

Biosynthesis Sculpture

Dimensions of Biosynthesis

by Milton Corrêa e Esther Frankel

Biosynthesis is a pre and perinatal psychology, a somatic psychotherapy and a transpersonal psychology that regards the human being in the interaction and integration of his multidimensional aspects: his body, emotions, sexuality, beliefs, desires, intentionality, needs, dreams, histories, family, relationships, spirituality etc.

Biosynthesis emphasizes the unique qualities of the individual and the variety of developmental possibilities that occur in the course of formative life processes. Human being is regarded as multidimensional, and the different levels of his interactions in the world, what he apprehends or expresses, are conceived as interconnected fields of life experience: physical, vital, emotional, mental and spiritual.

David Boadella denominates as Bio-Spiritual [10] this holistic point of view.

At the clinic in Biosynthesis we admit six fundamental dimensions (dimensions of life) from which we search for the comprehension to follow and help the client's formative process: Streams of Life, Fields of Life, Lines of Life, Histories of Life, Waves of Life and Resources of Life. Essentially Biosynthesis offers the principles and methods to understand and integrate these dimensions of life. Biosynthesis is, above all, a way to self-development but its wide bio social basis is a potential to be applied in many other areas of society besides the clinic.

1. Streams of Life

The Streams of Life involves morphology, embryological development, the layer endoderm, mesoderm and ectoderm, the comprehension of the blockage between these layers and its integration. The Streams of Life is the whole development of the foetus, that we call horizontal development, and its implication on the formative process of the individual.

The Streams of Life deal with three streams of uterine affects: umbilical affect, kinesthetic affect and foetal skin affect, which are formative during embryological life. These three streams of affects correspond to the three layers of foetal development: endoderm, mesoderm and ectoderm. These layers are connected to

three morphological areas of the body: belly, back and head. The concept of Streams of Life is a way to look at the body organization in terms of energy and form organized in the space; in terms of behavior and how thoughts, emotions and actions have been integrated.

2. Fields of Life

They are different interactive levels of experiences, expression of behavior and human consciousness. For example, sexuality is a Field of Life; language is a Field of Life. In Biosynthesis, those fields correspond to different levels of expression, associated to segments of the vertebral column. In the human body the vertebral column is the axis of motor system and a duct for motor nerves, sensorial nerves related to the vegetative system. The vertebral column has seven natural nodes where it curves and bends. At those nodes are located the centers of our subtle energy system, connected to the major glands of the body. The vertebral column is the main integrative axis of the body, connecting the pelvis to the brain, passing through nervous centers that regulates digestion and sexuality; those that maintain the equilibrium of heart, throat and language, eyes and vision, ears and hearing.

Each Field of Life may be seen in terms of polarity and we can approach it by the therapeutic work. Neurosis involves not only a horizontal split between the Life Streams, and also a vertical split between the Life Fields.

Boadella considers 7 Fields of Life, which are fields of experiences and expressions of human life, corresponding to segments of the vertebral column of which the centers are:

- The Root center, which primary function is "to root", in the sense of a commitment to the body and a desire for survival; the contact with the body, the contact with others and with the world. How beliefs and knowledge are anchored in the world's reality and how they are experimented emotionally and physically. It is also related to one of the key elements of Biosynthesis, which is the Motor Fields.

- The Hara center, it is related to charge or emotion.

Correspond to the energy available for vital achievement. This center is closely linked to the navel and to the sensation felt at the contact through the connection with the umbilical cord. In childhood is the center of the well being, provided by pleasant nursing experiences. From adolescence on it is related to sexuality.

- The Solar Plexus center is associated with bonds, boundaries, limits and self-confidence. Here, we can find difficulties in relation to power, domination and manipulation.

- The Heart center is the center of the union with others, with life and with the world. It is related with compassion, the ability to love deeply and establish relationships.

- The Throat center involves the whole vocal system, blockages at the throat and neck. Its main function is communication or the emission of sounds. It is an important bridge between thoughts and emotions, thoughts and action, thoughts and movement. The health of this center lies on a good communication and the creativeness of the speech.

- The Eye and Vision center, related to vision and contemplation – to look outside and see inside. Represents a person's ability to look at himself and to others. It is associated with the power to imagine, as well as the power to look deeply into the essence of some situation. Working with this center we are treating the ocular blockages and the traumatic situations involved.

- The Crown center is the channel for communication with the cosmos. It is an opening to something greater than the human being, where occurs the integration of all our qualities.

The Streams of Life and Fields of Life are dimensions of the individual's formative process. However, this process does not happen alone, involves and depends on interactions with other people, living creatures, the world and universe. Depends on the history of those interactions throughout time, in the family and social environment. The sprouting of a seed depends on the soil where it had been sown and all the ecology surrounding it.

The formative process should be enhanced by proper conditions, otherwise self-organization cannot happen. During the individual's life, his formative process unfolds in organizational fields. For example, in order to have a healthy development, a child needs the presence of parents and a close contact with them and this will create a biological organizer, which is necessary for development. The way parents look at the child, their attitudes, words that express their love, understanding and encouragement will stimulate and make stronger the child's formative process. In psychotherapy, the presence, touches, contact, voice and psychotherapist's care, makes an organizational field in which the client's formative process unfolds.

Those organizational fields are projected through 4 other Dimensions of Life: Lines of Life, Histories of Life, Resources of Life and Waves of Life.

