

Catalyst

The Catalyst Document

Introduction of the Document:

This document is designed to help people become familiar with Catalyst, mainly the specific form of Catalyst facilitation known in its full name as “Catalyst Neurological Reeducation.” For an additional understanding of Catalyst, visit its website at www.GoCatalyst.com. The Code of Professional Ethics and other helpful resources are available there. Perhaps the most accurate understanding of Catalyst, however, occurs most intimately as a natural byproduct of receiving the work.

The terminology of Catalyst expresses an important part of the overall body of work. The person delivering a session of Catalyst, for example, is called a facilitator, while the person receiving a session is called a participant. The precise use of supportive terminology conveys the inherent commitment within Catalyst to influence positive outcomes.

Overview:

Catalyst offers a wide variety of applications to support “The Art of Living Well,” “Forward Healing,” and “The TRIVE-apeutic Model.” In delivering both interpersonal care (the application of Catalyst from facilitator to participant) and intrapersonal care (the self-application of Catalyst), people can explore “the work” at their chosen level of participation. This document, however, specifically covers the professional application of Catalyst, namely the interpersonal branch called Catalyst Neurological Reeducation.

Although this document will use the full name “Catalyst Neurological Reeducation” when referencing the delivery and facilitation of Catalyst from facilitator to participant, please be aware of the tendency of people to use the abbreviated name, “Catalyst,” when actually referring to Catalyst Neurological Reeducation.

Catalyst Neurological Reeducation is a system of hands-on facilitation that addresses the integrity of the nervous system to bring about reported improvements in quality of life. Through a process known as somatic education—education *for* the body, Catalyst Neurological Reeducation acts as a tutor or conditioning agent for enhancing the experience and expression of greater peace and ease.

The nervous system, which consists of a sensory pathway and a motor pathway, is the main conduit of Catalyst. The sensory pathway *receives* stimuli. (Stimuli is defined as changes the nervous system perceives of the internal and external environments.) This afferent or sensory pathway transports “signals of information” to the brain for processing. The motor or efferent pathway then transmits the processed messages of the brain and delivers them most deliberately to the body.

Facilitators of Catalyst Neurological Reeducation use touch, movement, and body positioning to enhance *somatic awareness* (the body's ability to perceive and interpret stimuli in increasingly supportive ways) and *body dynamics* (the body's ability to respond and adapt optimally to stimuli).

Enhancing somatic awareness involves the sensory pathway, while improving body dynamics relies on the motor pathway. Catalyst Neurological Reeducation advances the understanding of somatic awareness and body dynamics and their roles in supporting *neurological expansion*—improving a person's movement through life with more peace, grace, and ease.

Types of Care:

Catalyst Neurological Reeducation offers four Types of Care. Each type addresses a different objective:

- * Type 1: To feel better—to direct peace, breath, movement, and fluidity to a specific area or areas of the body
- * Type 2: To function better—to assess and address the integrity of the body in support of optimal functional peace
- * Type 3: To live better—to invite the whole person to live as a coherent messenger of peace and wholeness
- * Type 4: To "be" better—to support a greater intimate connection between an individual and the wisdom of life flowing through the body

Type 1 tracks non-linear neural pathways to connect specific areas of the body to each other. Type 2 evaluates the body to deliver the best form of somatic education. Type 3 incorporates the mind-body connection and maximizes its role in improving quality of life. Type 4 ushers people to a dynamic still point within and surrounding the body.

The analysis system of Catalyst Neurological Reeducation clarifies which of the four Types of Care is most appropriate to deliver, although scheduling specific Types of Care at specific times can also be extremely supportive. The following pages cover each of the four Types of Care in greater detail. Keep in mind, however, that people tend to relate more to a Type of Care that directly meets an objective they have at that specific time.

Introduction to Type 1:

Type 1 supports people who choose to feel better, people who are looking for more peace in a specific area of their body.

