



### Matthew Sorenson: Viscera - The Missing Link



Matthew started his career in Europe working with Nutrition. Since being back in Sydney he moved into Strength & Conditioning and has since become certified in manual therapies such as Remedial Massage, Visceral, Neural and Cranial Nerve Manipulation. He now lectures at governing institutes to Personal Trainers and Massage Therapists. He has built several workshops including 'What Your Body Is Telling You' and 'Rite Your Passage' as a Holistic Health Practitioner, Visceral Manipulator, Counsellor and corrective exercise specialist.

**TOP EMBODIMENT TIP:** It's really all about balance on every level, good food, proper rest adequate hydration. Find out what happy means to you, and do it. Every organ plays its own part in what we call the human experience. Each organ functions metabolically, emotionally and spiritually.

#### What is Visceral Manipulation?

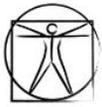
- Visceral manipulation is based on a specific placement of soft manual forces to encourage the normal mobility, tone, and motion of the viscera (internal organs) and their connective tissues around them.
- The goal is to help the body remove any abnormal effects, regardless of the source.
- These gentle manipulations can potentially improve functioning of individual organs, the functioning of the organ itself, the system the organ functions in, and the structural integrity of the entire body.
- We hold tension in our organs and we can hold emotions in the fascia surrounding the organ but this tension can spread across the fascia and be felt in many other areas of the body.
- Visceral manipulation is important as often pain is felt nowhere near the injury. It can be a key modality for healing when nothing else seems to work.
- A trained practitioner can use their hands to detect thermal hotspots of organs manually.
- A detection 10cm off the body indicates a physical problem, 30cm off the body indicates emotional pain.

#### Infant Development

- The Enteric Nervous System (ENS) is present in all single celled organisms, many evolutionary theories suggest that our development mimics our evolution.
- The reptilian brain, which evolved first, can only process safety, survival, sustenance and sex (in this order).
- The more stressed someone gets, the more "reptilian" they become in their responses.
- Emotional dysregulation disorders in adults can often be linked back to the adult having a trauma or issue with their development in infancy at the time of moving from reptilian crawling to mammalian crawling.

#### Resources

- ◆ **Website:** [HEAL HUB - Holistic Exercise And Lifestyle HUB](#)



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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.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

