage. Front, left to right: Mary Graff, Instructor Nancy Pierson, Spring Werle. Not pictured: Suzan Kearney.

Practitioner Milestones

Congratulations On Your Achievement!

500 Hour Certificate

Ava Becker, MO
Sharon Edmiston, CA
Tara Johnson, WA

SP- 2 Certificate

Lindsey Helms-Koury, NC

SP- 1 Certificate

Mary Graff, NH
Barbara Gage, NC
Suzan Kearney, TX
Spring Werle, TX

Professional Bowenwork Practitioner

Gina Williams, CA
O. Armando Escobar, CA



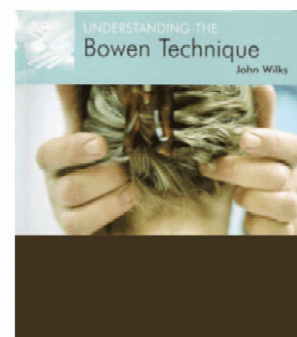
Modules 1&2, Highland, Utah. Left to Right: Doreen Spackman (Instructor in Training), Karin Twohig (Instructor Trainer), Nancy Shepherd, Beverly Cangialosi, Nancy Osmond, Ana Buendia, Laurel Wendt, Carrie Keen.

Looking for some helpful tools to support you in promoting your practice?

PRODUCTS:

Many practitioners find this little book by British author, John Wilks, to be a helpful way to educate clients and new students about the benefits of Bowenwork.

To find this book and other educational materials, or to pay your annual administrative fee, click [here](#).



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Is your CPR about to expire?

Has your CPR certification lapsed or is your renewal getting close? American Bowen Academy members get 10% off online CPR training with ProTrainings. To take advantage of this offer use the link below.

<https://www.protrainings.com/client/AMERICANBOW6971>

BOWEN HANDS

Did you know that the paper copy of Bowen Hands Journal magazine is available for only a \$45 subscription (one year/four issues)? If you would like to start (or renew) your subscription, please contact your Administrator, Steven, to start the process:

(866) 862-6936 or usadmin@americanbowen.academy



The opinions expressed in *Keeping in Touch* are those of the authors, not the American Bowen Academy.



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