

Osteopathy and the Butterfly Method:

dedicated to restoring harmony between body and mind.



*„There are people, I was one of them, who, through an impulse – I don't really know how it happened, I don't know if we are guided– start doing things in a certain way. And they just get better and better. But they can't explain it. They can't say why.“ - **Bob Proctor***

Bob Proctor's words hit the nail on the head. My impulse probably came when I noticed, during a four handed treatment on my boys in London, that Gez Lamb was leaning back more than usual. I took that observation with me back home to Switzerland and from there my approach changed.

At the same time, I began to immerse myself daily in Bob Proctor's Thinking into Results program. It focuses on unlocking your potential—bringing to the surface what you already know, what you already have, and what you are inherently capable of. This practice has significantly contributed to my personal growth.

I'll go into more detail later about how understanding the universal laws and the concept of the “stick person” helped me open new channels of awareness—frequencies and vibrations I could begin to recognise, interpret, and connect to what was unfolding around me. These insights gave me a clearer perspective and a strong sense of confidence—not because I believe I possess a unique gift, but because I've come to understand that many before me, much smarter than I, have explored these same ideas.

That's important to me. I want to distance myself from any notion of being “special” or mystical. I'm very grounded. I don't subscribe to any religion.

My foundation is my work as an osteopath—knowledge and experience built over two decades, which naturally deepens with time.

...I also felt an overwhelming need to tidy my office!

Two things fell into my hands. One was the copy of 'The Outer Limits of Osteopathy,' upon which I had, 18 years previously, written a note: 'If you can actually imagine it, then it's possible.' At the bottom of the pile of papers, I also found a magazine that I had kept for some reason with 'Follow the Butterfly' written on it.

*„We must immediately move away from clinical diagnosis in the form of the question of which tissue is causing the symptoms to a statement that takes into account the dynamics between biomechanics and human consciousness. To admit that this is possible is to open the way for quantum physical diagnosis ...“ - **Gez Lamb** : The Outer Limits of Osteopathy*

Last autumn, I noticed that I perceived different vibrations while my hands were placed where the body needed them. At the same time, I felt that the patient was becoming restless and agitated and then calming down again. I asked my patient about it. „Yes, I'm a little excited or anxious right now“, was the answer. I realised that I was working on the body, but that the mind was also influencing me.

For example, I was treating a young female footballer who had come to see me because of hip problems. However, I worked on her thoracic spine because my examination had led me there. The footballer confirmed that she felt a strong sense of tension and anxiety. Instinctively, I said, 'Let's just stay here and wait. Everything is fine.' I also noticed that it was important to say, 'Don't judge anything, just endure the unpleasant feeling. I'm here.' With enough space and distance the vibration changed and the footballer said, 'Oh, it's getting easier. I can breathe better.' As she said that I observed a subtle change going through her whole body down to her toes. Subsequently I have observed that this subtle change, almost like a breath, traveling through the body happens during each treatment and seems to signify the end of the process. After the treatment, the examination showed massive relief when

standing, significantly less kyphosis, better breathing, better balance in the pelvis, more self-confidence and calmness. This was also confirmed by the footballer herself. She stood confidently and freely.

Another example was my younger son. On a Sunday when doing his maths homework, he was unable to concentrate; nothing he tried worked. I said, 'Lie down on the table, I'll treat you.' He was very restless. I did an A/P chest hold. Within moments it all came back to him: Shock, emotions... Suddenly he said, 'Now I can breathe again, my chest is clear.' Then I remembered that about three weeks earlier, he had been kicked in the stomach while playing football and collapsed in front of the goal. After the game, he had told me that he thought he was going to die... After lunch, he sat down and prepared for his maths tests calmly and with concentration, without being nervous. He was back to his old self.

These are just a couple of simple examples.

Why the butterfly method? Where does the name come from?

