

Bowen Technique Healing Stories

Lise Maltais

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In a previous article in Alaska Wellness (above), I explained how the Bowen Technique can restore the body's innate capacity for self-healing. Gentle rolling moves on muscles, tendons and ligaments affect the autonomic nervous system and signal to the body to start healing. The following short stories reveal just a few of the healing miracles that I have been privileged to witness with some of my patients in using the Bowen Technique.

Ted, an 85-year-old, vital male, came to see me for his painful right sacro-iliac joint. During WWII, his plane crashed and the shock was absorbed in that area. After a few sessions, to his amazement, the pain vanished. He has suffered with this problem for over 60 years, and has seen many therapists including chiropractors, but Bowen was the only technique that relieved him permanently.

Ted now comes to me every month as the treatments are also helping his hearing loss.

I enjoy giving talks on Bowen. I describe the technique for a few minutes and then I do the hands-on demonstration. One time, a lady came up and showed me her frozen, painful left shoulder. Her range of motion was no more than a few degrees abduction, and the joint was swollen. I did the shoulder procedure, and waited two minutes. I then asked her to raise her arm. She did—with full range of motion and no pain! It was so amazing that some people in the audience thought that I had hired the lady. However, I live in a small community and others present in the audience let everyone know that this person had genuine pain and restriction.

At another talk, a woman came up and told me that for the past 20 years she had been unable to open her jaw completely. I started doing the upper respiratory and temporo-mandibular joint procedure. Immediately after, she could open her jaw fully. I never forgot this lady, and always tell this story to my students. But, what happened to this woman, I wondered. Was the improvement permanent? Interestingly, I met her on the beach this past spring. Three years had elapsed since I did the work on her. She told me her jaw maintained its openness and that she is still enjoying a normal jaw today.

Michael works for the city in which I live. When I first saw him, he had tremendous back pain and was on workman's compensation. None of the rehabilitation therapies that he followed were helping. His wife sent him to me, but the look on his face that first day was screaming, "You can't help me!" I felt he did not want to be in my office and certainly didn't believe that I could help. After doing the Bowen Technique on him, I sent him on his way. The following week, he greeted me with a large smile. His pain was so improved, and so was his quality of life.

I saw Michael again, one year later. He asked me to work on his back, telling me that the previous week he had passed a kidney stone. He said that he was scheduled the following week for an operation to remove the stones in the other kidney. Knowing that Bowen can help pass stones, I asked Michael permission to work on his kidneys. The next morning, I saw his wife, who was anxious to talk to me. She said that after the treatment, Michael slept for five hours. When he woke up, he urinated and out came the stone. Without pain! I could hardly believe it myself. I felt the Bowen had relaxed him so much that this process was allowed to take place. Needless to say, the surgery was cancelled!

Because I have been witness to more incredible stories, I know the Bowen Technique will continue to amaze me for years to come. What a blessing to be involved with such a powerful yet gentle healing modality!

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