

Presentation Title:

Hey - What New with Satir's Teachings?

The Evolution of the Virginia Satir Transformational Seed Model to a Spiritual / Energy / Efficient / Diplomat Model & Theoretical System

by Dr. Mary Jo Bulbrook, President Akamai University, Dean, College of Integrated Health, Program Director, CAM, Founder & President of Energy Medicine Partnerships, Co-Founder & CEO of Global Healing Alliance.



Three inspired occurrences led to the writing of this article for the Satir International Journal. They are: an invitation by Mary Leslie to co-present¹ with her at the Becoming More Fully Human: The Evolution Conference, Celebrating 100 Years of Virginia's Life & Legacy focusing on the spiritual and energy aspects of her work²; acceptance to present at the research symposium for ISSSEEM Sept. 2016 on the evolution regarding Virginia's SEED model to be reframed as a Spiritual, Energy, Efficient, Diplomat Model³ personal inspiration as I meditated on my life's journey with Virginia and 3rd. launching the Satir Center, University for Becoming More Fully Human role promoting IHLRN and launching formally Virginia's 4th birth message with its evolution of spirituality as our inspired journey through life.

Virginia and I starting connecting in the 1970's when I was completing my doctoral work. I had invited her to write a chapter in my text: *Becoming a Therapist* published by Little Brown which Virginia agreed to do. As our relationship evolved I offered to help her launch her ideas for the University for Becoming More Fully Human. This led to the launching of Avanta Network in Park City, Utah in 1981 in collaboration with the University of Utah where I was director of the psycho-social nursing department. I served on the first board of Avanta Network dedicated to spreading Virginia's work worldwide. There are many stories connected to our relationship over the years but the major thing I want to report on is all the new energy modalities I learned, I practiced on Virginia – at the end of the day and we would talk about her experiences over the years and I would do energy healing work on her while we “hung out”.

In 1981 the first Satir gathering under the new framework called Avanta Network, was a four-week therapist training experience combined with personal growth, specific skills and techniques of both didactic and experiential learnings. We held one week annual meeting with 3 weeks process community that attracted individuals throughout the world. We did 19 workshops throughout the state of Utah and had a wonderful time being in relationship over those many weeks. Some of the topics addressed were body awareness and congruence communication. The birthing officially of the triad model - of being in a family unit was illustrated and practiced. The triad is the unit of change – you, me and us. – Modeling the core family unit. The blue flame illustrated the same principles. I had it designed for the first process community in Park City, Utah and holds the energy for that original effort. It is shown here.



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Blue stands for the throat energy center or chakra and is symbolic of communication which is the hallmark of Virginia's work... actually communicating beyond words into the spiritual linkages between and among people.

From that vantage point, I built on the Satir Model of Transformation with my entry into the energy therapy world, practicing and teaching several energy modalities worldwide including: Therapeutic Touch, Healing Touch, Touch For Health, Energy Medicine, Energy Psychology and Transform Your Life through Energy Medicine (TYLEM) my unique training program expanding Satir's work with the language and science of energy therapies. What occurred was a blending and expanding language, techniques and insights applying the growing body of knowledge and science in both Energy Therapy & Psychotherapy.

As Virginia and I drove to a TV interview to advertise what she was doing in Park City in 1981, Virginia turned to me and said: "You know Mary Jo, I am a good administrator." I glanced over at her surprised that she said that. I replied... "Of course you are Virginia. Is there any doubt?"

I laugh at remembering that experience now and my surprise at her statement to me. Looking back on that exchange, now I realized Virginia was moving fully into her light and acknowledging the intention and attention to launching her "University for Becoming More Fully Human." Virginia is and was spiritually oriented but not organizationally driven. She administered by doing and sharing, not by building a templet to follow. She received insights beyond the five senses which she acted on but did not articulate until the end of her life. She did not have the words to describe her unique multi-sensory abilities that formed the intra psychic exploration into the human condition that affected outward behavior with dynamics stored in the body, emotions and mind sometimes without conscious knowing.

Virginia actions were based on a heart connection that reached to the core of her being and that of those she served. She sent love and compassion out into the energy field that in turn influenced those directly involved in the sessions and those participating live in the sessions or later viewing them auditory, video on-line or at other events and reported by others. When the words, emotion, and feelings are united coherently and intimately, a bond is formed that changes others and is sent out into the world through electromagnetic energy. Science has documented this phenomena.