Physical discomfort often motivates people to seek out some type of support. Discomforting physical challenges can occur as a result of non-adaptive stress being stored in specific regions of the body. Common physical challenges from non-adaptive stress may include and are not limited to:

- * increased body tension and tightness
- * shallow breathing
- * restriction of movement and of the full range of motion
- * general pain and discomfort (subtle or intense)
- * low energy

With Type 1, facilitators stimulate *non-linear neural pathways* (unique meridians of the body). These passageways connect *Areas of Influence* (areas a facilitator directly contacts) to *Areas of Manifestation* (areas storing and/or expressing non-adaptive stress in the body). The Area of Influence and Area of Manifestation are often at different locations on the body.

Facilitators begin Type 1 from an Area of Manifestation and track its non-linear neural pathway to locate and address its Area of Influence. Since facilitators directly contact Areas of Influence (not Areas of Manifestation), the body's own internal dynamic and inner resources do the work, namely unwinding and releasing of stored-up stress, which allows for the expression of greater peace.

Homeostasis:

Homeostasis (self-regulation) is the ability of an organism to maintain its internal equilibrium by adjusting its physiological processes. Type 1 facilitates movements within the body, which maximizes its dynamic expression and, thereby, supports homeostasis. Stimulating gentle movements within the body is the ideal impetus for animating non-adaptive stress and facilitating positive change. In other words, Type 1 takes what is non-negotiable and stored-up in the body and carefully (gently) converts it into a more negotiable, dynamic, and adaptable state.

Each body has an inherent ability to regenerate and renew itself. Every second new cells are born in the body to replace old dying cells. For regeneration to express its full quality of renewal, new cells must exhibit their newer and more vibrant quality. By gently maximizing the dynamic expression of the body, Type 1 supports the expression of a greater range of the body's vitalistic, homeostatic ability.

The Philosophy of Type 1:

Many people interpret an uncomfortable manifestation in the body as an indicator of malfunction. Catalyst Neurological Reeducation, however, was created with the understanding that the body is always whole and functioning properly given the quality and quantity of the experiences it processes. From this perspective, any manifestation of the body is perfect and in accord with the specific set of circumstances preceding the manifestation. Type 1, therefore, focuses on altering the input (the stimulus going into the body) to influence the output (the expression coming out of the body). Catalyst calls this input “Neurological Nutrition.”

Sometimes, an uncomfortable manifestation of the body presents itself to gain a person's attention. During these times, the body sends out a so-called “distress signal” (a wake-up call) to direct a person to make a specific change to meet the precise need of the body. When the body's objectives are met, the body receives the precise input that fulfills its exact needs. In meeting the body's needs, its output often changes, which allows the person a greater opportunity to feel better.

In delivering Type 1, facilitators introduce specific techniques of Catalyst at precise areas of the body (Areas of Influence). The application of Type 1 is highly specific to meet the precise threshold point between inhibition and excitation of the *adaptive process*—the body's ability to perceive, interpret, and respond well to stimuli (to changes of the internal and external environments). As a facilitator offers the body a gentle stimulus at a precise location directed to engage a totally different location, the body does more of the work, which manifests peaceful changes. Type 1, therefore, peacefully stimulates the adaptive process of the body, which supports peaceful improvements in both tone and expression.

Clarifying Catalyst Neurological Reeducation:

Some manifestations of the body require immediate medical attention. For this reason, anyone who has a “health concern” regarding any specific manifestation should seek the services of a licensed healthcare professional who is properly trained in and *actively and primarily practicing* the intense, ever-demanding, and sophisticated art of diagnosis and treatment.

Catalyst Neurological Reeducation, by contrast, is a unique system of facilitation and NOT a healthcare practice. It is not even an *alternative* healthcare practice. Participants receiving treatment of any kind have the sole responsibility of informing their healthcare provider of their decision to receive Catalyst Neurological Reeducation. Whether it be Catalyst, exercising, diet, or some other factor, each person must be in good communication with his or her primary care physician to be certain that any lifestyle practice is supportive or, at least, neutral to any specific, medically-formulated treatment.

Catalyst Neurological Reeducation is NOT a system for addressing medical issues. It is NOT a practice for naming or treating symptoms, conditions, or ailments. It is NOT a practice that discourages the naming or treating of symptoms, conditions, or ailments. Naming or treating symptoms, conditions, or ailments is simply NOT within the scope of practice for Catalyst Neurological Reeducation.

