



INTEGRATIVE BODYWORK, INC



Dr Paul Canali
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<http://www.inrg.tv/body-worker/dr-paul-canali/>

The Truth Shall Set You Free

Most experiences will fade away into distant memories whether pleasant or not. But then there are the life changing ones...the aha's, the boom, pow here I AM moments where the NOW is no longer just an idea but a smack to the unconscious, a light turned on in a dark room you never knew existed. Or maybe just hid. A light that you know will forever change how you see.

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Ewa interviewing Dr. Paul Canali before her session.

Dr. Paul Canali realized early in life that people had the ability to recover from seemingly incurable diseases without traditional western medicine. He was in awe at the resilience of people to have survived terrible traumas yet managed to live on with no psychological damage. This was the beginning to his life's work, the question, how did they do it? Unified Therapy was birthed from this wonder, this search for the mysterious core intelligence that dwells in every human being. An integrated approach that penetrates the entire organism—physical, psychological and spiritual.

“New studies show that many of our chronic diseases, and even how long we are going to live are determined in the early environment. So my question is – how do we change this?” he says.

Before the session begins, the patient must fill out a form with several questions that relate to past childhood trauma which will determine their ACE score. The score is the standard form for measuring childhood trauma such as death of a parent, neglect and/or sexual abuse, and according to modern research severe illness and premature deaths are linked to high ACE scores. Since the traditional ACE score only cover the ten most common childhood traumas he has added more questions to detect more unusual traumas that can be missed. He explains that the more questions the better because we are reluctant to admit the traumas and often don't remember them as they were stored in the subconscious. I get to experience this first-hand, which is both funny and sad. As I fill out the forms before my session with Canali I unexpectedly lie. There's a question I know I

should check yes, but I check no. There's this little voice, like the rational part of my brain saying, 'who knows what this information could be used for?'

The Neo Cortical Guard is our way of avoiding what makes us feel uncomfortable. It gates your traumas and makes sure that they are not being accessed yet they are still there, and constantly influencing your choices. Canali's method is designed to specifically access those memories, in spite of the guard working to keep that door shut. So yes, I lied, and the worst trauma of my life is not even mentioned! I have only listed my parent's divorce at age seven and out of a long list of illnesses I only check yes to migraine, age nine.

As I get ready for my session Canali explains that Unified Therapy aims at making the traumatic memories conscious and that they are stored in the pre frontal cortex located behind the forehead. "That part of the brain is the silent watcher, the center for compassion, in the system of yoga it is referred to as the third eye" he says.

Long-term memories stored in the limbic brain can distort our actions and choices unless they are made conscious. If the session is successful the repressed trauma that was causing the chronic pain, or the onset of disease, will move to the conscious brain. No story telling is necessary, just the allowance of feeling certain emotions and sensations again in a grounded, steady way. At times this could look like anything from shaking, weeping, and deep loud breaths. It is like changing the channel. Instead of firing neurons in a certain negative way, driven by fear, the brain starts firing the neurons in a new, positive way, driven by compassion. "Once the brain is re-wired you got it. You are not controlled by fear anymore."



Dr. Paul Canali beginning his healing session.

I have practiced yoga and meditation for many years and had several healing experiences, so I feel completely open without any expectations. I actually feel kind of funny now about lying on the form after Canali told me about the Neo Cortical Guard, haha!

We start the session and Dr. Paul so warmly takes my hand and says, "I understand your migraine was a result of your parent's divorce". And I can't believe I have never made that connection before because yes that sounds pretty obvious now. Less than ten minute later I am re-living the memory of my mom telling me about the separation. I have never before experienced this memory as deeply as I did in that moment, I was fully absorbed in every sensation and emotion with such a fierce focus. Then this cramping and tightening occurs, the starting point to my loss of voice and inability to express myself. I am actually feeling tetany (muscle spasms and tremors) so strong I can hardly move my lips to answer Canali and his assistant's questions. But their energy is so warm and compassionate that it actually gives me the strength to break my silence and move through this tension...whoah, a true feeling of surrender. When I finally break free from the tetany I feel a deep release followed by tears...as if connected to everything, my spirit, my everything connected to everything. Some call this Oneness.

Since my session I have experienced a newfound ability to express myself in situations I would normally hide my truth in. I look back on the moment where I lied in my ACE score and I realize how I would never do that again now knowing why I did in the first place. I leave with Discernment, Feelings of gratitude for this experience that I am still searching for the words to describe and Great respect for Canali's 30 years of experience that truly speaks to people just like me, who don't want to reveal their deep dark secrets. But maybe never felt safe to. If you want to understand what terms like oneness and unified consciousness mean...try Unified Therapy.

