



SourcePoint

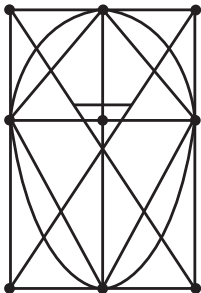
Energy Medicine for the 21st Century



PRINCIPLES AND PRACTICES

"A joyful radiance of health is attained only as the body conforms more nearly to its inherent pattern. This pattern, this form, this Platonic idea, is the blueprint for structure." - **Ida Rolf, The Integration of Human Structures**

The Blueprint



The intention of SourcePoint Therapy is to re-connect the individual with what we call the blueprint of health, the matrix of healing energy containing the essential information of order, balance, harmony and flow that sustains all life. SourcePoint Therapy training gives participants a thorough grounding in the theoretical foundation of this approach, exploring the concept of the blueprint from the perspective of many healing, philosophical and spiritual traditions. In the ancient Greek philosophers and the practices of shamans in indigenous cultures, at the frontiers of contemporary science, in the Kabala and in Goethe's writings, we find this intriguing and powerful concept of the blueprint.

Increasingly, physicists, biologists, and researchers in many fields are discovering that we exist in a vast matrix of energy that is imprinted with the information necessary to create and sustain life. In the documentary "The Living Matrix-The Science of Healing" Lynne McTaggart, researcher and author in the field of energy medicine, states that the medicine of the future will be "information medicine."



Energy Blockages and Body Scanning

Participants in SourcePoint training learn techniques of scanning the energy field to locate the energetic blockages that obstruct the flow of information of order and balance from the blueprint. These blockages indicate the source of the presenting symptom complex. SourcePoint Therapy teaches specific points (the Diamond and Golden Rectangle Source Points as well as the Navel Point), off the physical body, located in geometric pattern around the body, that facilitate the connection to the blueprint and the removal of blockages.

Guardians of the Body

Another fundamental principle of SourcePoint Therapy is that the body has its own guardian energies, manifested in the physical body as the immune system, which, when activated, profoundly support the healing process. Specific points (the Guardian Points) on the physical body are taught which invoke these energies. In their study of the Guardians of the body, students of SourcePoint Therapy also learn techniques for identifying and drawing out invasive foreign energies that may be affecting the health of the client.

Energetic Structures



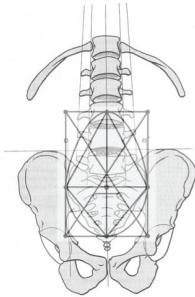
In addition to the basic Source Points students learn techniques utilizing energetic structures that correspond to sacred geometric pattern. These bring the body to a state of order, balance, harmony and flow. The Golden Line, The Golden Point, and the Crescent Moon are some of these patterns. The Inner Temple is a phrase used in SourcePoint Therapy to refer to those energetic structures and geometric patterns that define the physical body.

From the perspective of SourcePoint Therapy, one source of illness and pain is the disruption, disturbance or deterioration of the energetic structure (or "Inner Temple") of the human being. SourcePoint Therapy works with repairing the energetic boundary structure of the individual to contain, direct and facilitate the healthy flow of energy, and bring the structure back into alignment with the flow that is its source.

Energy healing is highly effective when it works not only with energy flow but also energetic structure. This aspect of energy medicine is often overlooked.

"The informed universe is a world of subtle but constant interconnection, a world where everything informs—acts on and interacts with—everything else. This world merits further acquaintance. We should apprehend it with our heart as well as our brain." - **Ervin Laszlo, Science and the Akashic Field**

The Sacrum



Work with the sacrum facilitates the flow of life force energy in the body. In sacred geometry the sacrum is literally the center of the body as it is organized in space.

The Sacral Points taught in SourcePoint Therapy connect the physical body in a general way to the vital life force energy of the earth plane. As the individual body is opened up to that vital life force energy of the earth plane through work with the sacrum, the information of the blueprint flows more freely on the physical plane. All of the vital life force energy and momentum of the physical evolutionary process is made more available to the present physical body. Work with the sacrum re-awakens that body memory and opens the door to all that vital energy. Students of SourcePoint Therapy learn a variety of techniques and points for working with the sacrum.

"The word sacrum means sacred bone." - **Ida P. Rolf**

Who Can Benefit from SourcePoint Therapy Training?

SourcePoint Therapy can be integrated with any form of manual therapy and is appropriate for use with massage, acupuncture, cranial-sacral therapy, healing touch, structural integration, and physical therapy, for example. Once the energetic blockages have been determined and the basic points in the energy field have been held and activated, the practitioner's own modality can be used to release the blockages and facilitate the flow of information from the blueprint. Psychotherapists and psychiatrists are successfully integrating these techniques into their practices, as are medical doctors.

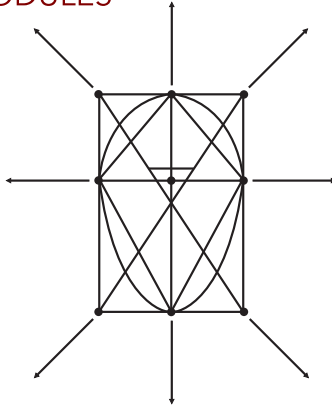


It is not necessary to be a professional health care practitioner to study and benefit from SourcePoint Therapy. Understanding the working of the blueprint, the principles of Order, Balance, Harmony and Flow, and the simple practices and techniques described above can help people maintain their health in the challenging modern world.

The Diamond Points can be used as a visualization to strengthen one's own connection to the Blueprint. The Guardian Points can be done on oneself, as can techniques such as the Navel Point, to nourish and enhance one's personal energy. After one workshop, people can begin to utilize the points regularly for their own benefit, for that of family and friends, and, if they are professional health care practitioners, integrate the practices into their own modality.



