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Published by
November 1977

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PAIN. Pain must always be given priority. If a severe shoulder problem comes into the office, give that shoulder your loving care by a careful trapezius palpation and an occipital analysis. This patient probably is a Category, but with the painful shoulder, his innate doesn't know what Category to put him in. Relieve the shoulder, then have the patient return for a careful check-up.

A very painful sciatica may need attention before you begin your Category analysis. That is why we have spin control techniques. Use them for pain relief, then get busy with your Category analysis. A gall bladder attack is happier with an occipital analysis than with Category diagnosis.

A left chest pain demands a careful occipital analysis and correlate this with your trapezius analysis. The active trapezius means skeletal problems. The defensive occipital fibre means a viscous flare-up. Migraine headaches are such a miserable happening that it is virtually impossible to come to a Category answer. Better use cranial, stop the migraine and then get to the cause with your Category diagnosis and correction.

Sacro Occipital Technic is a living procedure. This technique judges man visit by visit, by actually noting his response to tests, not by reading from a case record card or looking at a dead X-ray film. S.O.T. restores man to a standard by using standards in diagnostic procedures. The big problem is patients. Adjust here. Adjust there. Make it "pop".

The heritage of chiropractic has been, "if the vertebra pops during the thrust, it is an adjustment". If this were true, we could eliminate alot of learning and just be pop crackers. Fortunately, God made man a very complex and very complicated being, so chiropractic through S.O.T. is complex and complicated. If you want to crack backs, YOU have to live with it.

CONCEPTS OF S.O.T. (Cont'd.)

Medicine has had an almost exclusive monopoly upon the hopeless and the dying, yet they relegate the last moment of sacred life to some scrub woman who may happen by the bed, or to some nurses aid. Dying in a hospital has lost all of it's sanctities. Dying can serve many purposes and was mean't to do just that. Birth serves to bring a new being into the world.. dying serves to teach us that life's ending is just as sacred as is or was it's beginning.

THE PERSON WHO FEELS THAT CHIROPRACTIC MIGHT HELP A LUMBAGO WOULD NOT EVEN DREAM THAT THAT SAME CHIROPRACTIC MIGHT RESTORE MENTALITY TO A HOPELESSLY RETARDED CHILD, or give life and hope to someone suffering with a supposedly incurable disease. To those who are here, I appeal for support in making known to the world that chiropractic cannot serve where it's services are most needed if public opinion will not give us the right to speak up and be heard.

IT IS CRIMINAL TO PERMIT A HUMAN BEING TO LIVE SIXTY YEARS AS AN INVALID OR USELESS MEMBER OF SOCIETY BECAUSE ONE TINY BONE SOMEWHERE IS OUT OF PLACE, and medicine will not permit a search for those who could replace that tiny bone. An artificial pump, inserted inside a human chest, is world-wide publicity, even if the patient survives only a few hours, and with no hope of ultimate recovery, yet we permit hundreds of thousands of humans to rot in institutions because they are denied the

services of a competent healer to remove the cause of their disturbances. The government, instead of searching for those with talent in unpublicized fields, seeks out loud mouths who make big promises and deliver nothing. The psychiatrist examines the youth and pronounces him sane, yet the next day this same person kills a number of people and another psychiatrist says he is insane.

There exists within the chiropractic profession talents that can rectify the wrongs of millions of mankind, but that talent cannot be used because the surgeon general who must be an ex-president of the A.M.A., says chiropractic has no scientific basis for existence. No place is provided for the chiropractor who feels his talents should be developed. No grants wait his beck and call. No pulitzer prizes can be his. We must raise our voices to high heaven and ask that public officials be made aware of the short comings of medicine and the values of chiropractic. Health, no matter its source, is a heritage for the people of the world.

S.O.T. AND CRANIAL TECHNIQUE. The world is changing people are changing. The mind is the thing today. Everyone is delving into the mind, trying to make it do wonderful and seemingly impossible things. We are becoming a world of "mind" people. We have been a physical world with muscles playing the role of conqueror and industrialist. We have had unlimited energy sources. We are using up our natural god-given energy sources, so we now turn to the atom and the mind. The atom and the mind are one and the same. No individual uses more than 10% of his mind power. The mind can control your temperature, and one day, man will learn how to let his mind keep him warm when it is cold and cool him when he is hot. The mind will even be used to help feed the body, utilizing all of the energy from that which is eaten. Today man defecates 80% of his total intake, simply because he has not trained his mind to do all the things it can do with metabolism. I do not know what man will look like 1000 or 10,000 years from now, but I do know that the great institutions will deal with man's mind and let his mind deal with that body he totes around.

