

# Posture Balance for Symbiotic Life



Overcoming Emotional Indigestion – and - Case Study of ASD

## To Start - A Short Zen Story

### **Empty your Tea Cup:**

Nan-in, a Japanese Zen master during the Meiji era (1868-1912) greeted a professor who asked about Zen....

Nan-in served tea. He poured his visitor's cup full, and then kept on pouring. The professor watched the overflow until he could no longer restrain himself "It is overfull. No more will go in !"

"Like this cup", Nan-in said,  
"you are full of your opinions and speculations. How can I show you Zen unless you first empty our cup ?"



## Rethinking “Healing”

Natural Healing and GAPS Diet are not replacements for Western/Eastern medicine. Their common focus is on “Healing the Whole Human Being”, rather than isolating specific symptoms.

Everyone has some sickness. And symptoms are part of human nature. Backaches, itches, fever, brain fog, insomnia, seizures, etc, are ways that our body expresses itself. It is a way to expel toxins and clean our inner selves, so that we can operate more smoothly and live healthier as human beings.

Yes, symptoms are inconvenient, but they are not a Bad Thing. Also, Western medicine tends to follow a reductionist idea of human nature. Our Being is sectioned from head to toe, separating one area from another, and classifying them as good vs bad (one reason why there are many medical specialties and specialists). This approach limits our understanding of overall Body = Mind = Soul unity.

As a result, our typical tendency is to reject things that we do not understand. So, each person must change their ideas and attitudes for better “Healing”.

## Rethinking “Healing” (Continued)

Many of us are around adults and children with some type of developmental issue.

And we must understand that they have unique and creative ways to express themselves – so we must relearn our behavior and attitude towards them, and define the better way to communicate with them.

Also, Everyone is different, so who is “normal” ? If everyone is normal, is an ASD person not normal ? It is a matter of misguided perspective.

ASD and GAPS can be considered normal happenings in mother nature. They are part of human nature, and this is a principal philosophy upon which traditional Eastern medicine is established.

So each person should look inward to consider these ideas and attitudes for a better “Healing” approach.

Now - It is Time to Rethink about How to Heal a Human Being.

(In Case Study section: Henly talks about how a human being is leaving their human nature aside.)

## Story of Mariana – Child with ASD or Parent's Emotional Indigestion ?

- It is easy to understand that parents of an ASD child can be shocked when told that their child is not developing normally.
- The Parent's posture becomes rigid with stressed nervous system, which does not lead to good communication with others.

The first time I encountered a child diagnosed with ASD, her name was Mariana who was 3 years old. And she had stopped interacting with her family after a medical intervention.

Her grandmother was my client, and she asked me to teach Mariana “better behavior”. She thought I could do something to “straighten her up”. So, I observed Mariana for a few days.

What struck me the most was her father's attitude. When he arrived home, he went to her room, and sat on the bed which was a few feet away from her. His posture expressed his fear to acknowledge his daughter's condition by keeping some distance between them.

Mariana looked away by staring at a bird that was perched outside the window. But he abruptly asked, “What number is this ?”, as he held up 3 fingers. And she did not pay any attention to him. He sighed deeply and left the room.

- We should start with things that the children can do, rather than focus on what they cannot do.
- If anyone intends to help someone heal, they need to be aware of their posture (attitude and approach).

# Development of Movement and Brain Function

We Are Born To Move and Learn.

A baby's brain does not develop properly without proper movement function. And the purpose of having a Nervous system is to be able to move.

The Newborn develops the relationship with gravity and the ground by developing the physical sensory functions – Smell, Taste, Vision, Hearing and Touch

- **Touch Sensation** on skin receptors where pressure, pain and temperature causes reactions or expressions – such as, crying, increasing heart rate and changing blood pressure.
- **Vestibular system** which is responsible for balance and motion perception – maintaining equilibrium, controlling eye movement and sensing motion.
- **Kinesthesia** for sensing and knowing where the body parts are and how they are moving (e.g. distance and velocity).
- **Reflexes** which are involuntary movements and response to external stimulus; And “external” stimulus can also come from the digestive tube from mouth to anus.