The idea came to me during a treatment because I had the image of the larva in my mind, how stiff the patient was lying there, how tense her chest was, how tense she was inside, in her emotions, and then suddenly this liberation like the butterfly emerging from the chrysalis. I went home and told my husband Richard about it. He looked up the butterfly effect:

Rooted in chaos theory, the Butterfly Effect illustrates how small, intentional actions can lead to significant and wide-reaching changes. In complex systems—whether it's the weather or the human body and mind—tiny shifts can set off a chain reaction. The metaphor often used is that a butterfly flapping its wings in one part of the world could eventually influence the formation of a tornado in another.

In the Butterfly Method, this principle reflects how subtle adjustments in the body's vibrational field—guided through awareness and touch—can spark a cascade of healing responses. By addressing even the smallest energetic imbalance or emotional block stored in the subconscious, we initiate a shift that restores harmony across the entire system.

This approach, grounded in the natural laws of vibration and polarity, honours the truth that in a dynamic, ever-moving body-mind system, small changes can lead to profound transformation—naturally and holistically. That is it!

The butterfly is also seen as a powerful symbol of transformation, beauty and change. It reminds us that personal growth is always possible. The method helps you find deeper meaning and tap into your potential again. My realisation is that physical blockages are also anchored in our emotions and vice versa.

For example, a growth disorder as a teenager can keep us small and hidden and, in addition to the pain and constant pressure, affect our being and our feelings. That makes sense!

The butterfly method treats both body and subconscious, making the spine softer and the mind more open. Building on this, all osteopathic techniques are extremely valuable and important. For example Gez's shock release technique in particular can be combined wonderfully and thanks to his Fields and Levels technique I have clearly gained the depth I need to explore my method in the first place.

The physiology of the Butterfly Method:

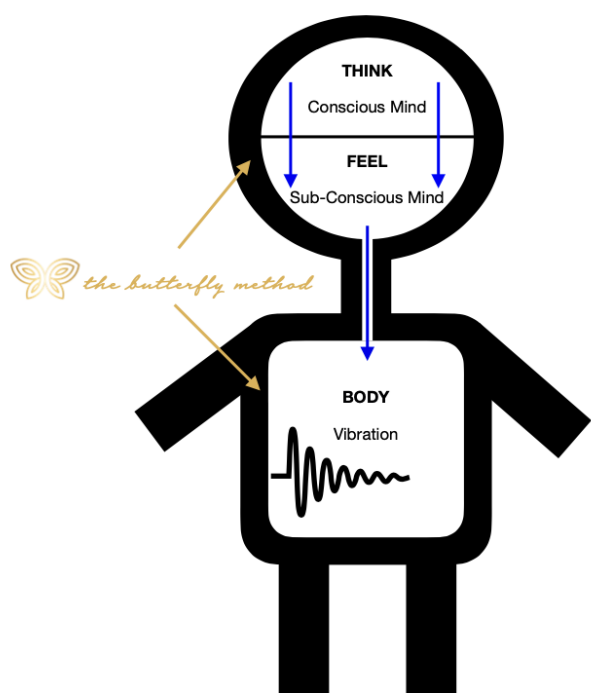
On my copy of the article from 18 years ago, I had made a note on the margin, a note that referenced the book *Molecules of Emotions* by neuroscientist Candace Pert. (1999)

Pert's groundbreaking research on how the chemicals in our bodies form a dynamic information network that connects the body and mind, allows us to understand ourselves, our feelings and the connection between our mind and body – or „bodyminds.“ I like this word.

We osteopaths have the body-mind-spirit principle. I always found that difficult to understand. The Butterfly Method actually combines the three in one treatment and now I think I finally start to make sense of the principle.

‘For example, the programmed structure of the nervous system (function) can become the “structure” that determines a person's feelings and behaviour (function).’ : The Outer Limits of Osteopathy

Our Body as an Instrument of the Mind - The stick person



As Bob Proctor illustrated with the stick figure concept:

„Imagine a large circle divided horizontally. The top half represents the conscious mind—the thinking mind—and the bottom half represents the subconscious mind—the emotional mind. Below this is a square symbolising the body. While the diagram is a simplified visual, it's important to understand that the mind is not confined to the head—it exists in every cell of the body.“

Important: The subconscious can not reject what is impressed upon it!

