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Synergy Dialogues™

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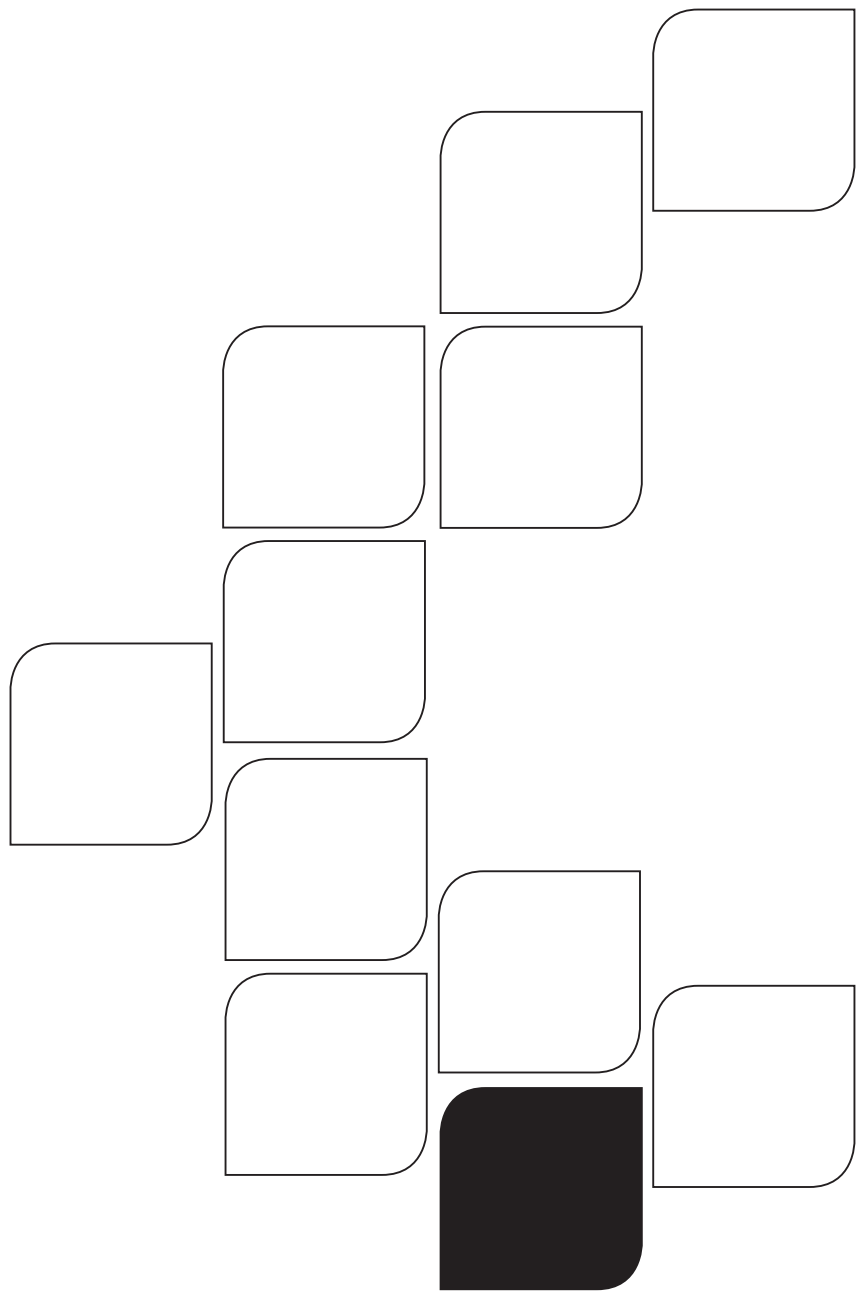
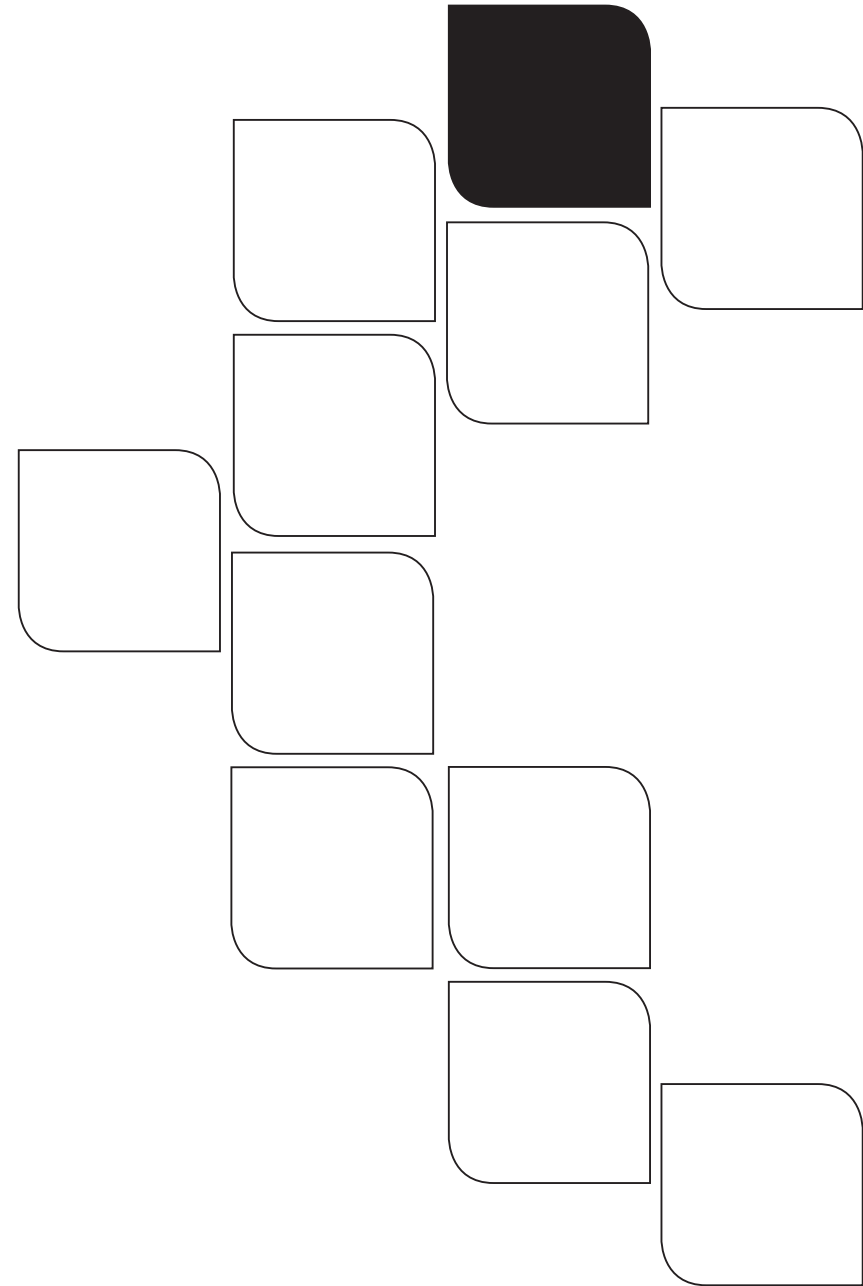
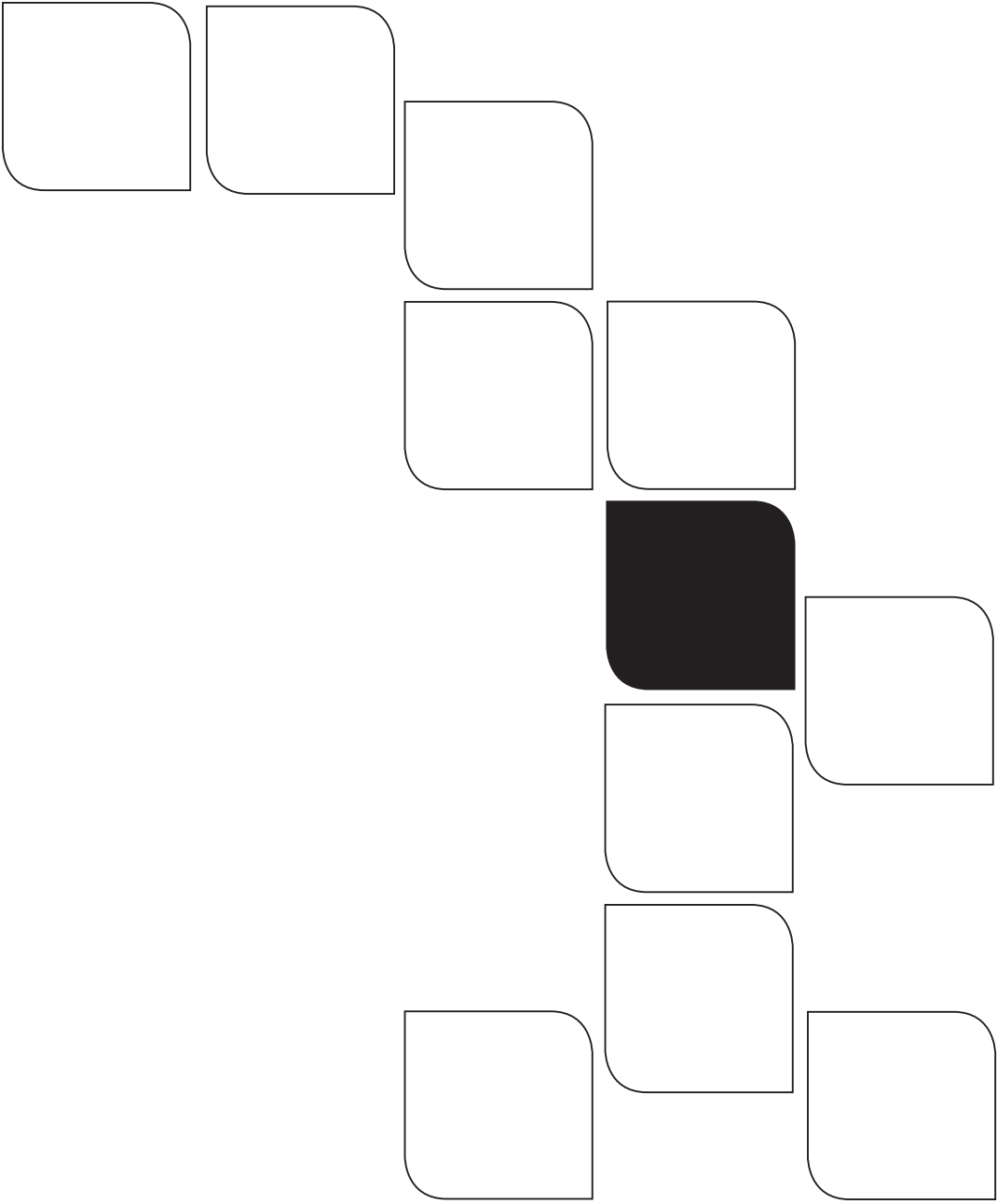