Makiko Video - From Baby to Child to Adult

## Health and Posture

All Diseases Begin in the Gut

(Hippocrates *460-370 BC*)

All Bad Posture Begin in the Gut

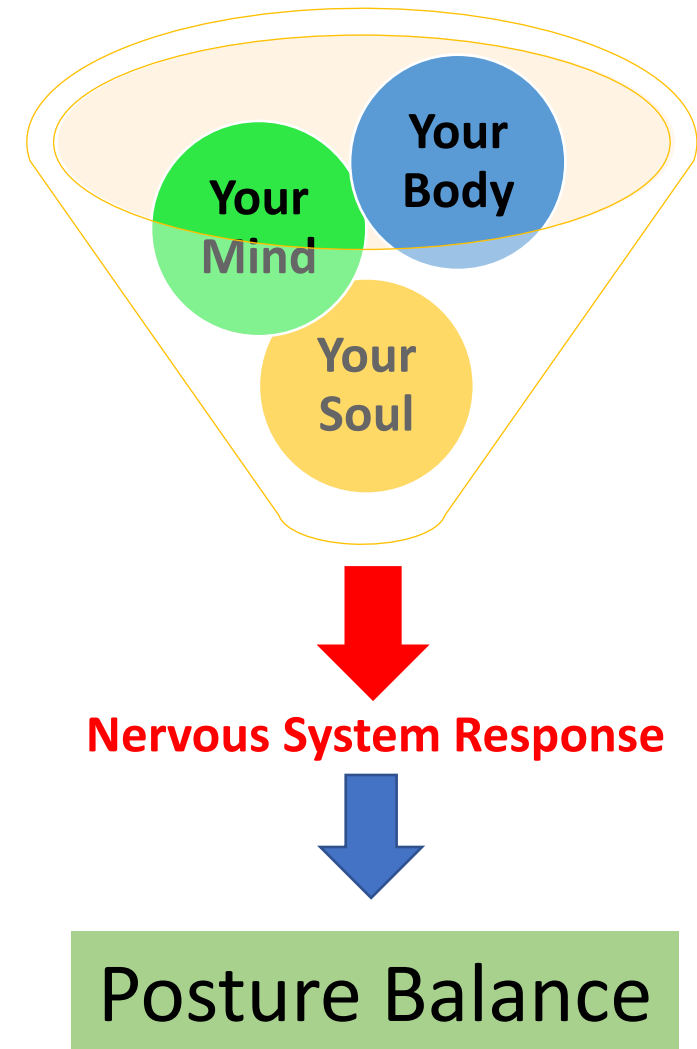
(Makiko Oka *21<sup>st</sup> Century*)

Also, Sickness may not emerge in your lifetime,  
Instead, it can appear in generations after you.



# Posture Balance - Philosophy and Practice

- Posture Balance reflects ALL aspects of Being Human.
- Our Posture is honest, showing our hidden intentions, which we may Not Be Aware Of, and which can be commonly called “Habits”.
- Our Posture also reflects Attitude that is both intentional and unintentional at the same time.
- Imagine a puppet show - Who manipulates the doll (in this case, your posture) ? It is Our Nervous System which then impacts Our Psychology and Emotions.
- So, Any **Imbalance** and Balance in Our Nervous System is reflected in Our Posture.



## Posture Balance - Philosophy and Practice (Continued)

- Our psychological pattern is created from our visceral memory.
- Visceral memory are neurological patterns that influence our personality.
- It is the cause of psychological and emotional challenge which compromises our potential to have a better life.
- The brain's tendency is conservation of energy/ stamina.
- When the brain is saving energy/stamina, we tend to fall into Emotional Indigestion, which is reflected in Posture **Imbalance**.
- People with GAPS are usually in a “something missing mode” that can be caused by nutritional deficiency (in some cases, since their birth).

Posture Balance Is ...All in One...  
Body = Mind = Soul → YOU

**Includes All Aspects of Being Human:**

Anatomical, Physiological, Psychological and Emotional

**Influenced by:**

**Physical States:** Solid , Liquid , and Gas

**Timelines:** Past , Present , Future

**Bloodlines:** Parents , Siblings , Relatives and Ancestors

**Lifestyle Choices:** What you eat, How you move, and What you think

# Typical Posture Imbalance in GAPS Clients

Makiko's Demonstration



## Posture Balance and Emotional Indigestion

In Eastern Medicine practice...

- Emotions can “cause” disease.
- Emotions are Part of Our Personality.
- Emotions are Our Body’s expression.
- There is no good or bad emotion, given the Yin ( Moon ) and Yan ( Sun ) balance.
- All emotions are necessary to create the Whole Well Being.

Therefore, Emotional Excess or Deficiency is reflected as  
Posture **Imbalance**.

