

The Newsletter from
Core Postural Alignment®

THE PLUMBLINE



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Issue 23



Training Course



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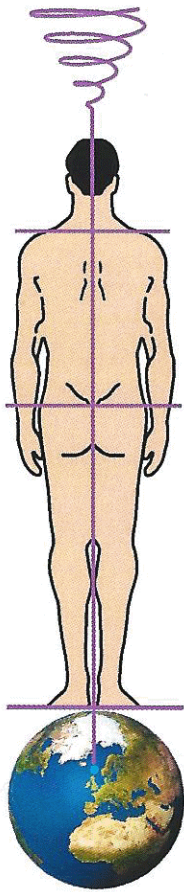
We hope you enjoy it.

Regular Core Postural
Alignment can

Change Your Reality!

This isn't a metaphysical statement, rather a biomechanical one.

Let's look at how this works.



If you want to train in a dynamic, alternative health technique and start a new stage in your career then find out more [here](#).



Course Dates

For the dates of all our upcoming training courses click [here](#).

Events

The term "events" is a technical term from the field of neurology. It refers to a discrete bit of information which impinges on our nervous system in some way. This can be via any of the five special senses; seeing, hearing, touching, tasting and smelling. In fact you can simply describe them as what is going on around us. It's important to realise that these events are neither good nor bad in and of themselves, but rather it is our interpretation of them which defines their relative merit.

Estimates vary widely as to how many of these events are happening at the same time; anywhere from 2 million to 4 trillion per second. Yes every second a huge amount of information is bombarding us, and we have to make sense of all that.

The latest figures suggest that we are consciously aware of between 5 and 9 bits of information a second.

What happens to all the rest?

The vast majority of all the information which we receive from our environment is filtered out by the unconscious mind. What this means is that we are never really sure what is happening at any given time. That is why two people can



Course Organisers

We are looking for people to organise Training Courses in their area; both in the UK and abroad.

We will come and teach the course.

These can be organised by anyone, so if you know of anyone who organises courses please let them know about us.

For more information contact us [here](#).



Become a Licensed Trainer

We are looking for people to help us spread the good

have wildly differing memories of the same event as each person's filtering mechanism is unique.

How the filtering works.

There are three broad ways that the filtering takes place.

1 Deletion.

That which has no importance to us is deleted. For instance you probably aren't aware of the feel of your clothes on your skin as you read this. It's why we don't hear a ticking clock but notice when it stops.

Our beliefs are very much tied up with this too. There is a famous story about Pacific islanders who literally couldn't see the explorers ships when they were first 'discovered' by western culture and paddled their canoes into them. Nothing like large sailing ships existed in their belief systems so they couldn't see them. It's not so much a case of seeing is believing but rather believing is seeing!

We all intuitively know this to be true as we all would rather not see things which challenge our beliefs.

2 Distortion

When we can't understand something then the unconscious will distort it so that it becomes something we can understand. For example when someone commits an atrocity of some kind we can't understand how a human being

news about Core Postural Alignment and help us to teach it.

Maybe it could be you?

We have put together a program to train trainers in this fantastic technique.

For more information contact us [here](#).



Demonstrations, Talks & Lectures

Why not invite us to come and entertain, educate and enthrall your group?

We give demonstrations, talks and lectures all over the UK and more recently have been invited to continental Europe to speak at seminars.

We have also given keynote addresses and have presented CPD seminars.

We can tailor our presentations to lay

could be capable of that act so we distort our view of that person into them being something less than human, or animal. Often we will give them a special name, almost as if defining them as being non-human.

There are people in the world who believe it's OK to kill and maim others in the name of their religion, ideology or materialistic or expansionist needs. The average person can't understand how a human being can consider their heinous acts as being OK so we give these people a special name to somehow dehumanise them.

The special name we give to these people is, of course, "politician".

3 Generalisation

The third way we filter information is to make generalisations. These are usually based on our previous interactions with that kind of information, but of course we have deleted, distorted and generalised those too. It's no wonder that generally we make very poor generalisations. For example in the past a dog tried to bite me therefore all dogs are dangerous and are to be avoided.

After all this deleting, distorting and generalising we are left with our 5 to 9 bits of information a second which make up our internal representation of reality.

It's no wonder we're all a little confused at times about what is really going on.

**people, practitioners,
people with high levels of
anatomy and physiology
and to everyone in
between.**

The feedback we get from them is that they are very well received and that those attending enjoyed, and were stimulated by them.

We are happy to travel to share our enthusiasm for Core Postural Alignment with anyone.

For more information contact us [here](#).



CPD Organisers

Do you organise CPD Training Courses?

If you organise CPD courses then we have a range of seminars suitable for you.

For more information contact us [here](#).

This is where Core Postural Alignment comes in.

Your internal representation leads to your emotional state. What you feel about what is going on. Your emotional state then determines your behaviour. But as we have seen our emotional state also contributes to how we make our internal representation. It's a two way street.

However, our physiology also affects our emotional state, which then goes on to affect our internal representation. Our internal representations can then affect our physiologies. Your physiology determines how you filter the sea of information coming to us every second.

So now we have a three way street. Internal representation affects emotions, which affects physiology, which affects internal representation; and vice versa in every possible permutation.

Core Postural Alignment hasn't come in yet!

All right, how do we influence this three way street? How can we break into this cycle of influence?

Posture affects physiology. We know this to be true from our CPA training. Correct the posture and the biochemistry changes. Have a better biochemistry and have a better emotional state and a better internal representation of the universe. This will change our filtering of all that information. We end up with a more useful

internal representation which alters our behaviour and changes our reality.

Q.E.D.

Loss of an upright Physiological Efficient Posture can adversely affect all the systems of the body.

The cardiovascular, digestive, endocrine, energetic, excretory, fascial, immune, integumentary, lymphatic, muscular, nervous, respiratory, reproductive, skeletal and urinary systems have all been shown to improve when an upright Physiological Efficient Posture is restored. More importantly loss of the Physiological Efficient Posture moves people away from Homœostasis and further into Allostasis.

An upright Physiological Efficient Posture is one where all the parts of the body are correctly aligned with respect to each other and when the whole of the body is correctly aligned to the gravitational field.

Core Postural Alignment encourages the return to a more Physiological Efficient Posture by correcting the Primary Alignment of the body.

Until next time, be exceptional.

A handwritten signature in black ink that reads "Allyn + Sue". The signature is written in a cursive, flowing style.

Allyn & Sue

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