

BODY POSTURE AS A REFLECTION OF PSYCHOGENETIC PHYSICAL MECHANISMS AND THEIR MEANING IN THE CURING PROCESS WITHIN LOEWEN CONCEPTIONS

POSTAWA CIAŁA JAKO ODZWIERCIEDLENIE DZIAŁANIA FIZYCZNYCH MECHANIZMÓW PSYCHOGENNOŚCI I ICH ZNACZENIE W PROCESIE ZDROWIENIA W KONCEPCJACH LOWENA

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ABSTRACT

Introduction and the aim. The physical body of every human being is a clear copy of his inside world. Frequently repressed emotions and undefined feelings are part of us. The aim of this essay is to introduce an influence of psychogenetics and how it shapes our body posture as well as its meaning in therapy effectiveness.

Description of knowledge. This essay contains up to date information about psychogenetic faults of the posture and mechanisms of its inception, as well as the meaning of the substance of the emotional sphere in healing mechanisms. Many conditions have roots in emotions, the way we think about ourselves and the surrounding world. The quality of relations we have with other people has enormous influence on our physical and psychological existence. Most of activity conditions are usually incurable, as traditional medicine treats external symptoms not taking into account psychogenetic factors.

This is undoubtedly an increasing social problem all over the world.

Summary. In the process of treatment it is important to focus not only on the body but on the mind as well. The reduction of negative psychogenetic stimulations influences the whole process of treatment.

KEYWORDS: body posture, psychogenetics, emotions.

STRESZCZENIE

Wprowadzenie i cel. Ciało każdego człowieka jest odzwierciedleniem jego wewnętrznego świata. Niejednokrotnie na swoich barkach dźwigamy bagaż tłumionych emocji i niewyrażonych uczuć. Celem pracy jest przedstawienie wpływu psychogenności na kształtowanie postawy ciała oraz jej znaczenia dla skuteczności procesu terapii.

Skrócony opis stanu wiedzy. Praca zawiera aktualny stan wiedzy na temat psychogennych wad postawy i mechanizmów ich powstawania, a także znaczenia sfery emocjonalnej w procesie zdrowienia. Wiele chorób ma swoje podłoże w emocjach, sposób w jaki myślimy o sobie i otaczającym nas świecie, jakość relacji jakie mamy z innymi ludźmi ma ogromne znaczenie w budowaniu naszego życia psychicznego i fizycznego. Większość chorób czynnościowych jest praktycznie niewyleczalna, ponieważ medycyna tradycyjna bardzo często leczy jedynie zewnętrzne objawy choroby, nie biorąc pod uwagę czynnika psychogennego. Jest to obecnie narastający problem społeczny na całym świecie.

Podsumowanie. W procesie zdrowienia uwagę należy poświęcić nie tylko ciału, ale także umysłowi. Tylko zlikwidowanie psychogennego negatywnego stymulowania daje szansę na uruchomienie procesu zdrowienia.

SŁOWA KLUCZOWE: postawa ciała, psychogenność, emocje.

Our bodies are created by experiences

Our body is an image of our inside, there is the written history of all life-secrets, emotional traumas, and our successes. All that information is noted in our muscles, sinews and ligaments that create the human profile every day. The body posture, behaviour, personality, the way one moves and talks, the way he or she is, as well as his/her dreams and perception create the whole image and part of the inside world. All mentioned elements are integral parts that operate together [1, 2]. The aim of this essay is to introduce actual knowledge on how postures are shaped and influenced by physical

mechanisms of psychogenetics as well as their value in therapy efficiency and the treatment process.

Description of knowledge

The body unlike spoken words does not lie. The colour, body proportions as well as its vitality are clear images of the human personality [2]. Our inside experience, hidden emotions and feelings shape our attitude. Our body is made by our history, and all details are saved in its cells memory [3]. There is no possibility to separate our mind from our body as these two aspects create people's health. All illnesses have their roots within the

person's inside. The way we think about ourselves, our world and our relations with other people influence our wellbeing and take part in creating psychological and physical life. Every person's life is influenced by his/her past [3]. This is the reason why it has been said that our life is created by our thoughts. Many illnesses start within our emotional sphere. Static overloads in movement organs are mainly caused by psychogenic overloads. They disturb the activity of very important for movement: the small pelvis, the link between the head and the neck with the mandibular-hyoid- cranial system as well as the respiratory diaphragm [4]. This meaning of psychogenetics explains why the majority of illnesses linked to activities are nearly always incurable. This is a growing problem for our society. Traditional medicine unfortunately treats symptoms of illnesses ignoring the fact that the unrecognized sphere of psychogenetics is the reason for a negative stimulation that will support this illness. There is no possibility to separate the body from the mind. Only the cooperation with movement organs and equalisation of modules responsible for thinking and emotions may bring success in treatment of affliction [4].

Psychogenic disorders within movement organs are influenced by negative emotions, caused by strong negative emotional experience. The next step is activation of changes within tissues and other consequences [4].

The reaction of our organism to such a disorder can cause pain, vegetative symptoms, arthritis joints disorders, inside organs disorders, and mixed symptoms. The organism reacts this way to preserved modules of thinking and experience schemas on every stage of development, which is not caused by a brief, stressful situation [4].

Everything occurring in someone's life as well as inside the body has its origins in subconsciousness. Homeostasis is a stability that is natural when we react to different situations in an optimal way. If there is a situation of difficulties with solving a problem, then suffering and illness occur. Generally, people think that everything which occurs in the organism is caused by the outside factors. This is why, people often ignore the way of living and tension of consciousness, and take illness only as a physical symptom [3]. Unfortunately, we do not realize that many of our afflictions are created by ourselves, due to the way of thinking and reactions to stressful situations. This is why, curing only symptoms without looking at origins are not successful in the healing process. If we ignore overloaded feeling, we have no chance to suspend a negative stimulation from the psycho-spiritual sphere and also to success of movement organs therapy [4].