## Eastern Philosophy of 7 Emotions

\* Anger \* Sadness \* Grief \* Fear \*  
Anxiety \* Fright \* Joy

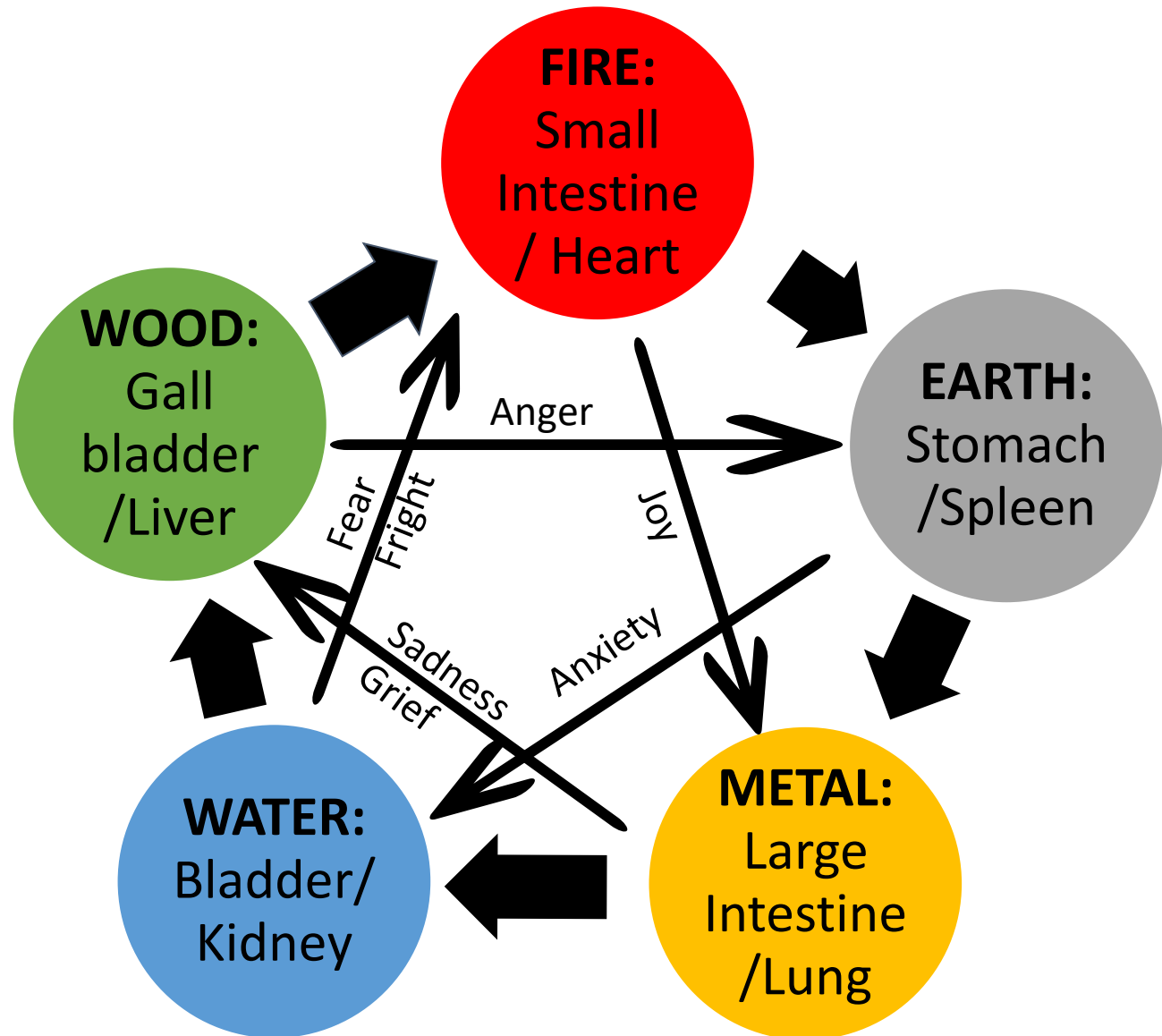
Q: Which one is positive or negative ?

A: None - All Neutral

## How can Emotions cause Disease ?

> Emotional Excess or deficiency causes **imbalance** or disharmony in the interrelation of the 5 Yin and Yan organs

> Anyone who avoids or does not like to express emotions may have Emotional Indigestion.



## How can Emotional Indigestion lead to Bad Health ?

- What happens when Emotions are not expressed ?

We will stagnate with Emotional Indigestion, thus tensing our muscles, and creating rigidity within the joints. As a result, skeletal functions are compromised.

- How do we learn to be rigid ?

We mirror our parents' behavior. When our parents behave based on fear or in a defensive mode, their posture reflects their physical and psychological rigidity. We learn to do the same.



## Introducing Henly...

By the way, **Henly** is his choice of Nickname – where the “R” is pronounced as “L” in Japanese. And this was his way of expressing his Sense of Humor.



