

Conducting the Fascia: Enlivening the bioelectric matrix

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The dynamic rhythms that conduct through the body in the bioelectric field transform our anatomy into a field of relationship. The medium for this transport and relationship is found in all connective tissue. Whether it is blood, vessels, bones, muscles or fascia, the connective tissue creates a conducting source that communicates with all cells. By creating a field of relationship which coheres its individual parts of ground substance, cells and tubular fibers, the connective tissue becomes the communicator and activator of all movement, response and exchange in the body.

Connective tissue, born out of mesodermic tissue, comes from the midline of pulsation that begins the journey to create our bodies. Its ability to adapt and change, shifting content and qualities to fit the functional need of the body, brings both motility and mobility. Each connective tissue has its specific function and uses its three parts (cells, fibers and ground substance) differently. The fascia, one type of connective tissue, uses its changing relationships of ground substance, collagen and cells to create a matrix of webbing surrounding and interlacing all the tissues in the body. It's functional ability to shift and change, hold and support, and conduct through its bioelectric field, makes fascia a major contributor in the flow of information in the body.

When it is open and healthy, fascia is interconnected throughout the body by a conductive field created by the "liquid crystalline matrix" of the collagen fibers. As Mae-Wan Ho describes "Bound water layers on the collagen fibers provide proton conduction pathways for rapid intercommunication throughout the body, enabling the organism to function as a coherent whole". (Dr. Mae-Wan Ho, "Coherent Energy, Liquid Crystal and Acupuncture" talk presented to British Acupuncture Society, 10/2/1999) This pathway of communication provides a way for the body's rhythms and reactions to pulsate quickly and efficiently to every cell.

Fascia inhabits every part of us. Through its multiple layers and coherent field, it creates a continual conversation between cells as well as stability to the changes in movement, tension and exchange. "As the collagens and bound water form a global network there will be a certain degree of stability or resistance to change. This constitutes memory, which may be further stabilized by cross-linking and other chemical modifications of the collagens." (Craniosacral Biodynamics, Franklyn Sills, Vol. 1, North Atlantic Books, Berkeley, Ca. 2001, pg. 327) This "memory" allows the fascia to respond to tension and pressures in the body, communicate it to the coherent whole and create boundaries to the demands made on the body.

"Stabilization is vital for efficiency, but it becomes rigid when uninformed by new probabilities....with increased stabilization there is compromise in adaptability" (Engaging the Movement of Life, Gintis pg.207). So, the habits we create, the repetitive nature of our movements and our automatic reaction to known stimuli, begin to interrupt the bioelectric flow and communications, creating "inertial motions that send asynchronous signals to cell membranes....closing the gates on cell membranes, osmosis ceases, overall homeostasis is lost, health disintegrates and symptoms of disease appear." (Stillness, Charles Ridley, N. Atlantic Books, Berkeley, CA 2006, pg. 6.) These inertial patterns disrupt the cohesive rhythms and waves that pulse through the fascia and the fascial tissue hardens and rigidifies. This reduction in communication and relationship isolates and weakens the areas it encompasses.

There are many ways that we can support and enhance the conductive ability of our liquid crystalline matrix, unwind our inertial patterns and realign our bioelectric matrix. Everyday we go about our life, repeating patterns of movement and limiting our exploration and possibilities. Without varied and diverse movement, new and varied stimulus, we become over stabilized and less adaptable. When these repetitive patterns are continuous, without time for stillness, parasympathetic restoration and recalibration, the inertial patterns and symptoms build. They become the fulcrums of our limitations and relationships to the environment.

In our individual lives we can enhance our bioelectric communication network through taking time to move our bodies in new, diverse and varied ways, bringing in new stimulus and information into our experience and by having time each day to extend into stillness and restorative practices. This can include practices such as yoga, Continuum, free form dancing, meditation and relaxation. Finding new ways to move and be still can open up the crystalline matrix to have more capability in adapting and responding to our changing environment.

There are many healthcare practices that also enhance the bioelectric matrix and conductivity of the fascia. Many types of massage and bodywork affect the bioelectric matrix. Traditional, Cranial and Network chiropractic care, Acupuncture, Cranial and Biodynamic Cranial Bodywork, Trager, Structural Integration, Energy work, Zero Balancing and Fascial Conduction are some of the ways that a hands on practitioner can access and enliven this crystalline matrix. Each modality conducts through the liquid crystalline matrix to break up inertial patterns in the energetic body. Whatever ways we contact and open the channels of communication within our liquid crystalline matrix, it increases the coherence and adaptability of our bodies, bringing greater well being, flexibility and vitality to our lives.

As a practitioner of Fascial Conduction, a hands-on work that touches directly into the liquid crystalline matrix of communication, I am continually surprised at the increase in health and vitality I see in my clients and myself when we engage in reconnecting the pieces of our being into the coherent living whole. I am honored to be able to work with my clients to enliven this bioelectric matrix, opening up new choices and widening adaptability to the changing environment around them.