Facilitators of Catalyst Neurological Reeducation focus exclusively on educating people to enhance their quality of life, independent of any presenting condition or state of health. Although symptoms, conditions, or ailments may undergo changes as a result of receiving Catalyst Neurological Reeducation, participants have the sole responsibility of addressing symptoms, conditions, and ailments with a licensed healthcare provider of their choice who deals with, properly diagnoses, and offers treatment for symptoms, conditions, and ailments. By completely embracing this form of self-responsibility, people can receive expeditious medical attention in the event that such care may be both necessary and prudent.

Catalyst Neurological Reeducation uses the integrity of the nervous system to help the body create and carry out strategies for moving through life with more peace, grace, and ease. Any increase or decrease in subjective symptomatology is not an indicator of a person's increasing or decreasing state of health. Participants who choose to assess their state of health MUST direct themselves to professionals properly trained to offer objective assessments of health.

Catalyst Neurological Reeducation is clearly NOT a healthcare approach. To administer proper diagnostic tests necessary to assess both health and the lack of health requires extensive and continuous post-graduate studies in the field of diagnosis. With the deepest respect toward this ever-evolving field of science, diagnosis and, thus, the ability to assess health most objectively are significantly beyond the scope of practice of Catalyst Neurological Reeducation. Catalyst, which falls cleanly under the category of Living-Well Accountability Care, is a THRIVE-apeutic model (NOT therapeutic) that empowers participants to make lifestyle improvements at a degree and time that best supports their whole, greater expression.

Benefits and Recommendations of Type 1:

Type 1 unwinds and releases tension in the body. Many participants feel better after receiving Type 1. This unique form of service results in deeper breathing, more fluidity with body movements, and greater ease in standing straighter.

Participants and facilitators can work together in deciding on the appropriateness or frequency of Type 1. If Type 1 is a participant's first encounter with Catalyst Neurological Reeducation, the facilitator may propose Type 2 at a later date to help with the integrative process. During the initial phase of receiving Catalyst Neurological Reeducation (if it is through Type 1), you may alternate between Type 1 and Type 2 for a period of sessions to bring about a more lasting change.

Introduction to Type 2:

Catalyst Neurological Reeducation offers Type 2 as a program of *somatic education* (education *for* the body). This unique form of maintenance (neurological nutrition) uses the functional integrity of the body to address both tensional dissipation (unwinding and release of non-supportive tensegrity stress patterns) and peaceful dissemination (redirection and redistribution of supportive tension) to bring about a greater experience and expression of more peace through the body.

Somatic Education:

Somatic education occurs as a natural result of the body perceiving and interpreting stimuli. When a stimulus supports functioning peacefully and is repeated at specific intervals to support integration, somatic education becomes a great ally. The stimulus of Type 2 is highly respectful and quite supportive for strengthening the ability to function peacefully.

An example of somatic education is the conditioned response of Pavlov's dog. After ringing a bell, Pavlov's dog was immediately fed. By repeating the sequence of ringing a bell and feeding the dog, bell ringing resulted in Pavlov's dog salivating in anticipation of food. In this case, the stimulus of the ringing bell conditioned a response, the dog salivating.

The body is a receptive-based system continually learning from its experiences. Facilitators of Type 2 use the science of somatic education to condition the body to experience and express more peace. The gentleness of Type 2 supports the following understanding: The body's ability to function peacefully can be strengthened when specifically encouraged to do so. Facilitators of Type 2 intentionally use the least amount of force possible to enhance both somatic awareness (of the afferent/sensory system) and body dynamics (of the efferent/motor system).

Somatic Awareness in Type 2:

Somatic Awareness represents the ability of the body to perceive stimuli (changes of the internal and external environments). It is intimately connected to the sensory portion of the nervous system. It is also responsible for initiating the body's *homeostatic reflex* (an involuntary response to a stimulus). For the body to respond well to a stimulus, it must first perceive the stimulus. By enhancing somatic awareness, Type 2 helps the body perceive the more subtle (gentle) forms of stimuli.

