

The 100th Transformational Gate
August 2003-San Francisco

We would like to hear from practice members about how your Somato Respiratory Integration (SRI) Practitioner has helped you. We will be including these in our 100th Gate remembrance book.

MY SRI PRACTITIONER HAS HELPED ME TO....

To: Donald Epstein, D.C.
and Jackie Knowles, D.C.

Dr. Michael Whelan, my SRI Practitioner and Network doctor for the past two years has helped me tremendously throughout my continued care. Specifically, he helped me to find the anchor to all the subsequent pain and suffering, emotional and physical. He guided me in the SRI sessions to go to a much deeper awareness. He inspires me to continue the SRI at home mostly because I am so grateful for his focused attention as he supports my progress. I have improved and grown through his intuitive sense and healing hands.

I have found that starting with SRI upon rising even if only for a few minutes will begin my day on a clearer focus. I really like to take 20-30 minutes, however, on my lunch hour to center myself with Stage 1 and Stage 2. When I take the time to do this it is as if I closed the first part of the day and opened the second completely refreshed. You can imagine how helpful this is when things often times do not go as 'planned'.

Participating in the SRI sessions with Dr. Whelan helped me feel 'safe' to move through Phase 5. And I still continue to move through Phase 5 on different and deeper levels. I have finally felt a full flexion/extension movement of independent segments with very deep respiratory integration. Network Spinal Analysis together with SRI is a beautiful combination.

Thank you, Dr. Whelan, for giving as much as you do.

Sincerely,



Marlena