We chiropractors are in a position of great advantage. We are learning how to control man's mind by controlling the outer shell in which it is housed. Tomorrow, you and I will be able to prove that 90% of man's physical complaints come from some tiny derangement of his mind shell, and we will be able to fix that fault and bring that shell back to normal and that mind back to full capabilities.

Today we chiropractors deal with man as a gross multiplication of various diverse parts. We reassemble those parts and we rearrange man's communication systems and we do marvellous things. In the tomorrows, we will contact and correct in a moment, vital centres in man's skull and affect mighty centres in man's brain. What a challenge we have, and what potentials we have to meet and be friendly with that challenge. The category system of S.O.T. has opened a vast new field in chiropractic because it has opened a vast new field in cranial technique. Before we had the category system, we who did explore the skull and face did so by feel and observation and faith hope and charity.

In the category system of S.O.T., we know that a category one is a category one because he has failed in his foot mechanism, and he has failed in his cranial mechanism in relationship to the dural channels, the respiratory and metabolic centres. We know that the occipital sutural and membrane systems as they relate to the temporal and parietal systems have a fault, and until that cranial fault is corrected, no man by any means will ever be able to balance those collar signs and return man to

total health. With the category system we know that a failing crest sign will always involve a temporal bone and it's brain lobes and until that brain field is corrected, we cannot restore total function to man's musculoskeletal system.

We know that the collar sign is a neurological system and monitors man's every neurological need or toxin. We know that the crest signs are man's musculoskeletal system monitors and they monitor man's every muscular function and dysfunction, and we know that no individual or collective muscular corrections, osseus or other corrections, will ever return man to health until we first restore his temporal subluxation to normal. We know the frontal is laid down in membrane and acts as membrane all of its life and when subluxated, always tips man's skull, so tension can be distributed to relieve brain dysfunctions. Ever notice how a person slightly tips his head to listen to a distant sound?

We know that specific cranial adjustments must be made to establish normal in the category one, category two and category three. These techniques are taught in Omaha once a year. No better presentation on cranial technique exists on the face of the earth and Dr. DeJarnette's lifes work is presented by his certified instructors and under his guidance.

We are now organising the biggest tour yet to Omaha next year and we have already booked the accomodation at the New Tower Hotel Courts Omaha and we want it filled with chiropractors eager to learn and eager to serve your patients better than ever before. Let us know your intent early as accomodation is not unlimited and it will be first in first served. The Seminar will be in the last week in September next year.

THOUGHT. It would not take very long for any Philosopher worth his salt to agree that the greatest creative factor known to man is thought; that preceding and determining the form of material things is thought. "The Power of Thought over Matter", is a familiar expression which is used by many and is not an unreasonable expression.

The very act of thinking does itself have repercussions and can cause changes in the blood stream, so that after protracted mental concentration, the body becomes sluggish and tired, which condition in turn makes it more difficult for the mind to work at the optimum level. Whilst this fact is fully recognised, it is recognised by many also that a particular type or pattern of thought does have an individual effect upon the body and it's functions.

Health is obviously more desirable than ill health even if there be some who appear to "enjoy" the latter, but such is an abnormal attitude and the pleasure that some people derive is not obtained directly by being ill, but indirectly by receiving attention and being waited on hand and foot. Whilst thought can be a constructive agent in relation to health, it can be equally destructive so let us for a minute or two observe some examples of the ability of thought to induce or encourage ill health.

We can classify disease roughly into three essential categories.

(a) Organic. (b) Functional. (c) A combination of both.

The first class comprises actual physical diseases or injuries to the body such as Tumor, bacterial, viral diseases broken limbs or subluxations. In the second class are included cases where there is nothing wrong with the anatomy of an organ so far as can be discovered by the most careful examination, yet the organ fails to function correctly. These functional diseases have their origin not in the body but in the mind, even though

a physical experience may have been the occasion of them. The third class is a combination of the first two classes, where we may have a functional disease with pathological symptoms yet the organ may be perfect. Ultimately however they merge and functional and pathological become one.

Let us admit at once the practical impossibility of thought alone producing a broken arm or say a duodenal ulcer. We must in this context say an opposing view has been stated by one Charles Smith a psychic healer, who states 'all disease is a result of thought or hidden conscious action of the mind.' A sweeping statement to be sure but there is insufficient evidence at our present development or elevation of awareness to comprehend; yet thought may have an adverse effect on digestion which in turn may produce pathological symptoms.

Fear of becoming contaminated or of contracting a particular disease may be a productive agent in causing it, even if the dreaded disease is of an organic nature, especially if the fear is excessive, uncontrolled and continuous, for it may so weaken the body and lower resistance so as to make the person susceptible to it. The classic example is cancer, fear of it can often cause it to develop.