Body Awareness in Type 2:

Body Awareness represents the ability of a *person* to perceive stimuli on the body, as opposed to Somatic Awareness, which is the *body* being aware of a stimulus. The following example illustrates the importance of enhancing body awareness: If a mosquito lands undetected on a person's arm, a preventative response will not occur and the person will receive a mosquito bite. With enhanced body awareness, a participant will perceive a mosquito (acting as a stimulus) on the arm and a reflexive response will occur preventing a mosquito bite.

Both Somatic Awareness and Body Awareness use the sensory pathway of the nervous system, thus influencing the quality of a participant's *experience* in life. The opposite pathway, the motor system, is involved in the quality of a participant's *expression* in life, which, in Catalyst Neurological Reeducation, is addressed through Body Dynamics.

Body Dynamics in Type 2:

Body dynamics involves the motor (efferent) pathway of the nervous system. Once the body perceives changes in the internal and external environments (through somatic awareness), it attempts to respond and adapt to those changes. The purpose of increasing body dynamics in Type 2 is to improve the body's responsiveness and adaptability to the changes of the internal and external environments. A more dynamically functioning body responds 1) more quickly and 2) more appropriately to specific perceived stimuli.

As the body better perceives more subtle stimuli (through enhancing somatic awareness) and exhibits an increase in response-ability (through improving body dynamics), it naturally responds more gently and peacefully. Enhancing somatic awareness (of the sensory pathway) and body dynamics (of the motor pathway) supports the goal of Catalyst Neurological Reeducation, of assisting people to move through life with more peace, grace, and ease.

The Analysis:

The analysis of Type 2 includes evaluating a person's body type, tone, and responsiveness. This evaluation directs a facilitator to focus on enhancing either somatic awareness or body dynamics, whichever pathway requests more attention. In addition, the analysis also directs a facilitator to 1) the exact location to address on the body, 2) the proper technique to introduce to the body, and 3) the precise application of the proper technique.

Benefits of Type 2:

Type 2 conditions the body to process subtler stimuli. By perceiving, interpreting, responding, and adapting to more subtle changes, the body processes life more peacefully.

As the name "Catalyst" implies, facilitators encourage the body to create and carry out its own strategies for experiencing and expressing more peace. By encouraging the body to do the work, functioning more peacefully occurs more often and lasts for longer periods of time. Type 2 offers many benefits. Some of these benefits include postural improvements, increased flexibility, better quality of sleep, and a more positive outlook on life.

Recommendations of Type 2:

Among the four Types of Care, only Type 2 directly focuses on somatic education, on conditioning the body to function optimally and more peacefully. The sessions of Type 2, therefore, build upon each other. Following the proper program of care brings about the best possible result.

The Initial Phase of receiving Type 2 lasts approximately three months. During that time, receiving Type 2 two to three times per week is best. (The facilitator evaluates the body to determine the most supportive schedule of Type 2.)

The Reductional Phase follows the Initial Phase. A reduction in the frequency of receiving Type 2 occurs as the body becomes more aware of and responsive to subtle internal and external changes.

The Continual Phase is the ultimate goal of Type 2—maintenance. The frequency of receiving Type 2 as a protocol for receiving the best neurological nutrition varies according to the specific body type and goals (objectives) of the participant. As a general guideline, receiving Type 2 once a week is often enough to feed the body an adequate amount of high quality neurological nutrition to "remind" the body to function optimally (more peacefully). With all of the demands, stressors, and distractions in life, one Type-2 session per week continues to be the best starting point for uncovering the ideal maintenance program for meeting a participant's unique expressive and developmental needs.

In determining the proper frequency of Type 2, the following understanding remains essential: Deliver the minimal amount of Type 2 to encourage the body to function well on its own. Deliver the maximum amount of Type 2 to feed the body its higher quality of neurological nutrition. A fine line exists between receiving Type 2 too often and not receiving Type 2 enough. Due to the sensitive nature of this often-moving fine line, Type 2 requires facilitator and participant to engage in honest dialogue to continually discover and rediscover the newest and most effective program of care.

Introduction to Type 3:

Type 3 represents an advanced form of Catalyst Neurological Reeducation. It focuses directly on the actions of a participant, on the specific practices necessary for the whole expression of personal integrity and living most fully. Personal integrity is an expressive state of wholeness demonstrating congruency among thoughts, words, and actions. To strengthen personal integrity, facilitators place attention on aligning mind and body to each other. Personal integrity occurs naturally when the mind and body live in deep agreement with each other. This whole expression of personal integrity directly contributes to a participant's peaceful walk through life with inspiring fulfillment moment by moment.

