

Hanna Somatic Conference 4/24
Handout & Resources
Healing Our Quantum Body
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Part One: The New Anatomy

Biotensegrity

Living organisms are soft-matter complex adaptive systems.
not biomechanical, hard-matter.

Constantly adapting to forces of pull (tension) and push
(compression).

Forces organize as living tensegrity structures.

3 Fundamental Principles

Maximum efficiency/Least energy

Close Packing

Geodesic Geometry

Fascia is Ubiquitous

Largest sensory organ: 250 million sensory neurons.

Bottom up - not top down.

Original nervous system.

Collagen, Spirality and the Axial Twist Theory

Interstitium and the Fascial Microbiome

Quantum Properties of Fascia

Living Liquid Crystalline Matrix.

4th State of Matter.

Superconductor (faster than speed of light).

EZ water, electrons, protons and your quantum 'wetwork'.

Emergent Properties of Healthy Fascia

Self Organizing.

Self-Creating.

Heart coherence & Signature Wave.

State Change.

Tissue Remodeling: healing, more youthful body shape.

Elasticity: bounce, movement ease.

Muscles and tendons are tension springs.

Bones are compression springs. Bones float.

Walking loads bones compression springs.

Inner volume (less compression).

Enhanced interoception, proprioception, exteroception & decreased nociception (pain) leading to perception changes.

Part Two: How does this inform our clinical practice, healership & self-development?

Clinical Practice

Light touch, ball

Slow and low compression.

Nonlinear movement that self-arises.

Sound

Healership

Let go of agenda and sink into fascial field

Allow their moving wave to guide you.

Allow space for spontaneous unwinding (the 'new stretch').

Activate biointelligent wisdom of body to reconfigure itself.

Peer Supervision/Study Groups to support new paradigm of emergent bio-wisdom.

Self-development

Explore perception shifts as old paradigm opens to new information.

Explore interoception, proprioception, exteroception.

Explore unwinding to release stuck physical and emotional material.

Part Three: Experiential

An eco-somatic dive into unwinding our signature (sine) wave via undulation, pulsation and motility. We will use movement, sound and breath to explore biotensegral principals such as auxetic expansion and ground reaction forces moving us with ease through closed kinematic chains.

Recommended Resources:

Dr. Stephen M. Levin

<https://www.biotensegrityarchive.org>

<https://www.youtube.com/@smlbtarchive>

Dr. Jean-Claude Guimberteau

[Architecture of Human Living Fascia, Cells and The Extracellular Matrix as Revealed by Endoscopy.](#)

<https://www.youtube.com/watch?v=eW0lvOVKDxE>

<https://www.youtube.com/watch?v=0TwdOKjEUtM>

Dr. Robert Schleip, Director Fascia Research Group, Ulm University, Germany

<https://www.frontiersin.org/journals/physiology/articles/10.3389/fphys.2019.00336/full> Fascia able to actively contract and influence musculoskeletal dynamics.

<https://books.google.com/books?hl=en&lr=&id=GrNTEAAAQBAJ&oi=fnd&pg=PA156&dq=robert+schleip+fascia+research&ots=K7Vj24DbFe&sig=bKJ3LgjQbZJITHARDIJ3y8kbXw#v=onepage&q=robert%20schleip%20fascia%20research&f=false>

[Fascia: The Tensional Network of the Human Body.](#) Ebook

[Dr. Neil Theise](#)

<https://nyulangone.org/news/nyu-school-medicine-pathologist-uncovers-potential-new-organ-setting-fiery-debate>

[Notes on Complexity: A Scientific Theory of Complexity, Consciousness](#)

and Being

The Myofascial System in Form and Movement, Lauri Nemetz.

Biotensegrity: The Structural Basis of Life, Graham Scarr (in collaboration with Stephen M Levin).

Energy Medicine in Therapeutics and Human Performance, James Oschman.