## Introducing Henly (Continued)

- Born in Japan; His mother is Japanese, and his father is German American.
- His Mother injected progesterone to encourage her pregnancy, and short after he was conceived.
- Henly was born by C-section and had Neonatal Asphyxia. So, he was placed in an incubator. He looked deathly pale and grouchy to his mother's eyes.
- His mother was in pain after the episiotomy and could not breast feed up to 3 months after his birth. She fed him hot water and formula which he vomited.
- Henly cried and screamed all the time.
- He often had diarrhea which sometimes overflowed his diaper.
- He did not talk, move well, and had tantrums. Sometimes, he suddenly ran away from her.
- At age 3, his family moved to the US.
- Due to his father's career, they moved often; At 7 years old to Germany, at 12 years old to U.K, and at 20 years old they returned to USA; He was diagnosed as ASD in every place he lived.
- Then, at 21 years old, he was sent to a special needs institute in Japan, however, his mother took him back to USA after 6 months because they forced him to take medication to control him.

## Introducing Henly (Continued)



- As an adult, Henly was always very tired.
- He remained in his room in his Pajamas and stared at a computer for hours night and day.
- The first time I met him, he complained about people by saying that “ Everyone is aggressive and angry !”
- Henly did not have a sense of territory which made some people who he liked to be scared.
- He did not know how to use words to describe things. So, he demonstrated his idea and feeling with gestures (as shown in this image)
- Henly was filled with Anxiety.



## Part 1 - What is happening in Henly's Brain (diagnosed with ASD) ?

Henly describes the following....

His mother told him this way:



He understood this way:



## Part 2 - What is happening in Henly's Brain (diagnosed with ASD) ?

\*I asked him what change in you before and after you started my session?



## Henly Discovers What a Human Being Means

\*Henly says “ If you are stiff, then you are not a human.”



# ASD People Need Practical Social Training

Note: Arrow and Circle used to identify Henly in video.



## What Henly Can Do Today !

- He learned to acknowledge his mistakes and apologize.
- He can use these important words – Thank You, I am Sorry, and I love You – in the right place, at the right time, in the right manner.
- And when others make mistakes, he can forgive them with kind words to support their feelings.
- He can cook and prepare meals for himself and his mother.
- He can express his feeling and care for those who are close to him, such as, on Mother's Day, Christmas, Birthday, etc.
- He can express and differentiate among emotions such as anger, worry, joy and sadness, besides anxiety and within a variety of moments in life.
- He started a regular job. Now he wears clean, ironed shirts and pants, and leaves the house in the early morning every weekday. He makes a minimum hourly wage and receives health benefits.
- When he began his job, he was so nervous to go into a new environment, but now he has become much more independent, and can more freely express his feelings.



## Making Change Easier – In Harmony with Nature

- Gravity is the only thing that humans cannot change - It is the principal law of nature.
- When you are in harmony with gravity, you can heal yourself more quickly, and establish a calmer and more peaceful life.
- In addition to a GAPS diet, Posture Balance can help people change because it provides the sense of relationship with gravity.

## References That May Interest You

- The Society of Traditional Japanese Medicine, Japanese Acupuncture – Fundamentals of Meridian Therapy
- Ted J. Kaptchuk, O.M.D., The Web That Has No Weaver
- Paul Reps, and Nyogen Senzaki, Zen Flesh Zen Bone
- Alan Watts, Become What You Are
- Shunryu Suzuki, Zen Mind, Beginner's Mind
- Stanley Keleman, Emotional Anatomy
- Gabor Mate, M.D., WHEN THE BODY SAYS NO
- Thorwald Dethelfsen, and Rudiger Dahlke, KRANKEHEIT ALS WEG
- Daniel J. Siegel, M.D., and Tina Payne Bruson, Ph.D. , The Whole-Brain Child

## Info about MakikoMethod – Posture Balance

[www. NaturalHealingArtists.com](http://www.NaturalHealingArtists.com)

Feed Back and Questions are Welcome!

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# Introduction to Makiko:

I started my Posture Balance Training when I was born into a family in Tokyo, Japan who was proud of its Samurai bloodline. My grandmother was a martial artist and taught me strict good posture from early childhood.

Posture Balance is a symbol of Mind = Body = Soul. The Oneness which was a most important upbringing in Japan back then. In our early years, we are taught to grow up into a mature decent person. Over time, cultivating qualities are especially valued, such as Honesty, Integrity, Politeness, Humbleness, Discipline, and Grounding.

By adult age, when you start your own family, we are expected to demonstrate those qualities, attitude and personality, as reflected in our posture.

In 1990, I moved to New York, and began my search on How to establish the best Posture Balance practice possible.

