

Catalyst

The Catalyst Document

Introduction of the Document:

This document is designed to help people become familiar with Catalyst. To achieve a more in-depth understanding of “the work,” visit www.GoCatalyst.com and enjoy free access to the Code of Professional Ethics and other informative resources. Perhaps the best understanding of Catalyst occurs, however, as a natural result of receiving the work.

The terminology of Catalyst is an important part of the system. The person delivering a session is called the facilitator. The person receiving a session is called the participant. The mindful 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. In delivering both interpersonal care (the professional 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 specifically covers the professional application of Catalyst, namely the interpersonal branch called Catalyst Neurological Reeducation.

Catalyst Neurological Reeducation is a system of hands-on facilitation. It 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, as a conditioning agent for enhancing peace.

The nervous system consists of a sensory pathway and a motor pathway. The sensory pathway receives *stimuli*—changes of the internal and external environment—and sends its signals of information to the brain for processing. The motor pathway then transmits the processed messages of the brain and delivers them 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—and *body dynamics*—the body's ability to respond and adapt to stimuli.

Enhancing somatic awareness involves the sensory pathway. Improving body dynamics addresses the motor pathway. Catalyst Neurological Reeducation advances the understanding of somatic awareness and body dynamics and their roles in supporting *neurological expansion*—the catalyst for 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 of the body
- * Type 2: To function better—to assess and address the integrity of the body in support of functional peace
- * Type 3: To live better—to invite the whole person to live as a coherent messenger of peace
- * Type 4: To "be" better—to support a greater intimate connection between 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 the 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. The following pages cover each of the four Types of Care in greater detail. People tend to relate more to the Type of Care meeting their current, objective.

Introduction to Type 1:

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

Physical challenges commonly motivate people to seek Type 1. These challenges often occur as a result of non-adaptive stress being stored in specific regions of the body. The more common physical challenges of non-adaptive stress include:

- * body tension
- * shallow breathing
- * restriction of movement
- * pain and discomfort
- * low energy

With Type 1, facilitators stimulate *non-linear neural pathways*—unique meridians of the body. These passageways connect *Areas of Influence*—the specific areas a facilitator contacts—to *Areas of Manifestation*—the areas of the body storing non-adaptive stress. 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 resources do the work in unwinding/releasing stress and inviting more peace.

Homeostasis:

Homeostasis is the ability of an organism to maintain its internal equilibrium by adjusting its physiological processes. Type 1 facilitates movement within the body to maximize its dynamic expression and support homeostasis. Stimulating movement within the body is the impetus for animating non-adaptive stress and facilitating positive change.

The body has an inherent ability to continually 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 vibrant quality. By maximizing the dynamic expression of the body, Type 1 supports the body to better express its 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 was created with the understanding that the body is always whole and functioning well. From this perspective, any manifestation the body expresses is perfect given the specific set of circumstances preceding the manifestation. Type 1 focuses on altering the input (the stimulus going into the body) to influence the output (the expression coming out of the body).

Sometimes, an uncomfortable manifestation of the body presents itself to get a person's attention. During these times, the body sends out a signal of distress to direct a person to make a specific change and meet the precise need of the body. When the body's objectives are met, meaning the input the body receives matches the exact need of the body, the output often changes and the person often feels better. With Type 1, facilitators introduce specific techniques of Catalyst Neurological Reeducation at precise areas of the body, at 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 environment. As the facilitator gently offers the body a physical suggestion to express a greater range of its dynamic ability, the body can more readily manifest its own peaceful changes and exhibit a more dynamic tone. Type 1 most peacefully stimulates the adaptive process of the body to support peaceful improvements in 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 licensed healthcare professionals properly trained in and actively practicing the art of diagnosis and treatment.

Catalyst Neurological Reeducation is a unique system of facilitation, NOT a healthcare or 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. The purpose of exercising this important responsibility is to be certain Catalyst Neurological Reeducation is supportive or, at least, neutral to any specific, medically formulated treatment plan.

Catalyst Neurological Reeducation is not a system for addressing medical issues. It is neither a practice for naming or treating symptoms, conditions, or ailments nor a practice discouraging naming or treating 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 the licensed healthcare providers of their choice who 1) deal with, 2) properly diagnose, and 3) offer treatments for symptoms, conditions, and ailments. An important purpose of exercising this responsibility is to receive expeditious medical attention in the event such care may be necessary.

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 the 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 beyond the scope of practice of Catalyst Neurological Reeducation.

Catalyst Neurological Reeducation offers a unique practice of wellness. Under a paradigm called *Living-Well Accountability Care*, this supportive model of wellness empowers participants to make improvements in lifestyle at the exact degree and time to support maximal comfort and integration.

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 unwinding and releasing results in deeper breathing, easier body movement, and greater ease in standing straighter.

Participants decide for themselves when they choose to receive Type 1. If the first encounter with Catalyst Neurological Reeducation comes as a result of receiving the services of Type 1, facilitators will most likely offer the services of Type 2 for consideration. During the initial phase of receiving Catalyst Neurological Reeducation, receiving a specific program of wellness—Type 2—supports the distribution of more peace through the body.

