



Remote Osteopathic Treatment

Tuning into the energy of the patient's primary respiratory mechanism is the basis of in-person treatment ... we can accomplish it remotely, too

By R. Paul Lee, DO, FAAO, FCA

With the COVID-19 pandemic, I have experienced a healing. I am more aware of the importance we as human beings have for each other. I realize what an impact a careless act can have on another. My close relatives, with whom I need not wear a mask, feel more intimate with me despite their constant accompaniment. Rather than expose my closest relatives to the coronavirus, I decided to retire from clinical practice, something I swore to my inquiring patients over the last several years that I would never do.

But the decision has given me a new perspective. I am free to do as I please, truly liberated. Now I have to watch to see that I don't overdo, or take on too many projects. I have to pay attention to my energy expenditure and my health even more. My consideration of others is matched by my consideration of myself. I even feel closer to "Dad," as Dr. Sutherland called his Maker. Be close to your Maker, he said. We can make use of this unnatural time to access a natural healing.

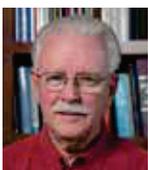
But, beyond these insights wrought by the adversity of aloneness and day-to-day sameness—"Let's see, this feels like Sunday again"—I have stretched my boundaries to include the reality of energetic treatment of a few patients who requested I work on them remotely. A dozen or so people with whom I am well acquainted are regular clients in this situation of separation—connected only by Skype, Zoom and FaceTime. The patient calls me on my cell phone at the appointed time, and we talk a little to see where they are with their condition and then we hang up and the patient assumes a comfortable position while I go to work on them. Once I finish, I return the call and we wrap up the session and perhaps reschedule. A check arrives in the mail, and life goes on.

How does one accomplish this energetic engagement? Well, I am still experimenting and discovering, but some basic principles have begun to precipitate out of the experience of the last few months that I want to share. I know many are doing some of this and others have a fantasy about doing it, but we feel obliged to keep it amongst a small group of friends and family without admitting that we are doing something that would usually be considered taboo. With that said, here goes.

Most osteopathic physicians might consider remote treatment to be too weird to entertain and would call it outside of osteopathic philosophy and therefore, not professional. My patients with whom I am performing this outrageous dance that is not covered by insurance seem just fine with it, especially when they feel better. "My molars are meeting for the first time in years." "My headaches are gone." "I can see more clearly." "My tremor is less."

I first entertained the idea to explore remote treatment when we were discussing how we might actually teach an osteopathic conference by Zoom. I had practiced some years ago when I was introduced to it by a clairvoyant. We worked on a couple of people together, and I "saw" how it worked. I am not clairvoyant, but my experience with meditation tunes me into the energy in an intimate fashion that enhanced what I became very familiar with while treating thousands of patients over the years. When we tune into the primary respiratory mechanism, we tune into something that has a basis in pure energy. That energy becomes so accessible with years of experience, so ordinary that we forget it is purely an energetic phenomenon.

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Dr. Sutherland said it was the product of the Breath of Life, Dr. Still's "life force." Dr. Still, the clairvoyant, commended us to use a visualization of normal anatomy, "as a painter uses the image of the beast or scene he wishes to represent with his brush." For me, those images turned into a portal for me to see inside the patient's body. I could see how the sternum was compressed from a trauma many years earlier from a lateral impact that jammed the ribs. What is real is the potency of the fluid—another energetic phenomenon that will unjam the ribs and sternum when my attention is placed there at the fulcrum of the damage.

Perceive the restricted motion, and find its center. There we find stillness. That stillness harmonizes with the stillness of the Breath of Life. From this fulcrum, the center of what's wrong, emerges the potency, the activity we might call healing. The unwinding begins as the life force emanates from the stillness of the fulcrum. The potency goes to work. Within moments, the previously still place of injury is full of vitality and is now moving with the surrounding tissues, all breathing together with primary respiration. That's what happens with in-person treatment, and that's what happens remotely, as well. It's a matter of following Dr. Still's admonition to use images of normal anatomy. That seeing can be applied remotely once you get beyond your disbelief that you are capable of doing it.

We can explain these phenomena—the Breath of Life and the beneficial effects of visualizing fulcrum in the patient's energy—through principles of physics. First, we must recognize that in the center of what's wrong is where the health is.

Dr. Still's nephew, G. D. Hulett, DO, taught osteopathic principles at the American School of Osteopathy at the turn of the 20th century, when Dr. Still was still active at the school. Hulett wrote *A Text Book of the Principles of Osteopathy* in 1903 outlining what he taught. He said that function precedes structure. In fact, function creates structure. There is an energetic field somewhere out there that Hulett postulated to exist, which is responsible for the form necessary for that function to exist in material

existence. It turns out that this idea expressed by Hulett and implicitly approved by Dr. Still was prophetic. For the Zero Point Field holds all information of the universe, including the function of a human organism, in virtual waveforms, accessible to the potency of the fluids. The fluids send in the instructions from the infinite library of the ZPF to meet the "plans and specifications" (Dr. Still) and correct this distortion of fascia. This is how healing happens in the flesh and can be directed from the energetic perspective equally well.

If you have a candidate on whom you would like to practice your skills, first obtain explicit permission from them to do this, then state their full name and relax/meditate with your mind open. Then state, "show me," and see what appears in your mind's eye. Show me what you would like help with, what you need, what is wrong. The image that appears now grows in refinement. At first it might look like a blob, but as you rest your attention on it without imposing or efforting, it begins to develop clarity. You might even state, "this is a rib," and see what response you receive. If there is a fluctuation of fluid, this is a "yes." If no fluctuation, this is a "no." Soon, you will be able to decide whether the rib is in inhalation or exhalation and whether its articulation with the sternum and vertebrae are dysfunctional, as well. Let the information continue to come in until you ascertain the direction in which the tissues are wanting to go. In your mind's eye, you take the tissues in that direction into balance. Better yet, you find the fulcrum for that distortion and place your attention there. Soon, the release occurs and a fluid dynamic courses through the formerly distorted tissue marking its return to health. This is just like treating with hands on.

If you want to try this with someone in the same room but without hands on, you will be able to get immediate feedback, but Zoom or FaceTime both work in that regard. In this time of physical separation from COVID, it might be the right time to experiment with connecting energetically. ◀