Below find Virginia's description of what she did with everyone no matter what their diagnosis was:

- 1. Examine the feelings and ideas one has about oneself – self-worth;***
- 2. Explore the ways people work out meaning with one another, call communication;***
- 3. Notice the rules people use for how they should feel and act which eventually develop into what she called the family system,***
- 4. Examine the way people relate to others people and institutions outside the family, which she called the link to society.***

"No matter what kinds of problem first led a family into my office... I soon found that the prescriptions were the same. To relieve their family pain, some way had to be found to change these four key factors."

How did she do what she did? I suggest it is through the heart connection that produced the changes witnessed, experienced and taught worldwide. Science now has an explanation why and how that works.

Why is a heart connection between people so important? What does that statement really mean?

I quote Gregg Braden one of the leading scientists and new thinkers of our time about the research regarding the role of the heart in getting to the core of ones being to make changes in the person,

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family, community and subsequently the world. The heart is the unifying framework of the seemingly “magical” happenings of those who apply the Satir process in the way that Virginia did... that is not merely doing a “technique but rather from an intimate connection touching the “soul” of another person and changing the “life-force energy.”

As we remember with reverence the 15-year episode of the Sept. 9, 2001 disaster, it is fitting to quote the research findings surrounding the event. What science documented / the data showed, was that the synchronization of the heart energy worldwide during the disaster showed the science of what is possible - hearts unite around a common cause that includes integrating the mind – feeling and emotions. To listen to this landmark research, describe by Dr. Braden will demonstrate I believe what the essence of what the Satir Model accomplished through heart centered connections. The Satir process attaches at the core of our being our heart center spiritually. The rational of Satir's goal of establishing a University For Becoming More Fully Human actually assists one to become more fully divine through energetic coherence from heart connections.

Braden states: “On Sept. 9th 2001 scientists able to see how the magnetic fields data through the GOES satellites positioned in the north and south hemispheres measures the readings of the earth’s magnetic energy every 30 minutes. These reading were significantly altered 15 minutes after the first plane hit the tower illustrating how we influence the world through our hearts to influence the fields of the world – it is about the magnetic fields.”

I remember that event and my experience all too well as I watched in real time the striking of the tower after I returned home from walking my dogs. When I watched a replay of the event hours later the energy manifestation was not the same but still very intense all the same. I “felt” the coherence in real time as well as after time – both were energetic manifestations that united my energy to that event and etched memory associations connected to that time frame.

Braden video on his research proves:

“Human emotions extend beyond our human bodies and go out into the field. Science of that time was based on two false assumptions: everything is not connected to things and the other false assumption is that we can alter the world and others through our heart centers. This research of over 300 years is out of date” as what is illustrated in this video by Dr. Braden and measured during this world event shows the Creative Power of the Heart to bring about changes in the world.

Virginia tapped into that unifying concept through her compassion, love and commitment to those she served. This video by Gregg Braden documents the power of the heart to influence the environment illustrating what we learned from the heart’s electro-magnetic field to “mirror” the internal emotion out into the world.

<https://www.youtube.com/watch?v=X1SMqQH7FJU>

“When a certain number of people come together then can influence the world’s major issues – fully embracing this concept shows that we are linked to the field and what happens in the field can influence creating coherence between our heart and brain such as appreciation, care, forgiveness and compassion can create and feel this can be mirrored in the field...”

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The heart is the strongest generator of the electromagnetic output into the world and influences all that is. There is a field of reality that influences all things.”

Learning how to tap into that is what Satir did and showed. Today, we have the science and language how that works as described by Dr. Braden in easy to understand terms in this video.

Understanding even just this one piece of scientific evidence brings the Satir framework up to date with current science. That being said Satir also was doing things ahead of her time different from the current way of psycho-social care of individuals. Virginia’s influence as a general systems theory and family therapist outlines her influence as an energy healer even through that is not the language she used.. Virginia’s work was / is spiritual- getting at the core - “life force” – inot just psycho-social care.