The posture is often visible as a defensible system, that protects from difficulties in life where the character is an armour, and the body the first line of defence. Preserved movement modules become a base for person's behaviour. They are created as an answer for family interactions and the early environment of person's development. This is why, parents and a way they raise their child influence child's development as well as specific modules of body postures. Very important for mental health of every person is a bond created between the mother or guardian and the child in the early stage of development [5]. The way of interacting with other people and regulating changing emotions, which are created as psychological inclinations and physiological modules, are created by early development experiences. This is what is creating hidden and subconscious emotional life – invisible part of person's history. Early experiences are going to influence delicate and not yet fully formed physiological system of a child. If early experiences of the first stage of development are difficult, this may cause an unfavourable configuration of biochemical systems which negatively influences neurochemical stability in stressful situations as well as other neuropeptides of the emotional system. Parents become emotional teachers for the child [6]. They teach the child how to express emotions, how to name them and how to properly interpret them. Any anomalies at the early stage of development caused by the parents are usually responsible for suppression of emotions, which later in life leads to psychogenetic posture defects in terms of the muscles tension, shallow breathing, and immunity as well as hormones disorders. Parents pass on their children modules of thinking and emotional ones, verbal and non verbal experiences. If in the way of upbringing painful experiences such as rejection dominate in a not fully developed person, characteristic emotions and states of mind start to develop. Such feelings are later expressed on a physical level, that progressively changes into habitual patterns of the posture and preserved patterns of tensions in the body [2]. Certainly, parents do not mean to intentionally hurt their child, but they pass on such patterns because they are part of their personality, very often passed generation to generation. In their opinion this is the best way of raising a child. In a process of creating patterns of behavior, the most important is the feeling of the mother towards the child, as well as her reaction to child's physical and emotional needs [4]. The mother that reacts to child's needs, expresses love and understanding, she also gives the feeling of safety, and this way stimulates the child's right development. Lack of positive emotions and feelings destructs what affects our body posture [2].

Our posture is created in a process of chronic influences on the individual personality. These posture reactions influence static disequilibrium of muscles and in the future static overloads [4].

Negative emotional influences as well as long term stress negatively affect the whole organism. The most characteristic effect of psychogenetics is chronically elevated tension of anti gravitation muscles, that are necessary to keep the right posture. With the psychogenetic overload, an ill person loses skills to manipulate muscle tension but most of all he/she loses control over full relaxation [7].

A dysfunction of movement and a static function of movement organs could influence accepting characteristic body postures that mirror someone's character and personality. This is why, very important are someone's customs, roles, as well as the type of the performed job. The process of creating the persons posture begins early in the childhood and it continues later in life. As a result, the body posture is very often shaped differently than a biochemical example.

The soft and not fully developed movement organ is not sufficient in protecting the spine and the connective tissue of joints. This is why, they are degraded by even small and unexpected strain, such as family conflicts, pregnancy, taking care of a child or excess of responsibilities [7].

The posture reflects a situation which people are part of. The typical inclination towards the front represents a person that is overwhelmed. Such people literary carry a load on their back. Inclination towards the back present people that continuously fight with building up emotions and they have to carry on regardless of problems. This consumes their life forces [2].

People who are not sure of their potential, the ones that make decisions with fear, but stand up to problems, people for whom the shame of resignation is bigger than the fear of moving forward, create the posture that is bigger than their original size. This way they represent persistence and show others their self-confidence. Such people have inspiratory configuration of their chest and stomach muscles, which shifts the centre of gravity towards the back [4].

The posture of people who do not accept the way they look is characterised by rising head and shoulders, inspiratory configuration of the chest and expiratory configuration of stomach muscles.

It looks as if such a person wanted to drop off, is not self-confident, this person's movements tend to be unnatural. The weight of his/her body is moved towards feet [4].

People who feel helpless have floppy muscles and their rest tension is small. Such people have no energy to oppose, even though they do not accept this situa-

tion. Very often they feel that they are not capable of anything. Movements of such people are not very well coordinated and they shuffle [4].

The posture of excessive responsibility is characteristic for people who often in their childhood were forced to play adults' roles which is the case in families of alcoholics. Self-assessment of such people is determined by opinions of others. In their posture we can notify increased kyphosis. The way they walk is usually springy and dynamic, they quickly jump up as they understand that they should not lie down [4].

People with the armoured torso, not elastic and excessively raised, with a rounded back and slightly situated towards the front are affected by the feeling of the constant fear of physical violence [4].

Summary

The power of people's feelings is expressed in their body reactions. Every single experience affects our body and makes a mark on our mind [1]. Emotions affect the functionality of our main organs, integrity of our immunological system and functionality of biological substances in our body, their responsibility is furtherance of the physical condition. If we suppress feelings, we automatically influence suppression of mechanisms that protect our organism from illness. Separating feelings from awareness and pushing them to our subconsciousness is a disorganising protecting mechanism. This is why, it starts to work inversely and instead of protecting the organism, it becomes its destroyer [8]. In the process of reviving it is important to pay attention not only to a body but most of all to our mind. If we do not eliminate the psychogenetic negative stimulation, there is no place for reviving. This is why, together with therapy of movement organs there should be therapy of thinking and emotional modules. Only by using them both, therapy of movement organs disorders could be successful [5].

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