Participants state an intention before receiving Type 3. Depending on the intention, a facilitator's initial focus is on enhancing either somatic awareness or body dynamics. Enhancing somatic awareness supports the alignment of mind to body. On the other side, increasing body dynamics supports the alignment of body to mind. Together, enhancing somatic awareness and body dynamics facilitates a more cohesive, whole, and, thus, peaceful participation in life.

Philosophy of Type 3:

"If each person functions optimally, we would observe each person bringing inspiringly unique contributions to life."

An important factor for supporting personal integrity involves embracing diversity and uniqueness. Type 3 does not attempt to bring each person to the same, idealistic state of normalcy. The focus of Type 3, therefore, is to help all people find and embrace their special, unique individuality and gifts in being most present in the moment. Facilitators of Type 3 simply work to support *mind-body alignment* (the deep agreement between intention and action).

The underlying premise of Type 3 is as follows: An animating, orchestrating, unifying, governing intelligence exists throughout life. This unconditional intelligence supports and directs all of life. With this underlying premise, 1) all living things are connected to each other, 2) all acts and events are purposeful, and 3) both the community and the entire ecosystem are supported through the optimal expression of each individual's personal integrity.

Type 3 supports the total embodiment of personal integrity, which brings about the peace and freedom of walking through life inspiringly well, with great ease and dignity. Actively participating in life with both the experience and expression of peace is a most accurate indicator of embodying personal integrity.

The Moving-Toward Intention:

"When I stopped living in the problem and began living in the answer, the problem went away." —Alcoholics Anonymous

Catalyst Neurological Reeducation is a practice of "living in the solution," of using intention as a springboard for positive movement. All of Catalyst falls under the umbrella of *Forward Healing*, which is stepping well and/or better into each new phase of life. Participants begin Type 3 by articulating an intention toward a favorable, describable result. By stating a positive (forward) intention, Type 3 directs attention on the desirable outcome. Stating a positive intention, therefore, becomes a practice of living in the solution.

An intention focusing on moving away from a current, undesirable state puts attention on the negative condition. This practice is the domain of many therapeutic approaches. Quite often, putting attention on the problem gives *the problem* the energy it needs to sustain itself. To be supportive of the solution requires a Forward Healing mindset.

The approach of Type 3, of moving toward a clearly stated objective, invites people to have their ultimate destination in mind. Knowing this destination allows the wisdom within the body to create and carry out strategies for achieving a most efficient pathway of success. Many times, these strategies of somatic wisdom are non-linear, meaning they do not follow a predictable or initially understandable path.

Here is an analogy to illustrate the importance of having a moving-toward intention with a clearly describable destination. Imagine going into a taxicab and having no destination in mind. This lack of directionality confuses the taxi driver. With a clearly articulated, specific destination, the cab driver can and *will* begin to move confidently in the proper direction. Most simplistically, the driver responds well to a customer who states a clear destination. Similarly, the body responds well to a sincere moving-toward intention.

Benefits of Type 3:

Each moving toward intention has a specific destination. This destination often includes a specific feeling and/or a physical manifestation. For example, someone may state an intention of "expressing more confidence." The destination of this intention may include enjoying a greater feeling of certainty and demonstrating a more erect posture.

The conceptual mechanism of Type 3 is as follows: A person who states an intention and lives in deep agreement with that intention sets up a coherent resonance, a specific vibrational frequency attracting the physical result. In Catalyst, we call it "Melting in a Direction." This shift in focus directs all subsequent thoughts and actions to bring about the intended result. Energetically, stating a moving-toward intention begins a shift in both attitude (mind) and physicality (body) as the "melting" continues to take over a person's mind and body. Mentally, Forward Healing brings to light the "how" we are to do the "what" we are to do. Physically, stating a proactive intention begins a change in posture and participation. Together, changes in attitude (energy), consideration (mental), and participation (physical) create a powerfully effective influence for manifesting both the intention AND a participant's greater/newer expression of wholeness.