Transform means to change completely the appearance or character of something or someone, especially so that that thing or person is improved.⁵ Ludwig von Bertalanffy in the 1950’s created the general systems theory as a way of organizing data universally with applicable principles and laws would hold true regardless of the kind of system under study.⁶

Virginia’s work has been described as a general systems theory of change. From general systems theory to energy therapy is a big change and what I believe Virginia did intuitively – spiritually out of consciousness awareness but was spiritually guided for her ideas and process. For what she did then and what I am proposing, the major difference is using the science of biology and physics that form the background of the mechanism of transformation within the self and community. The Energy Matrix concept incorporates the current thinking about how we are all connected and how change is possible.

Virginia transformed lives using a general systems approach which in fact was simply contacting a person’s spirit achieving “Peace Within, Peace Between and Peace Among,” She challenges us to live congruently:

- *To communicate clearly*
- *To cooperate rather than compete*
- *To empower rather than subjugate*
- *To enhance individual uniqueness rather than categorize*
- *To use authority to guide and accomplish “what fits” rather than force compliance through the tyranny of power.*
- *To love, value, and respect themselves fully*
- *To be personally and socially responsible*
- *To use problems as challenges and opportunities for creative solutions...⁶*



I believe we make a difference in the world, a world in which peace is possible when we “love and value ourselves enough and recognize that we are spiritual beings.... Peace begins with me... When one lives peace, the change starts.”⁷

“Respect differentness and form bonds based on sameness” is the cornerstone of her teachings.⁷

As these core concepts are lived, experienced and practiced, our field creates a resonance or coherence that goes out into the universe and makes systematic changes beyond the confines of the individual experience. What you think, do, sense when linked together creates and energy manifestation in the world.

So what’s new or expanded from what Virginia said and did? How is it said that she moved from her time as a psychotherapist and leading expert in the care of individuals and families using a unique way

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that was “different, expansive and effective”. She helped individuals in ways others were not able to reach by the classical ways of her day – she connected through the heart center, at a soul level – connecting spirits through their biofield.

I am proposing Virginia’s work has evolved into the SEED model as Spiritual Energy Efficient Diplomat way of helping individuals, families and organizations change and grow to become more fully human.

Fully embedded with Virginia’s teachings I carried that heritage with me as I entered full time the emerging work of energy modalities. I immersed my life into the current practice, teaching and research of the biofield. This article is just a taste of what I am going to introduce of the evolved SEED model proposed here. This does not take away from the wording and lineage of Satir’s legacy, it is just that I and many others have expanded her teaching using the current knowledge of our day – which is of course what Virginia would want us to do...

Virginia was not about control and there is only one right way... she believed and fostered the idea the as you plant a seed it grows under the prevailing conditions that it lands on – in this case, the seed from Virginia landed into my heart and embraced all I was learning and added to that to create a new synthesis that has now been used since 1981 in this new way. It is even being reframed and highlighted through my inspired insights how Virginia was way ahead of her time with her abilities that the world is only now catching up to and language and providing the science of why and how what she did works.

To make changes within and without we MUST connect with the Life Energy of the person to support transformational changes. This however does not mean we must have the language of the energy system just that we can access it like Virginia did without the energetic language.

What happens to us is controlled by multi-time differences within this life time and beyond. This concept was not well known or accepted in her day. However, in many energy therapies the multi-time frame realities and non-local dimensions of time and reality are address and accessed which was my rationale to reframe the Satir SEED Model based on Energy Therapy innovations.

The science has shown how far we have come in our knowledge and experience of this information. We have moved beyond a disease – rational model of care to an integrated approach to health and healing.

The National Center for Complementary and Integrative Health (NCCIH) new strategic plan includes bringing complementary approaches together with conventional health care in an integrative way.

Energy Therapy is defined by the National Cancer Institute at the National Institute of Health is defined that a vital energy flows through the human body. The goal of energy therapy is to balance the energy flow in the person and is used to reduce stress, anxiety and promote well-being. These national mandates set a course of relationship of the Satir process with the energy therapy vast network of training programs, approaches and research.

When I first reframed the SEED Model to Spiritual Energy Efficient Diplomat I questioned the two terms efficient and diplomat training. On future investigation I began to see the significance of an energy efficient model since we are open to find more effective ways to go about all that we do in the world. The term diplomat is one who uses a win-win model of congruent communication where the parties interested do not blame one another rather open their energies to new possibilities of connection and working life out. That is the essence of the Satir process as well articulated by John Banman senior holder of the Satir wisdom and I quote: Raise self-esteem – level of one’s essence; become a choice maker – to health,



happiness, peace and love, become responsible – take charge of your life, become congruent – say what you mean and do what you say.

