



**Fiona Munro: Access Your Body's Ability to Self-Correct**



Fiona Munro is an Ortho-Bionomy practitioner, and runs the Healing Switch Clinic. She has several decades of experience working with physical ailments, pain management and movement. Explore how to identify areas of tension, use self-correction and exaggerating movements for healing.

**TOP EMBODIMENT TIP:** Continue to cultivate curiosity and explore what works.

**Ortho-Bionomy Practice: The Way the Body Can Get To Know Itself.**

- Our body can go out of balance through injury, illness, an accident, stress, and the effect of emotions.
- If our structure is out of alignment that can affect our circulation, mood and thinking.
- Identify: what patterns are going on.
- Maintenance: aspect of keeping the body functioning harmoniously.
- Systems respond: how the body comes back into balance, and how we can assist the body to come back into balance.

**The Body Self-Corrects: The Body Makes Movements To Assist The Process Of Self Correction.**

- The process of self-correction can be interrupted in many ways, e.g. when you cut yourself, the body protects against pathogens that would enter what through the skin, that is normally a closed system.
- Ortho-Bionomy teaches ways that the body can switch movements to support the self-correction process.
- One principle of self-correction is to move away from restriction and pain towards comfort.
- Another principle is to exaggerate the patterns of tension and holding so the body has an opportunity to recognize what is going on and recalibrate.
- When the body is relaxed and calms down, it is more likely to bring the self-corrective processes into play.

**Shoulder:** Generally, when there's any kind of **pressure or tension** people's shoulders **rise**.

- This can be a tiny or obvious movement.
- We can exaggerate this pattern by lifting the shoulder, but only to the place that it feels comfortable, not to the point where it is painful or tender.
- This point of comfort will be different for each person, and will change every day.
- Check-in regularly so you can adjust your movement to the comfort level.

**Resources**

- ◆ **Website:** [healingswitch.com.au/](http://healingswitch.com.au/)



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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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