Introduction to Type 2:

Catalyst Neurological Reeducation offers Type 2 as a program of *somatic education*—education for the body. Type 2 offers a unique form of maintenance. Using the functional integrity of the body, Type 2 addresses both tensional dissipation (unwinding and release of non-supportive tension) and peaceful dissemination (redirection and redistribution of supportive tension) to bring about the 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.

The following example illustrates the importance of enhancing somatic 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 somatic awareness, the mosquito (acting as a stimulus) will be felt (perceived) on the arm and a reflexive response will occur preventing a mosquito bite.

Somatic awareness involves the sensory (afferent) pathway of the nervous system. The sensory pathway receives messages from the inner and outer environment and sends them to the brain for processing. The other pathway of the nervous system (the motor pathway), receives messages from the brain and sends them to the body.

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 environment (through somatic awareness), the body attempts to respond and adapt to the changes. The purpose of increasing body dynamics in Type 2 is to improve the body's responsiveness and adaptability to changes of the internal and external environment. 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 needs 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 subtle stimuli. By perceiving, interpreting, responding, and adapting to 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 more peacefully. The sessions of Type 2 build upon each other. Following the proper program of care supports the best 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 maintenance varies according to the specific body type and goals of the participant. As a general guideline, receiving Type 2 once a week is often enough to remind the body to function more peacefully. With all of the demands and distractions in life, one session of Type 2 per week continues to be the most accurate starting point for devising the best program of maintenance.

In determining the proper frequency for each unique person receiving Type 2, the following understanding remains most essential: Deliver the minimal amount of Type 2 to encourage the body to function well on its own. A fine line exists between receiving Type 2 too often and not receiving Type 2 enough. Due to the sensitive nature of this fine line, Type 2 requires facilitator and participant to engage in honest dialogue in devising the proper 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 full 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. The full expression of personal integrity directly contributes to a participant's peaceful walk through life.

Participants state an intention before receiving Type 3. Depending on the intention, the facilitators 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 and, thus, peaceful participation in life.

Philosophy of Type 3:

"If each person functions most 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 is, instead, to help all people find and embrace their special, unique individuality and gifts. 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 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 well. Actively participating in life with 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. 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 is a practice of living in the solution. An intention focusing on moving away from a current, undesirable state puts attention on the negative condition. Putting attention on the problem gives *the problem* the energy it needs to sustain itself.

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, successful arrival. 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 describable destination. Imagine going into a taxicab and having no destination in mind. This lack of directionality confuses the driver. When a clearly articulated, specific destination is given, however, the driver can and *will* begin to move confidently in that direction. The driver of the taxicab responds well to a customer who states a clear destination. Similarly, the body responds well to a sincere moving toward intention coming from a participant of Type 3.

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. 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 attitude. Physically, stating a proactive intention begins a change in posture and participation. Together, changes in attitude and participation create a powerfully effective influence for manifesting an intention.

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 outward, toward areas of the body requesting more 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 encourages participants to be more present to life and their participation in life, which results in living with more energy and passion. Expressing personal integrity brings about a greater sense of internal well-being. As a holistic approach to wellness, Type 3 supports people to know themselves better and to think, speak, and act more cohesively and congruently. The result is the experience and expression of more 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 sincerely greater interest in supporting others, greater hope for the future, and more life enjoyment.

Type 3 helps people gain a clearer understanding of how they relate to themselves and others. It sheds a light on the lifestyle changes participants are to make to bring about great enhancements in well-being. The entire approach of Type 3 becomes a highly supportive practice of wellness, of helping people "get it" in their body (integrate their intentions into their life).

Recommendations of Type 3:

Receiving Type 3 is different from person to person and changes each session. Type 3 has no formal program of care. Participants decide for themselves when to receive a session. This puts responsibility where it belongs and has people participating more fully in their process. 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 result, personal integrity.

Introduction to Type 4:

Type 4 ushers people to be more in touch with their body, with their breath and movements to “be” more in touch with life. Delivered with no talking, Type 4 deepens the intimate connection between individual and wisdom of 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 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, change positions, 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 brings deep silence. For people needing hope, a glimpses of a better future appears. For people on the go, rest takes a much needed turn. For people ready to resolve past emotional hurts, understanding promptly arrives. For nature lovers, a pervasive sense of oneness permeates the moment. For seekers, in-sights abound. For people who know the moment is truly enough, deep peace becomes the only option. For a soul starved for recognition, the touch of respect brings great honor. For the emerging elder, each moment becomes a touch of sanctification. For people scarred by their own imperfections, tears of total forgiveness run joyfully free. For the gut-wrenching grieving heart, grace offers an outstretched hand saying, “Everything is going to be all right.” For people devoted to service, the warmth of pure gratitude thrives. For the deeply passionate artist, enthusiasm flourishes. For the chronically fearful person, moments of increasing trust become possible. For a spirit needing to soar, the window opens and the breeze invites 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 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 (non-adaptive stress) the body stores, 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/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 is obvious. Type 3 is a proactive approach enhancing self-direction and connecting people to their desirable state of well-being. 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 are given at various times. These surveys allow each unique individual to evaluate whether or not his/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. Catalyst Neurological Reeducation is a personalized process. Results are greater the more sincerely a person 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. 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.

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 people learning from the depths of who they are. The power of Catalyst Neurological Reeducation is within, and, as Michelangelo stated about the beauty of his statue David, "He was there all the time. He just had to be freed."