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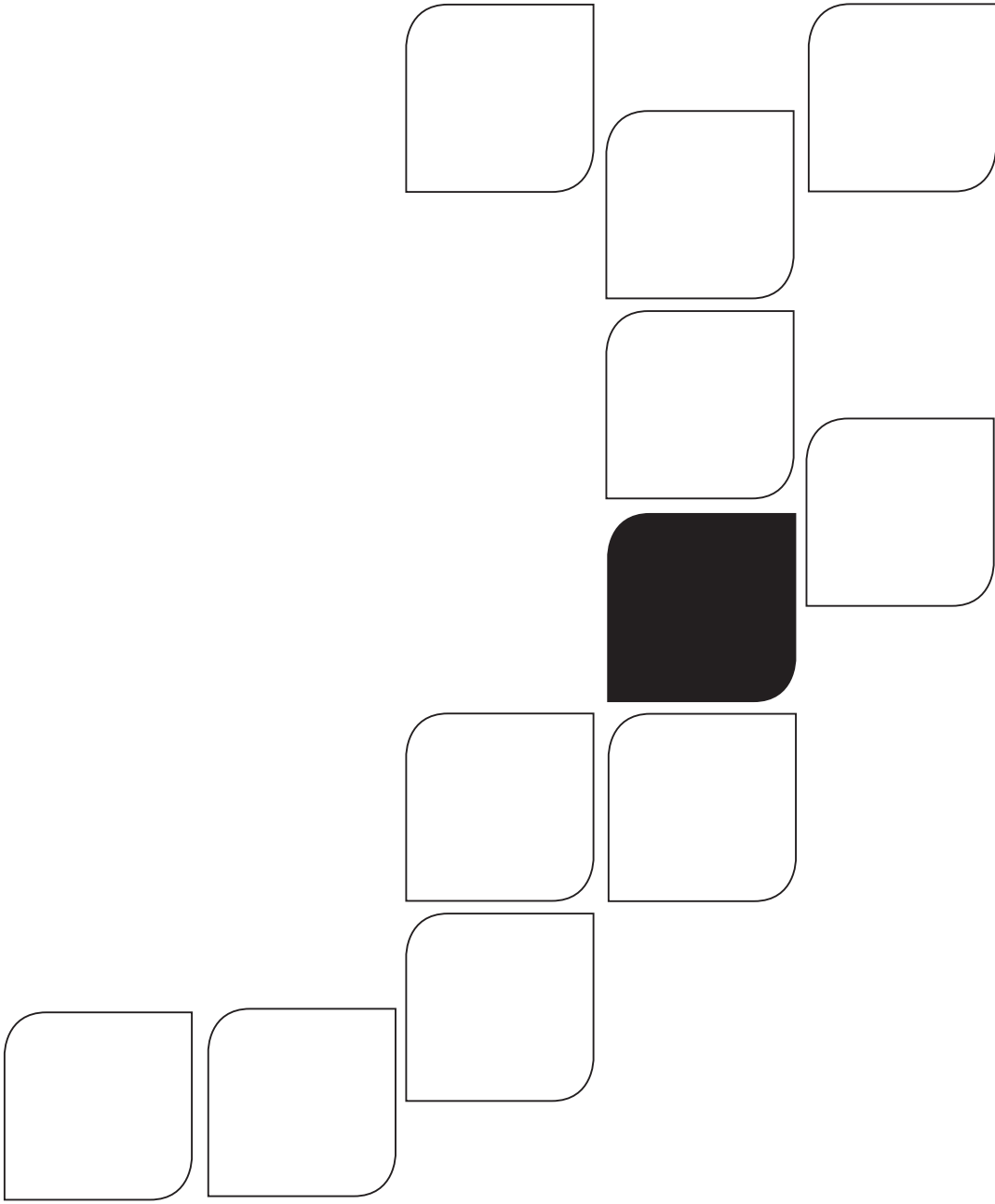
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I want to share with you a process I went through during my dance with a crooked back and as a survivor of cancer. I now no longer suffer from either; and the journey has made me more committed than ever to bring awareness to our responsibility for our own health and freedom.