The mind is movement; the body is the manifestation of that movement..

So, here it comes: I have recognised that this movement flows both ways!

This fundamental understanding, combined with the natural laws of the universe, helped me discover deeper insights into the body-mind connection.

The 7 universal laws of nature

These laws describe the way in which the universe/cosmos functions. They are laws of consciousness that influence us mentally and emotionally. The word “cosmos” comes from the Greek meaning “order”. When we live and create consciously and in harmony with these universal forces, incredible magic unfolds in our lives. The focus is placed on the good and positive.

1. The law of continuous (energy) transformation
2. The law of relativity
3. The law of vibration and attraction
4. The law of polarity
5. The law of rhythm
6. The law of cause and effect
7. The law of maturation and growth

I will only discuss two laws here:

The Law of Vibration

The Law of Vibration states that everything is in constant motion, vibrating at its own frequency. Our subconscious mind communicates through these vibrations. On a conscious level, we interpret them as feelings—a term we use to describe our awareness of this energetic state. When you think, you stimulate brain cells, which generate vibrations that influence the entire body.

The Law of Polarity

Nature is balanced by opposites—every cell has both a positive and negative pole. However, trauma, surgeries, injuries, illnesses, or emotional blockages can activate the negative pole of a cell. This creates disruptive vibrations, which feed back into the subconscious and affect our emotional state. Since the body is a molecular structure in constant motion, this feedback loop creates emotional and physical imbalances.

My Discovery: The Butterfly Method

Through my work, I've noticed that when treating somatic dysfunctions, I can detect chaotic or misaligned vibrations in the body. These can disrupt the natural flow — At times, I also sense additional vibrations linked to the subconscious—feelings like fear, doubt, or worry. Using my Butterfly Method, I gently identify and hold these frequencies, then guide them into a balanced state using the Law of Polarity. By shifting vibrations from negative to positive, balance is restored across both body and mind.

And here's the key: According to the Law of Attraction, like attracts like. When your body resonates with a positive vibration, you naturally attract more positive experiences into your life.

My Conclusion

If there is trauma or blockage in the body, it influences the subconscious mind—and therefore how we feel. By addressing the vibration at its root, we can bring about healing, balance, and transformation—not just physically, but emotionally and energetically as well.

Examples of patients I have treated exclusively with the Butterfly Method:

1. Feedback: 54 years old athletic, healthy businessman presented with lower back pain, no psychological complaints, May 25:

"I would like to write a few lines about my experience from my point of view: During the treatment with Barbara, my body began to vibrate as if out of nowhere and suddenly my chest opened like a gate and everything dissolved at once and left my body through my chest. The whole thing was accompanied by many emotions that I had never experienced before. Emotions that are very difficult to describe and were mixed with feelings of great bliss. I was then overwhelmed by a sudden feeling of lightness. I don't know if or when I last felt so light.

It was also very exciting for me to experience how Barbara always knew where my consciousness was at any given moment and was able to address this directly with her accompanying words, thus promoting the treatment in a targeted manner.

On the way home, I experienced something else impressive: I had to readjust my rear-view mirror in the car because I was sitting much more upright than on the way there."

Before the treatment, the patient had very severe kyphosis and his pivot points were completely misaligned, causing him pain in his lower back. As the patient is very fit, the kyphosis did not bother him particularly, but the effects on his neck and lumbar vertebrae were massive. I wish I had taken a photo before the treatment. In any case, after the treatment, I took a photo with his mobile phone for his wife. He stood upright, tears running down his face, and said he had never experienced anything like it before.

2. Feedback: 47 years old, female patient came with only physical pain in the thoracic spine, no psychological complaints mentioned, January 25:

"Barbara guided me through a blockage in my spine (the blockage is gone for good). For me, it was not only physically liberating, but also emotionally. I felt connected to the universe again. That impressed me very much and also moved me emotionally. Until then, I had not been aware of how profoundly osteopathy works. Thank you very much, Barbara, see you soon!"

