


The Newsletter from  
Core Postural Alignment®

# THE PLUMBLINE

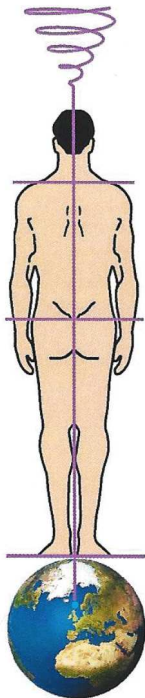
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## Training Course



If you want to train in a dynamic,  
alternative health technique and  
start a new stage in your career

## Issue 29



Hello and welcome to this  
edition of the Plumblines.

We hope you enjoy it.

## Happy Birthday

The technique that is now known as Core Postural Alignment is 90 years old this year. In late 1929 or early 1930 John Hurley and Helen Sanders published their first article about a technique that they had spent 15 years developing.

**It got me thinking about birthdays, the meaning of life and human potential.**

Course accredited by the  
Federation of Holistic Therapists



## Course Dates

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



## 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](#).

Happy nonagintennial birthday

**Core Postural Alignment  
(It's a posh way of saying 90th, although  
I'm sure you knew that already.)**



## Your Birthday Gifts

The custom of giving and receiving gifts on birthdays is virtually universal. Gifts are opened with anticipation and savoured with pleasure as symbols of love, good wishes and recognition of another milestone of progress.

Each of us has only one true birthday, the day of our birth. All other so-called birthdays are really anniversaries of that one original birth day. That original birthday is also honoured in many cultures, by a shower of gifts.





## Become a Licensed Trainer

**We are looking for people to help us spread the good 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**

Regardless of culture or custom, our day of birth

was the day on which the Universe bestowed upon us its own gifts. The special gifts distinguish us one from the other as individuals, and foretell the potential of our individual futures.

The greatest gift of all, of course, is the gift of life itself. When this most precious possession is fully explored, it is found to contain within it many other gifts, each with its own individual wrapping. Each separately wrapped package represents a different area of human expression. It is our use of these subdivisions of the gift of life that determines our full potential and the dimensions of our life.

How upset we would be if we gave a birthday present that was not only unappreciated, but not even opened? Such lack of appreciation would be construed as an insult to the giver. What an insult to life, then, if some of the most precious gifts remain unused and unappreciated, perhaps even unopened and unknown.

We are born with all the potentials for a full, rich, and rewarding life. These potentials, and a certain number of years to fulfil them, are ours for the taking... for the mere unwrapping. What a tragedy to deny ourselves the fullness of life by refusing to accept the fullness of life's potentials.

Core Postural Alignment can help you to open all of your gifts, and express all of your potentials.

**Let us help you to become all that you can be.**

### Human Potential

The magnitude of human potential will never be fully understood. It defies imagination, for imagination itself is but one small expression of the very potential it would seek to envision. Certainly, human potential is multifaceted.

**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](#).

To even begin to appreciate it one would have to consider such manifestations as:

- The ability to adapt to an ever changing environment; agreed by most biologists to be the essence of life itself.
- The ability to convert food into walking, talking flesh and blood.
- The ability to manufacture and balance, in perfect quantity and quality, insulin, cortisone, adrenalin, and every other hormone, enzyme and chemical need for normal life.
- The ability to reproduce.
- The ability to resist and prevent disease.
- The ability to repair and recover from disease and injury.
- The ability to engage in creative thought and analysis.
- The ability to compose music, prose and poetry.
- The ability to draw, paint and sculpt.
- The ability to adapt to emotional stress and to develop appropriate emotional responses.
- The ability to remember some things while relegating others to the "inactive" file.
- The ability to maintain balance and to simultaneously coordinate a multitude of different muscular skills for work and play.
- The ability to study and learn.
- The ability to add, subtract, multiply and divide.
- The ability to solve problems and to organise.
- The ability to make decisions.
- The ability to love and trust.
- The ability to accept and respond to the spoken and unspoken needs of others and to share the responsibility for the shaping of our world.
- The ability to shut off conscious thought, to relax and meditate or sleep.

These are but a few of the tangible and intangible expressions of human potential. What a tragedy it is for any part of this potential to be

In a society committed to specialisation we tend to lose sight of the fact that all of these potentials must interact together in harmony if any are to reach their full expression. The human being is not a series of unrelated parts but an integrated whole with each facet dependent on every other.

The communication and control system (brain, spinal cord, nerves and chemical messengers) coordinate and run the entire human being. Damage to this control system must inevitably result in failure of the parts to interact properly. This, in turn, causes a lessening of the ability to express full potential in both tangible and intangible manifestations.

Core Postural Alignment is committed to unleashing full potential by maintaining the integrity of the body's control and communication system.

**Human potential is just too valuable to be wasted!**

### **The vision of Core Postural Alignment**

Core Postural Alignment envisions a world in which people dwell in harmony, and seeks to bring this about by helping people to express their full potential.

Core Postural Alignment is based upon a profound respect for the totality of life and the fact that the nervous system maintains that totality by directing all of its functions.

The human body consists of some twenty-five to thirty quadrillion cells, all working together for the purpose of expressing full life potential. It is obvious that coordination of the thousands and thousands of biological processes necessary to maintain life is dependent on a control system. The brain, spinal cord and millions of miles of nerve fibres form the control system in

This magnificent communications network is protected by a framework of solid bone. The brain, enclosed in a housing known as the skull, has extensions reaching out to virtually every organ and tissue of the body. The most vulnerable part of the system is an extension of the brain known as the spinal cord. This vital and vulnerable life-line is housed within twenty-four moveable bones that comprise the spinal column, or backbone. These spinal bones, or vertebrae, protect the delicate nerve trunks.

Should a vertebra become jarred from its proper position, however, the bones could compress the very nerve trunks they are meant to protect. Such compression interferes with the flow of nerve impulses, and the quadrillions of cells of the body can no longer work together as one functional unit. The individual is then no longer able to express full life potential.

The purpose of Core Postural Alignment is the correction of such interference. Core Postural Alignment applies a very gentle intervention allowing the body to correct any misalignments which interfere with the flow of life energy. This restores the ability of the body to express its full and harmonious life potential.

Only when the human body is in harmony with itself can it achieve harmony with others for a better world.

### **History of Core Postural Alignment**

Throughout history practitioners of the healing arts have been aware of the importance of the spine and the vital nerve trunks protected by it.

It is reported that Hippocrates admonished his students to look well to the spine when treating disease. Ancient Egyptian hieroglyphs are also said to depict spinal manipulation. Such widely diverse early cultures as those of the Incas, Chinese, Ancient Greeks and Native Americans



are all said to have used manipulation or

massage for healing and spiritual purposes. Spine walking is still practiced today in certain parts of the world, and is even reported to have been carried out by trained bears in Eastern Europe up until the nineteenth century!

Bone setters from Europe emigrated to America and took with them their methods of spinal manipulative healing. Orthopaedic, osteopathic and chiropractic physicians have used a variety of techniques for treating disease by spinal adjustments or realignment.

Core Postural Alignment, however, is different. In its purest form it is not a healing art at all. Core Postural Alignment does not try to treat, cure or prevent disease. Its objective is to restore human beings to harmonious unity of mind, body and spirit, for the fulfilment of their life potential. With this in mind, Core Postural Alignment is offered as a continuing, life-long program for freeing and keeping free those potentials which are uniquely yours.



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**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.**

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Until next time, be exceptional.



Allyn & Sue

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