While many approaches focus on fixing what is wrong, Type 3 focuses on expanding what is right. For example, facilitators actively search out an area of the body functioning most peacefully (Area of Influence) to expand that peace to other areas (Areas of Manifestation). By properly addressing the most peaceful areas, facilitators direct the ripple of peace outwardly toward the exact areas of the body requesting greater peace.

Type 3 supports the body in becoming more aware, dynamic, and adaptable—thus more obedient to sincere intentions of the heart. With Type 3, *participants* choose the focus. Facilitators of Type 3 simply "work" to align the mind and body (intention and action) to support a most congruent, cohesive influence. The demand for congruency helps participants be more present to life (and to their participation in life), which results in living with more energy, enthusiasm, and passion. Expressing a greater/newer level of personal integrity brings about a greater/renewed sense of wellbeing. As a THRIVE-apeutic approach, Type 3 helps people know themselves better. It supports them to think, speak, and act more congruently and in deeper accord. The result becomes a greater experience and expression of a newer brand of wholeness.

Common reports from participants who receive Type 3 include: a deeper peace throughout the body, greater confidence and ease in decision making, improvements in relationships, more patience in dealing with others, more loving feelings towards others, a greater interest in supporting others, greater hope for the future, easier access to greater success, and a more fulfilling form of life enjoyment.

Type 3 helps people gain a clearer understanding of how they relate to themselves and others. It also sheds a light on the lifestyle changes participants can make to bring about the next enhancement in wellbeing. The entire approach of Type 3 becomes a highly supportive practice of wellness, of helping people "get it" in their body (the "it" being the integration of more peace and ease into their lives).

Recommendations of Type 3:

Receiving Type 3 is different from person to person and often changes dramatically from session to session. For these reasons, Type 3 has no formal program of care. Most participants who receive Type 3 usher the facilitator to a Type-3 session during the initial phase of a session, during the "check in."

Participants can decide for themselves when to receive a Type-3 session. Considering "the law of diminishing effects" and the ever-exciting benefits of "scheduling your success," receiving Type 3 at least twice a month seems to be a minimal level of practice. In order to keep responsibility where it belongs, however, participants become greater participants in their lives by deciding when and how often are best. As an analogy, Type 3 is similar to rock climbing. Rock climbers know when to journey ahead and when to rest. The journey makes the rest sweeter, and the rest makes the journey strong. Receiving Type 3 at the right time supports the best possible result and the highest expression of personal integrity.

Introduction to Type 4:

Type 4 ushers people to be more in touch with their body, namely with their breath and their movements. It supports people to “be” more in touch with life. Delivered with no talking, Type 4 deepens the intimate connection between an individual and the wisdom inherent in life. Some of the more common names for this wisdom with which a person most intimately connects include: field of consciousness, still point, infinite mind, higher self, oneness, and God. A plethora of other names also exist to label this truly indescribable partner of connection.

Whereas Type 2 is education *for* the body (somatic education), Type 4 is education *from* the body. Many people say Type 4 feels like “home” and describe it as a remembering. Regardless of the description, the greater connection from Type 4 results in more clarity and deeper peace.

Facilitators deliver Type 4 by contacting precise areas of the body to direct awareness to the subtle movements within and through the body. A facilitator delivering Type 4 encourages people receiving the work to be more inner-directed in determining how to “be,” when to move, when to change positions, what to do, etc.

Benefits of Type 4:

The meditative atmosphere of Type 4 creates a calming influence. Each person receives different benefits from Type 4. For people choosing stillness, the wisdom may bring a deepening silence. For people needing hope, a glimpse of a better future may appear. For people on the go, they may receive the gift of much-needed rest. For those ready to resolve past emotional hurts, understanding may arrive both promptly and exquisitely. For nature lovers, a pervasive sense of oneness may permeate many of the breath-filled moments. For seekers, in-sights may abound. For people who know the moment is truly enough, melting into a rich and comforting peace may become the only option. For a soul starved for recognition, the touch of respect may bring great honor and reverence. For the emerging elder, each moment may become a touch of immense sanctification. For people scarred by their own imperfections, tears of total forgiveness may run joyfully free. For the gut-wrenching grieving heart, love may offer an outstretched hand saying, “Everything is going to be all right.” For people devoted to a life of service, the warmth of pure gratitude may find its way into your quiet. For the deeply passionate artist, inspiration and enthusiasm may uncontrollably flourish. For the chronically fearful person, moments of increasing trust might just become a reality. For a spirit needing to soar, a window may open with a great breeze inviting flight. Many sessions of Type 4 go beyond words and description and support a most delicious and fulfilling life.

