



by MD Leili Khosravi

Calatonia is a technique in which subtle touches are applied in specific body parts, creating a neuro-hormonal level balance that causes an immediate well-being effect in the patient (1).

It requires an appropriate operator preparation, not only in human body anatomy and physiology knowledge, but especially knowledge of the several levels that comprise the human being: the emotional and mental body, the human biofield and the ethereal body to the man spiritual aspect.

I observed during each session, in the patients that underwent the treatment, that they missed this therapy in case it was not applied again. That suggests the touch creates a memory in the body and conscience, with a certain dependency.

Another worth noting clinical remark is an altered perception of space and time.

Overall, a treatment session average duration is from 20 to 30 minutes, during which the patient enters an altered conscience state; even in ready state, his/her space-time cognition is altered. Often, after the session, he/she reports the transformed perception of the own body or of waves that cross and produce folds, as if the body was multidimensional.

As far as time perception is concerned, there are frequent reports that the session was too long or about too old remembrances – they feel and remember it as current situations. One of my patients, 60 years of age, told me after a session, that had relived an experience that took place at six years of age, in a very vivid way, as if it was "here and now" – what enables itself a psychic and energetic rehabilitation process.

I want to emphasize that the effects of this treatment are purely individual; we will see below that it depends on several factors, including human being dermal memory and own body conscience.

This technique that, as abovementioned, seizes the touch, finds in the skin its favorite organ: our skin, from an embryological point of view, is originated in ectoderm, i.e., in the outside layer, the same embryonic layer that originates the nervous system and our senses.

Our skin enables registering information received from the outside world, and, by means of its reactions, transmits our inside perception; one only has to observe the different skin features in relation to our diet or emotional state. Moreover, the information received in the skin are processed in the limbic system, the emotional brain, creating corresponding emotions to touches received in life.

Thus, our skin develops its own communication language, also characterized by its memory.

Eva Reich (2) mentioned the "dermal memory", referring to the touch the newborn receives at the time of birth, how it is carried, massaged or caressed. It holds, above all, this touch intensity, duration and quality remembrance, that designs a permanent somatic memory.

A few days ago, a paper (3) that approaches the discovery of a new organ, among the largest of the human body, was published: it is called interstitium and it is widespread all over the body, under the skin and in the tissues that cover the digestive system, lungs, blood vessels and muscles. This organ was studied for the first time live (i.e., not isolated from the organism), and it was evidenced that the protein network it is formed can generate electrical currents and prevent that the tissues are damaged during the activity.

Such data and this new discovery especially confirm how *the touch* can enable a system rebalance process, through the independent nervous system – I recall that in a skin square centimeter we have around 130 tactile receivers and the human body is covered by 200 cm² of skin (4) – and through the interstitium organ, and also enable an inter-scale rebalance (organs, tissues, cells), even among the physical, emotional, mental and spiritual bodies.

That would also explain the effects from the distance, including appearance of memories, dreams and images that influence the patient well-being, his/her own corporal image reorganization and the psychodynamic aspects. (5)

Considering the human being as a bio-psycho-spiritual being, it is certain that Calatonia enables full well-being. I would like to quote a sentence by MD Marianne Ligeti, a psychologist that was student of **MD Petho Sandor** (the technique developer) and that applies Calatonia for about 40 years: "*Calatonia, by means of silence, direct experience and subtle touch, enables the soul to shine*". (6)

Bibliographic Notes

1. Leili Khosravi, *Calatonia: una tecnica di riequilibrio sistemico*, Naturovaloris
2. Reich, E. Zornanszky (2006), *Bioenergetica dolce*, Tecniche Nuove, Milão
3. ANSA, 28 de março de 2018, *Descoberto um novo órgão no corpo humano*
4. Anastasi, Capitani et al, *Trattato di Anatomia Umana*, Edi-Ermes, 2012; page 15
5. Rosa Maria Farah, *Calatonia, subtle touch in psychotherapy*, page 7

6. Rosa Maria Farah, *Calatonia, subtle touch in psychotherapy*, pages 87-96

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