—Dr. Manon Bolliger, ND, DHANP, FCAH



INTRODUCTION

My vision is to create **Synergy Dialogues™** between patients and their doctors in order that more people embrace their health.

If health is freedom from emotional, physical, mental or spiritual pain, then staying healthy or finding health becomes an essential part of your life's journey.

So what is preventing you from openly embracing better health?

Maybe you were one of those patients seeking help that has been told that there is nothing wrong with you because nothing shows up in lab reports, that there is no name or category for the myriad of symptoms and unwellness you are experiencing; and that, therefore, there is no cure for it. Maybe you have even been told that “it is all in your head?”

Or worse, you have been given the “incurable” diagnosis and a ticket 6 for helplessness and despair. That is to say, you have a disease with a name for which the “cure” is management for life by drugs.

I have been in practice as a Naturopathic Physician since 1992, and throughout my career I have tried to understand what stands in the way of unravelling a patient's intricate, interwoven and seemingly invincible set of symptoms. I have studied why some treatments work for some patients and not for others, and I have come to the conclusion that what is most important is not what patients do but why and how they go about doing it. And the exact same thing is true for the doctor. It is not what treatment they offer, but why and how they are in “dialogue” with you that makes all the difference. As Simon Sinek said so eloquently when talking about what motivates people to act, “people don't buy what you do but why you do it.” [1]

This phenomenon is actually grounded in neuroscience. It is the limbic part of the brain which is responsible for our decisions. It is the part of the brain that “gets” the impression, the feeling, the knowing that things are right or not right and ultimately it is the part of the brain that is responsible for feelings like trust and loyalty that guide all human behaviour and all decision-making. The “why” is governed by the limbic system. So when you talk

[1] Simon Sinek, author, speaker, and consultant who writes on leadership and management. 'Start with Why: How Great Leaders Inspire Everyone to Take Action'

to the “why” you are talking directly to the feelings that drive behavior. The neo-cortex, the new brain, then rationalizes and justifies the behavior. It justifies the “what.”