3. Lines of Life

The individual is embedded in a relationship network with others, with the world, with his family and

his ancestors, with his work, social relations and as part of the history of a greater human collectivity. This relationship network is what we call Life Threads. Many times the focus of client's conflicts is on relationships: as a partner in a love relationship, as father or son. Sometimes the focus can be in situations lived by his ancestors, and he might have little or no consciousness at all. The work with family system (lines of the family) is a rich opportunity to understand and help cure the client from his family entanglements.

In a therapeutic process, Lines of Life take part in transference and counter-transference, which should always be present in the psychotherapist's mind, during the clinical work.

4. Histories of Life

Our body and our life are developed all along the time, since prenatal life until death. We have a history and a memory of life. Our dreams, fantasies, desires, plans are always creating our histories. Myths, which are archetype expressions, tell, in a universal form, how many of these histories develop. In Biosynthesis we deal with a mixture of events and experiences and also with the line of time from past to future, which is open to be created. In Biosynthesis, when we work with regression, the experience has to be balanced, always emphasizing the present. These histories that we tell: where we came from, where we are going to; our dreams, our visions of the past and future we call Histories of Life.

5. Resources of Life

They are resources that we have and we will be getting throughout our lives. They will enable us to enlarge our evolutionary potential, cure ourselves of some disease, some traumatic situation or times of trouble. Resources of Life are our ability to regenerate, physically or mentally. They are always there, even when we are armored or disintegrated. This capability to regenerate is part of our essence. Those resources are not only our physical health condition, they also involve the memories of our experiences, images, beliefs, values, art, expectations, hopes, relationships, friends, family, environment, work, profession, finances, properties etc. The memories of a loving and protective grandmother, a place we remember from childhood, like a river, a tree or just the image of a flower; these are examples of important regenerative sources for cure and health.

In Biosynthesis, we believe that such resources are not only the ones we create, but many of them are inherited. Human being is capable to access many different expressive qualities of his human condition. Those qualities have not been activated or stimulated, but it is a characteristic of human nature to activate and incorporate those qualities in our lives.

6. Waves of Life

This concept is related to the human evolutionary potential: physical, mental and spiritual. It defines a spectrum that ranges from the very low stage of integration to the highest stage of integration of the human being. It is not a time concept, but is related to our stage of maturity. The physical potential grows since birth. We can see this, for example, observing a baby growing up

in different stages: he sits, crawls, stands up and walks. Then, it follows adolescence and maturity and the old age, when the physical potential decreases, but the mental and spiritual potentials can be highly developed. During life, diseases may delay or damage this potential, but they can also expand it, when the body and mind learn. Traumatic situations can also injure this potential, which may oscillate negatively when we have misfortunes or some problems.

The evolutionary potential has its stages marked and celebrated in rituals of passage, in many communities: at adolescence, wedding ceremonies, graduations, and funerals. This potential is connected to individuation process (Jung) and the realization of enlightenment. When we say enlightenment, we are not talking about some mystical state of perfection or some religious adventure, but its simplest meaning: To be enlightened is to be more human, functioning with the strength and clearness of the heart. Through psychotherapeutic work we can expand our evolutionary potential.

When the client comes to therapy he brings problems in one or more Dimensions of Life. A lack of balance in one dimension may affect organically the others. For example: we may work with the Field of Life of movement (motor field) or the Field of Life related with the system of beliefs or with the Field of Life of the Solar Plexus (difficulties with limits, for example) etc. Through Lines of Life we work his family web, integrating them with his Fields of Life or with his Histories of Life. We can also start our work with a dream (History of Life) to get to another dimension as for example Field of Life or the client's family web.

The psychotherapeutic work in Biosynthesis (Biosynthesis means "life integration") consists in moving across these Dimensions of Life: helping people become more integrated through inner communication, transmitting information that reorganizes the energy flow and the body; creating the basis to solve problems, tensions and blockages; enriching and enlarging people's evolutionary potential.

Looking at these Dimensions of Biosynthesis, we can see an inspiring way to take care of our self-development, be taken care of, and care fore others and for the planet. A way that "might help us bring our light to Earth, experiment the light of Earth, spirituality of the body and the incarnation of the spirit. Therefore, our passage through the valley of the soul creation will be with our feet on the ground .The soma that we have developed all along our way will remember the font of itself, and the actions in the world will be more and more shaped by the heart" (in David Boadella, [4]).

Bibliography

[1] Leonardo Boff, Knowing to Care (in portuguese Saber Cuidar), Ed.Vozes.

[2] David Boadella, Life Streams. An introduction to Biosynthesis, Ed. Routledge & Kegan Paul.

[3] David Boadella, Somatic Psychotherapy: Its Roots and Traditions, Energy & Character, Vol 21, No 1, April, 1990.

[4] David Boadella, Soma, Self and Source, Energy & Character, Vol 21, No 2, September 1990.

[5] David Boadella, Incarnation, embodiment and the pre-birth drama, Energy & Character Vol 26, No 2, September.

[6] David Boadella, Inspiration and embodiment: Quality level of Expression Body-Psychotherapy, Energy & Character, Vol 26 ,No 1, April 1995.

[7] David Boadella, Between Coma and Convulsion, Energy & Character Vol 6, No1, 1975.

[8] David Boadella, The Tree of Man and Fundamental Dimensions of Biosynthesis, Energy&Character Vol 29, n°1, June 1998.

[9] David Boadella, Common Ground and Different Approaches in Psychotherapy, Edited by Esther Frankel, Escola de Biossíntese do Rio de Janeiro, 1998 (in www.biossintese.psc.br).

[10] David Boadella, Ten Aspects of Biospirituality, Energy & Character Vol 26, n° 1, April 1995