This idea is by no means new and was realised by the Arabs long centuries ago. The French novelist Georges Duhamel recalls this by saying "An Arab folk tale relates that Pestilence once met a caravan upon the desert way to Bagdad. "Why", asked the Arab chief, "must you hasten to Bagdad?" "To take five thousand lives", Pestilence replied. Upon the way back from the City of Caliph's, Pestilence and the caravan met again. "You deceived me," the Chief said angrily, "Instead of five thousand lives, you took fifty thousand." "Nay," said Pestilence, "five thousand and not one more. It was fear who killed the rest."

Then there was the story of a criminal in France, who on being convicted and condemned to death, offered himself to the Medical profession for experimental purposes, provided provided that his death would not be more painful or cause more suffering than capital punishment. He was ultimately told that his throat would be cut. Whereupon he was blindfolded, laid on a table and an ordinary playing card was drawn across his throat and at the same time a sponge of warm water was squeezed gently so that a trickle, which the man was intended to believe was his own blood, ran down his neck. The man died from shock, but the determining cause was thought.

Generally speaking however it is the chiropractic viewpoint that, 'the organic diseases and systemic diseases are attributable to other factors than thought and principally the subluxation.' Noteworthy nonetheless thought and mental attitude generally has it's place and can certainly assist or retard recovery from all classes of diseases. There also can be little doubt that positive affirmations made daily by the patient can assist once the causal subluxation has been adjusted.

It is with functional disorders that thought seems more obviously associated and effective, both in producing and allowing recovery. How often we meet patients who are suffering from illnesses or ailments which are of an imaginary nature. Not that the illness is unreal to the patient, it is often genuine enough in that the signs and symptoms are recognisable, but the cause is not physical but mental. In such cases it is useless to adjust and watch for improvement, for that would

correspond to giving morphia or some other pain killer to a man with a broken leg, in order to remove, or make him insensative to pain, in the ridiculous expectation of healing him. Similarly the cause of functional diseases must be tracked by whatever technique you use, and adjusted before the patient can recover. Sometimes diet, or specific nutrition and even exercise may in some cases be used to advantage but not because of any great value they possess in themselves; they are helpful because of the patients reaction to them in that he THINKS they are doing him or her good. Many is the time I have observed changes in people who are given specific lists of do's and don'ts regarding both food, vitamins and exercises. They have continued to follow the list routinely long after the situation has been corrected and yet receive no further benefit other than the thought that they were doing the right thing. On being told to desist with this doubtful benefit never retrace to their former condition. This is because the causal subluxation has been removed. The thought implanted with the list of do's and don'ts is the key.

A mental attitude in which the mind is dominated by one thought or idea, largely to the exclusion of all others is called obsession, that is "the overweighting of a particular element in consciousness," (The Psychology of Insanity, by Bernard Hart.) and thought here plays a leading role in inducing ill health, in the sense that the person involved is incapable of normal life and activity. Many obsessions may be mild and harmless but others may upset the mental stability of the individual so much that their behaviour pattern may be classed as insane. A common example is "washing mania", which is an irresistible desire to wash the hands every moment of the day, with an overwhelming desire to be free of dirt and contamination. This habit can often be found when some morally objectionable habit is present which arouses constant remorse in the mind of the patient. The personality reacts to the complex, which it regards as morally unclean, by the symbolical constant washing of hands. This observation has been made by none other than Shakespear in the play Macbeth, where Macbeth and his wife conspired to murder the King. After so doing there was the constant washing of hands to symbolically wash the blood from the hands.

It will surely have been noticed by the reader that fear, obsessions or even an inferiority complex really are attitudes of mind and are therefore controlled by thought, even when a physical experience may have occasioned them and even if they are expressed in physical terms. Instincts and emotions are strong also in their influence and cannot be altogether disregarded, but since man is basically a reasoning being he probably will not be enslaved by them. In the final analysis it must be conceded that what we think as opposed to how we react is the strongest determining factor, even if these other forces may have directed them somewhat. A person is fearful, from whatever cause, because he entertains apprehensive thoughts. If and when he is able to change his thoughts, his fear will be overcome and the danger in which he imagined himself to be in will take on a less terrifying aspect and cease to worry him.

A person with an obsession or suffers from it however it may have originated is one who allows a single idea, and one that is not always good; sometimes it is relatively unimportant, but however it dominates the mind and the outlook. If the person can be persuaded to adjust the mental vision so as to see things in a truer perspective, proportion and the right relationship to other ideas around him, he will obviously be rid of his obsession and begin to behave normally.

(This dissertation on thought will have to be con'd next month Ed.) Cheer's