So if we translate that into direct health relevance, I would venture to say that if both the doctor and the patient could establish a dialogue that would uncover the why and the how — giving clarity and making sense of your experience and guiding you to unravel, unleash and unwind all the issues in your tissues and the patterns of pain in your brain — a **BIG** first step towards health would be achieved.

I have created two steps to this process: an experiential process through the body, and an enquiry process through the mind.

BowenFirst™, the experiential component, allows the body to speak for itself and unravel, unleash and **UNDO** its myriad of complex signs and symptoms. It allows both the patient and the doctor to witness the thrill and pleasure of just how amazing the body is and how much it tells us. I recommend this process as a kind of “physical clearing ground.”

The other component is part of Synergy Dialogues™. It is a process of clearing your senses in every meaning of the word. In this mini book, I have included a brief overview of each aspect of **CLEAR SENSES**.

Interested in taking the first step? And guess what – it isn’t another thing you must **DO**. In fact, it is all about **UN-DOING**. So **RELAX** and be gentle with yourself as you go through the **CLEAR SENSES** process.

What in your life, your body, your mind needs **UN-DOING** ? What is getting in the way of looking after your health? What myths do you hold about your health?... Getting better requires a long time... Pain can only be managed by drugs... Simple things don’t work...

First clear out all the myths you may have. Take a moment and consider any questions you have that are preventing you from looking after your health. Then go ahead, start the **CLEAR SENSES** and focus on the “why.” Discover your core belief about your health.

CONTEXTUALIZE & CLARIFY

Often pain is tied to *concepts* that entrench patterns and do not allow for flow in health.

Do you really understand what your body is telling you? What do the signs and symptoms mean? Are you getting better?

“Why do my warts keep returning?”

“Why do my cortisone shots only work short-term?”

“Why do I develop a rash when my asthma disappears and my energy is so much better?”

Do you know how to *clarify* the *clutter*, *confusion*, and understand the different *concepts*?

Has someone helped *contextualize* your signs and symptoms?



LISTEN & LIGHTEN

“Darling, can you help with these bags. They are so heavy.” Marie sighed.

“They’re not heavy. What’s with you?” Richard replied looking at her in bewilderment.

Diagnosis: Frozen shoulder? Or carries the weight of the world on her shoulders and seeks support.

Do your symptoms get categorized and clinicized?

Have you ever felt the *lightness* of having someone see your true colours? Have you ever felt really heard? Have you felt your pains just *loosen* and *let go*, in the presence of Active and Conscious *Listening*.





EXPLORE & EVOLVE

Imagine *exploring* and *educating* yourself in a dialogue with your health care practitioner in which you begin to uncover the conscious and unconscious attitudes and imprints stored in your nervous system that have stopped serving you.

Imagine *exploring* and *establishing* new patterns that lift your spirit and break old pain feedback loops. How *empowering!*

Imagine that the brain can actually *establish* new healthy patterns and the 'stuckness', you once thought was there, *evaporating*, *evolving* and *exploring* new avenues.



ACCEPT & ACKNOWLEDGE

Before the transformation happens completely, take one moment to *acknowledge* and *accept* the “disease”, disorder, or dysfunction you have experienced. Make *amends* with yourself.

Accept both the limitations and the benefits you have had because of it.

“Darling, I did not know how to reach out and ask for what I really wanted,” Marie declares.

“So, the bags were not the heavy problem?” Richard enquires with relief and then, concern.

Allow the “dis-ease” to be a teacher in your life. What gifts has it given to you?

Appreciation and self-love is an essential part of any healing journey.

RESONATE & RESOLVE

When you acknowledge your path, feel truly heard, and *receive* clarity from contextualizing your experience, you will *realize* and *recognize* that there is a gap — the possibility of *repair* and *restoration*.

