

Psychotherapy Guidebook

BIOPLASMIC THERAPY

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Bioplasmic Therapy

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DEFINITION

Bioplasmic Therapy is based on the concept that all living matter contains energy forces and a material or physical body. This energy (called etheric or bioplasmic forces) works in a formative way on physical, emotional, and intellectual development in the human being. This invisible energy keeps the body chemistry and organs functioning properly, is responsible for regeneration, growth, and reproduction, and is the builder and molder of the physical body and energy force for speech and cognition. These are the forces others have claimed to have photographed using the Kirlian photographic process.

HISTORY

Through the ages the bioplasmic or etheric body of energy forces has been known as “subtle body,” “etheric body,” “fluidic body,” “beta body,” “counter body,” “prephysical body,” to name a few.

Rudolf Steiner (1861–1925), philosopher, scientist, and educator,

rediscovered the etheric forces in 1900 and applied them to the areas of education, therapy, medicine, and pharmacology. The etheric forces are the basis of homeopathic and acupuncture medicine.

Research by Russian and American scientists and Steiner found that not only are the organs and the physical body maintained in their form and development by the flow of the etheric forces throughout the body, but each organ has an independent, yet intradependent etheric body. Underlying the physical brain is an etheric brain, the physical liver, an etheric liver and so on. Kirlian Photography has shown that the physical body and organs appear to mirror what happens in the energy bodies.

The physical cells and organs of the body are in reality temporal deposits of these dynamic, metamorphosing etheric current flows, moving at various rates throughout the body. Fingernails and hair grow rapidly; it takes ten days for the substance of the liver to be replaced; seven years to replace all the skin cells; and six months for new molecules to appear in the bones. Every cell and organ is the effect; the etheric current flow is the cause.

The existence of the etheric or bioplasmic forces are evidenced when a limb falls asleep. When normal circulation returns, there is a “needles-and-pins” sensation, indicating a return of the bioplasmic body to the physical limb. Additional evidence is the phantom limb phenomenon. A person with a

missing limb often continues to sense the physical limb as if it were still there.

Another factor is the phenomenon of regeneration. Human beings do not have the power of cell and organ regeneration as lower animals do. For example, a flatworm can completely regenerate itself when cut in half longitudinally or transversely; a rain worm can regrow a tail; a lungfish, a severed fin; and an amphibian can regrow an amputated limb. In the human being, who lacks the ability of organ and limb regeneration, these etheric forces are transmuted into the higher functions of personality and cognitive development.

Good health is the free and unimpeded circulation of energy, flowing from organ to organ, along an invisible network of intercommunication channels affecting the flow of blood and fluids to cells and tissues; Illness is the result of a blockage and imbalance of the natural flow of these etheric currents.

TECHNIQUE

The various methods of stimulating the etheric energy flow include: acupuncture with needles, massage, chemical stimulation, electrical and laser beam stimulation of the acupoints on the skin surface, or by eurythmic therapy. In medicine the two techniques of revitalizing the etheric forces are homeopathic medicine and acupuncture .

Homeopathy is based on the concept that the basic mineral and plant medicinal elements were created by etheric forces. The patient is given a medicinal element (lead, copper, carbon, etc.) in a micro-dose form that is similar to, and duplicates, the symptoms of the illness. The micro-dose (one part of the element to one or ten thousand parts sugar water) creates simulated symptoms of the illness in the patient, causing the etheric to overreact to the diseased portion of the body, restoring normal etheric current flow, cell regeneration, and finally, health.

Acupuncture works similarly except it is accomplished by stimulation of one or more of the eight hundred acupoints on the skin surface using a needle, massage, or heat. This brings about a rebalancing and normal flow of energy along one or more of the fourteen meridians, affecting rehabilitation of the afflicted part of the body.

Eurythmy (created by Rudolf Steiner in 1912) is another method of etheric energy stimulation. Eurythmy (not to be confused with Dalcroze's "eurythmics," a form of dance to melody) is a disciplined movement of the arms and body that visibly expresses the vowels and consonants of speech and the tones and intervals of music. The eurythmic gestures relate to speech, the definite forms produced in the air when a word is spoken. The eurythmic gestures emulate these air formations (speech and song) by the movement of the arms and body.

Steiner studied the movement of the organs of speech as they produced the sounds and found them to be akin to the etheric current movements in the body. He discovered that the air formations created by the spoken word and song are an image of the etheric forces that created them. The etheric forces, the basis of growth, regeneration, health, and personality, and cognitive development, also produce speech and singing.

As indicated, illness, disease, and depression can result from misdistributed, unbalanced, or weak etheric energy flow. In order to prevent pathological conditions, or to improve a condition if something has already gone wrong, these misdirected etheric current movements have to be removed, rebalanced, and strengthened. This is how eurythmy is used as a therapeutic art of movement. That is, the formative movements of speech, which are the creation of the etheric forces, are transformed into the movements of the body through eurythmy. The integral relationship of speech and psychology develops by means of the etheric forces making eurythmy a natural media to stimulate etheric current flow in a wholesome way.

APPLICATIONS

In eurythmy the formative laws underlying speech and music are carried over into the larger expressive movements of the arms and body.

There are three types of eurythmy: speech, tone, and therapeutic. Speech and tone eurythmy are performed on stage as an art form, as a teaching media, and as a therapy. Therapeutic eurythmy differs from its artistic counterpart in that the movements are emphasized more dynamically and with more intensity for particular maladies. Unlike the other forms of eurythmy, therapeutic eurythmy exercises are prescribed by a physician.

Some exercises have psychological benefits while others are for physical disorders. For example, the “a” exercise (crossing of arms) gives strength and self-confidence to a shy or depressed person. The “e” exercise (stretching movement) corrects poor posture and curvatures of the spine. The “u” exercise (parallel movement of arms) improves blood circulation and improves coordination. Some eurythmy exercises wake up the person physically and mentally while others build physical substance and stamina in the body.

In summary, eurythmy can have a healing effect on the respiratory, nervous, and metabolic system and other organs of the body by rebalancing the etheric or bioplasmic forces of growth and development. It takes four to five years of intensive training to become a eurythmist.