Recommendations of Type 4:

Thankfully, no ceiling exists regarding improvements in quality of life. Many people who continue to receive Type 4 do so because of the steady benefit and/or progress they make with reconnection and remembering. Through Type 4, people joyfully reaffirm, “Life keeps getting better!” Since improvements continue, the recommendation for Type 4 is simply, “Yes!”

Reviewing the Types of Care:

Type 1 Objective: To feel better—to feel more peace in the body

Many factors bring stress and overwhelm the body such as mental anxieties, physical insults, emotional challenges, and chemical toxins. The more overwhelm the body stores (non-adaptive stress, stimuli exceeding metabolic capacity, etc.), the more it physically expresses challenges. Type 1 increases body dynamics, which enhances flexibility and the body's ability to adapt to stress.

Type 2 Objective: To function better—to function more peacefully

For most people, the ability of the body to respond peacefully to stress lies dormant or is underdeveloped. With somatic education, the body can learn to respond favorably, peacefully. Since each person is the sum total of his or her embrace of past experiences, the quality of care received today influences the quality of life enjoyed tomorrow.

Type 3 Objective: To live better—to live more fully

When the mind and body are in alignment with each other, wholeness becomes obvious. Type 3 is a proactive approach that enhances self-direction and connects people to their desirable state of wellbeing. It supports congruency and peace throughout the body.

Type 4 Objective: To "be" better—to be more present and in touch

Life is intelligent. The flow of life through the body communicates "messages" specific for each person, based on the individual or need of life. Being more "in touch" with life has people being more clear and present.

The Survey:

Each person is the ultimate authority regarding the effectiveness of Catalyst Neurological Reeducation. Subjective surveys may be given at various times. Participants may request a survey if they choose. These Quality of Life Surveys allow each unique individual to evaluate whether or not his or her quality of life improves as a result of receiving Catalyst Neurological Reeducation.

More than 95% of the people who receive Catalyst Neurological Reeducation on a steady basis report—through the survey—moderate to significant improvements in quality of life. Although these surveys are subjective, the extremely high percentage of people who report improvements makes Catalyst Neurological Reeducation an objective success as well.

Catalyst Neurological Reeducation supports the achievement of personal fulfillment, of assisting people in moving through life with an inspiring amount of peace, grace, and ease. By using the outcome assessment of the survey, people are able to monitor for themselves the promise of Catalyst Neurological Reeducation—of enjoying an ever-improving quality of life.

What to Expect:

What people get out of Catalyst Neurological Reeducation is directly proportional to what they put into it. It is, more than anything, a personalized process. Results are greater the more sincerely a person becomes a participant and chooses to improve quality of life.

The potential for experiencing greater peace increases significantly with Catalyst Neurological Reeducation. Some people feel a tremendous amount of sensations immediately. Other people initially feel only subtle changes. Most people are keenly aware within the first few sessions of something very creative, exciting, and powerful awakening within them.

Every response to Catalyst Neurological Reeducation is perfect. A person new to the work may begin slowly or take off like a rocket. Some people move among all four Types of Care. Others remain in one particular Type of Care for an extended period of time. Thankfully, each person has a unique integrity relating to receiving a session. Catalyst Neurological Reeducation respects and honors that integrity by acknowledging each process as being perfect for that particular person at that particular time.

Lastly, emotions such as laughter or tears may occur to free the body from their weight and control. Regardless of how people respond, consistently receiving Catalyst Neurological Reeducation will have them learning from the depths of who they are. The power of Catalyst Neurological Reeducation is within. It always has been. It always will be. As Michelangelo stated about the beauty of his statue David, "He was there all the time. He just had to be freed."