This will lead you to *reconsider* previous truths and take *responsibility* for the health decisions you take in order to *resolve* your health concerns.

You will feel deeply in your core that “what” will work for you must *resonate* with you.



CLEAR

CLEAR is the preparation that aligns you to the “why”.

What emotions are not embraced?
What in you must you Unleash?
What limited beliefs do you hold?
What in you must be Unravelled?
What thoughts require enquiry?
What in you must you **UNDO**?
Why heal and embrace your life?

The “why” taps into the essence of your being. It reflects the Inner Dialogue. **CLEAR** results in a state of Presence.

Now let’s explore **SENSES**. It is the “How to” — the Outer Dialogue.





SENSITIVITY & SENSIBILITY

Once you have clarity and you are present with your purpose, once you are aware of your “story,” your degree of skepticism or faith, and your level of commitment and responsibility for your health — you must now assess your relationship with your health care practitioner/doctor.

Does this “expert” have the *sensitivity* to really listen to what you have gone through and evaluate your *support system*?

Is the “expertise” *sensible*? Is the Practitioner aware of all the options and alternatives, and has due diligence been performed?



EASE & ENERGY

Once you are comfortable with an approach that is both sensitive and sensible physically, intellectually, and *emotionally*, the delivery of the treatment comes with *ease*. You can fully engage in the *experience*.

For the health care practitioner, treatment flows without *effort*, *errors* or *expenditure*.

As there is no resistance or uncertainty, mind “matters away,” and *energy* flows.

Receptivity is at the highest level and the patient’s healing potential is magnified.

NUANCE & KNOWING

Have you ever wondered what makes a practitioner an excellent doctor? What elements come into play when the training is very similar for each therapeutic modality?

At some point in a doctors practice, *knowledge* turns into *knowing* and diagnosis turns into heightened perception and “intuitive *knowing*.”

Individualized presentations receive the *nuancing* necessary to lead to effective tailor-made treatments.

This process is just as true in conventional medicine as in wholistic medicine.



STRUCTURE & STABILITY

It is at this point that *structure* and *stability* are paramount. The practitioner has gained your confidence as your trusted advisor. Now they must deliver on expectations and implement the plan of action, and they must manage the treatment they are *suggesting*.

At the same time, a more unexpected and exciting process takes place: your trusted advisor becomes your cheer-leader.

This becomes possible because you are now part of a health team and everyone is empowered to do what he or she does best.





ENLIGHTEN & ENLIVEN

Let's face it, anyone who dedicated years of their time and money to becoming an expert in the field of health has a genuine desire to help people get better.

Unfortunately, there has been a lot of ignorance on both the part of the “patient” and that of the “doctor.” Patients have relied on their doctor and not taken responsibility for their own part, and doctors have taken advantage of their privileged role and refused to get into an open dialogue with their patients.

It takes change on both ends to create an *enlightened* process. The true expert knows that the patient is the true teacher.



SURRENDER & SERENITY

If health is freedom from emotional, mental, physical and *spiritual* pain, then how do we achieve that freedom?

Surrender is the *stepping stone* that comes with consciousness, presence and openness to the healing potential.

Your health team is your *support*, keeping you aligned with your purpose.

SENSES

I believe **CLEAR SENSES** are key steps allowing for true surrender, serenity and soulfulness.

The “why” — **CLEAR** — and the “how” — **SENSES** — are key. The “what” — the modality — only matters in that it must encompass the process; one you resonate with and also fully embrace.



SYNERGY DIALOGUES

The best health care team for you will be one aligned with your core values and one who can share the **Synergy Dialogue™** with you. Explore your core beliefs regarding health so that both your “whys” and “hows” are aligned.

I have created a home study program for patients with the desire to be empowered and learn more about their process and become clear about what their symptoms are telling them.

As well, I am offering a process for health care practitioners and doctors to deepen their consciousness in **Synergy Dialogues™** and better serve their patients by belonging to a network of like minded practitioners.

My sincere hope is that this process will help you on your journey.





CONTACT US

For further information on this wonderful method of communicating, for your own health, get in touch with us at Bowen College. Find out how you can develop this skill.



Start the conversation...

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