TRAINING MODULES



Module One: The Blueprint: Fundamental Principles and Practices of SourcePoint Therapy

Introduces the theory of the blueprint of health, teaches energy scanning techniques for locating blockages in the energy field, and instructs the student in the principles and use of the fundamental Source Points (the Diamond, Golden Rectangle and Navel Points). Focuses on off-the-body work directly with the energy field.

TRAINING MODULES



Module Two: The Inner Temple: Sacral Therapy, Guardians of the Body and Energetic Structures.

Focuses on points located on the physical body that open, relax, and support the sacrum, as well as guardian points to activate the natural guardian energies of the body. Introduces meditations and visualizations for connecting with the blueprint through the symbol of the inner temple. Works with energetic structures in the energy field to bring balance and order to the flow of energy in the physical body.

TRAINING MODULES



Module Three: Advanced Principles and Practices: Drawing Out, Releasing and Restructuring

Further work with the Golden Rectangle points and their relaxing, pain-relieving qualities. Explores advanced use of the navel point for addressing birth trauma and emotional blockages, as well as how the Source Points help re-structure the energies subsequent to the release of old patterns. Also in-depth work with the Guardians of the body; drawing out and clearing foreign energies from the physical body.

ABOUT THE ORIGINATORS OF SOURCEPOINT THERAPY



Bob Schrei

Bob Schrei has four decades of experience as a student, apprentice, practitioner and teacher of energy medicine. He is a Certified Advanced Rolfer, Biodynamic Cranial Sacral Therapist, and co-originator of SourcePoint Therapy. This energetic and hands-on healing system evolved from his twenty-plus years experience in bodywork, as well as extensive personal study in vibrational medicine, sacred geometry, shamanic healing and Zen meditation.

In addition to Bob's research and study, the essential principles of SourcePoint Therapy were explored and formulated in intuitive readings with his wife and partner in healing work, Donna Thomson. With a B.A. in architecture and a Masters of Fine Arts, Bob also incorporated his lifelong interest in structure and pattern into SourcePoint Therapy, which he developed, refined and tested for ten years before beginning to teach in the United States and Europe. This process of refinement and development continues as SourcePoint Therapy evolves.

From 1970-1985 Bob was a student and teacher at the Rochester Zen Meditation Center. As a former Zen teacher Bob brings a unique perspective to the field of energetic healing and manual therapy, helping his students develop sensitivity to the subtleties of working with energy and bring a heightened awareness to their healing work.



Donna Thomson

Donna Thomson, MSW, is an intuitive, meditation teacher and author of *The Vibrant Life: Simple Meditations to Use Your Energy Effectively*, Sentient Publications 2006, also published in Germany, Romania and India. She has been exploring consciousness, energy work and healing since 1970, and for the last twenty-two years has channeled healing light, energy and information in individual and group Awareness sessions throughout this country and in Europe. Her gifts as a channel and skills in therapeutic work have shaped the emergence and development of SourcePoint Therapy. Donna writes weekly about energy healing on the SourcePoint blog and is currently working on a book about SourcePoint Therapy.

sourcepointtherapy.com
blog.sourcepointtherapy.com

rjschrei@cybermesa.com
505.983.7213

Practitioners Share Their Experiences

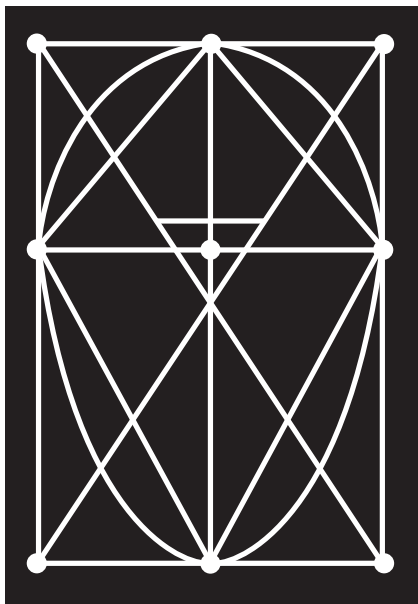


"The techniques of SourcePoint Therapy have given me another powerful way to address issues with my clients. After the training I was surprised at how easy it was to integrate into my acupuncture practice... Because the vast majority -95%- of my patients are specifically asking for SourcePoint Therapy while the needles are in, I know that they do feel the positive effects... I have found that the philosophic underpinnings of SourcePoint Therapy are entirely in accord with what I learned about Chinese Medicine." – **Nancy, Lic.Ac., M.Ac., Arlington, VA**

"SourcePoint has enhanced my Rolwing skills to a whole new level entirely... people now rave about my Rolwing work. I would say it's doubled my clientele in just the past 6 months. I am not even sure how I got by those other 2 years, now knowing what I know. I would never work any other way; it's too big of a difference and I would feel blind without it. SourcePoint has allowed me to evolve into the Rolfer I was hoping to be." – **Kelly, Rolfer™, Kansas City, KS**

"Sourcepoint Therapy is really terrific, especially as an assessment tool. I find it extremely helpful for determining where to start, what to do next and knowing when I am done. Sourcepoint is very effective at removing energetic blockages that inhibit structural changes; it is one of the most profound ways of providing a client with support that I've come across so far. It allows me to treat people more completely and at deeper levels." – **Soken, Advanced Rolfer™, San Francisco, CA**

"In a complex world simplicity has great power. SourcePoint Therapy is a simple approach to healing for the 21st century." - **Bob Schrei**



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