3. Feedback: 45 years old, female patient with only psychological complaints, no physical complaints, March 25:

“After many experiences with different therapists and forms of therapy, I came to Barbara with emotional trauma. Her gentle and barely noticeable treatment method triggered a reaction in me that I had never experienced before with such intensity and effect. During the treatment, my body and soul clearly showed that blockages were being released and everything could return to balance. I am truly grateful for this.

4. Feedback: 54 years old, female patient presented without complaints, May 25:

„...It feels like a journey to me, I feel seen by you in your own way and gently accompanied. I feel that something has shifted since then and that this is also affecting my thoughts on a physical level. I am grateful to you for the subtle hints you give me, which show me possibilities for the next step on my journey. I trust you completely and can “let go”, which has never been easy for me.“

5. Feedback: 37 years old, female patient, May 25:

I see this patient 1-2 times a year and last saw her a year ago. Although she works in nursing and has three small children, I had never seen scoliosis in her before. This scoliosis was massive! She had experienced domestic violence. This raised the big question for me: Do our emotions shape our bodies?

Here are her words:

"I separated from my partner due to domestic violence and had deep-seated trauma in my body that manifested itself in scoliosis, lumbago and shortness of breath. Barbara was able to resolve all my issues with her technique and by working on my subconscious. My pain is gone, the scoliosis has disappeared and I finally feel comfortable in my body again. I highly recommend Barbara and thank her for her wonderful work."

This patient told her 11-year-old daughter about her experiences as the daughter had experienced a similar trauma. The daughter decided she also wanted to come to see me because she didn't have to explain herself or talk about what she had experienced.

I treated her using the butterfly method. I felt anything else would have been too much for her. After a while, something small moved, a beginning...She stood up and her cheeks were now a little pink. She looked at me a little and her eyes were slightly more open. She stood up straighter, connected. 'It's different,' she said.

6. Feedback: 32-year-old, very healthy woman, no complaints, 25 April:

"I came to you today without any great expectations or conscious problems. When you asked me about these, I pointed out my breathing, which could only be felt in my chest area – there was a certain tightness there. You accompanied me attentively, gave me space and at the same time brought me back from my active thoughts to the here and now. At the end of the session, I felt deeply grounded; I am more aware of the ground beneath my feet, and my breathing flows more freely, further than just to my chest. I also feel a sense of relief, my everyday stress has just melted away, my thoughts are no longer spinning around so persistently and I am no longer so annoyed by things that have been bothering me for weeks. Thank you so much for your help!"

The result?

One of the most compelling aspects of The Butterfly Method is that patients do not need to disclose the details of any personal trauma—whether they are consciously aware of it or not. They are not required to relive those experiences or transfer any emotional burden onto me as their therapist. Treatment is effective without crossing personal boundaries.

Physical symptoms are eased, emotional tension is released, and the mind becomes clear and open again.

This is the essence of my technique – a unique and powerful path to holistic healing and long-lasting change. This treatment approach respects all osteopathic principles.

Online-Osteopath

"I believe that we have only just scratched the surface of where the osteopathic discipline could take us. ...we need to make our practice rooms an opportunity to go beyond the habitual. In the process of extending the limits of osteopathy, we may be rewarded with insights into the magnificence of creation as reflected in the nature of the physical body." Outer Limits of Osteopathy

In order to move beyond the boundaries of my small practice, I have taken a courageous step and brought my osteopathy treatments online. This new path opens doors to the world and allows me to reach people far beyond my local community. I had the privilege of learning and refining this unique skill through conversations and remote sessions with Gez, for which I am deeply grateful. It's a gift that enables me to continue growing – personally, professionally, and energetically.

That said, I am still at the very beginning of this exciting journey. That's why I would be incredibly grateful for your support, your interest, your recommendations – and most importantly, for the valuable feedback from my peers, as we venture together into the Outer Limits of Osteopathy.

I look forward to hearing from you!

Warm regards



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