The five communication stances that Virginia is famous for have been expanded to include the energetic matrixes of them. I will give a short version of them for this article so that you can see the how the work has been expanded to include the energy manifestations in the various communication stances.

People marveled at the incredible changes individuals and families made during Virginia's work with them. Most were unaware of Virginia's highly developed ability to perceive information at various levels of consciousness. Virginia's intuition included visually seeing pictures embedded in the energy fields that surrounds all living things. She did not have the language to explain what she saw only started to act on what came to her.

Throughout the years I encouraged Virginia to become more public about her "visions" that helped her become the master teacher she was. She admitted to me that she was afraid that it might jeopardize her standing in the professional community if she would go in that direction. Her work had become widespread by that time and she did not want to hinder progress in her mind by talking about things that we so "off the page."

I called her on this choice that she was not practicing what she encouraged us to do which was to speak her truth even when it was difficult to do so.

Energy Medicine Exchange



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Dimensions of Spirituality

Bulbrook Additions

Energetic Dimensions Within

- Energy Centers
- Energy Field
- Energy Tracts
- Hara Alignment
- Core Star

Energetic Interactions Without

- Unwanted Energies
- Fragmented Energies
- Spiritual Attunement

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Bulbrook / Satir Interface

Within – Inside the Self



Without – Energetic Connection to Others through Energy Field and Chakras

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Energetic Manifestations of Satir's Communication Stances

Satir Message & Inside Description

- Blamer
- Placator
- Super Reasonable
- Irrelevance
- Leveler - Congruent

Bulbrook's Energetic Descriptions

- Field Descriptions
- Chakra Descriptions
- Potential harmful impact on receiver

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Communication Styles



Blame



Compute



Distract



Plakate

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Blamer Defined

Satir Communication

The Blamer finds fault, is a dictator, or boss who acts superior.

- Message: "If it weren't for you, everything would be all right."
- Internal feeling is tightness in muscles and organs with increase in blood pressure. The voice is hard, tight and often shrill and loud.
- Message: Body accuses "I am the boss around here."
- Inside: "I am lonely and unsuccessful."
- Blocks: Others are blocked.

Bulbrook's Description

Energetic bullets attack a person that can be taken in at vulnerable spots in their energy system.

Elaboration: A blamer energetically attacks another person with varying intensity. This impacts their energy system as well as the senders energy system including: energy field, energy centers, energy tracts, hara line, core, earth and soul stars either creating holes, tears, shattering or disruptions in energy.

The receiver of blame can experience varying amounts of pain if they are unable to block, or shield themselves from the energetic targeting.

The blamer can operate with malicious intent or with benevolent intent.

(This seems like an oxymoron, but in reality means the person unknowingly sends hurtful energetic flow to another out of awareness. This is quite different from someone who has intent to harm another.)

Blaming creates a vulnerability to outside energetic energies in a weakened energetic state.

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Placator Defined

Satir's Communication Stances

A placator (hands up and begging on their knees) is ingratiating, pleaser, apologizing, and never disagrees no matter what.

- Message: "I am helpless" in a victims posture.
- Inside: "I feel like a nothing; without you I am dead. I am worthless."
- Blocks: Self is blocked.
(Satir, *The New People Making*. 1988. p. 85.)

Bulbrook's Energy Description

Energetic pleading and sucking energy with a result of blocking the self energetically.

Elaboration – The placator has a weak field with little or no boundaries. The heart is open wide and others may walk all over it taking advantage of the person who keeps giving and hoping to be accepted or fit in with the crowd. Ideas are kept to the self and if challenged the person will easily back down.

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Super Reasonable

Satir's Communication Stances

The computer is very correct, very reasonable and shows no semblance of feeling. The person seems calm, cool and collected, dry, often cool and detached. Voice is dry monotone and words are likely to be abstract. The body computes. The person blocks out the self and the context.

- Message: is "I'm calm, cool and collected and have all the answers."
- Inside: the person feels vulnerable.

Bulbrook's Energy Description

- Blocks out others and the context through creating interpretable boundary.
- Field Description of a Super Reasonable
- Physical – Rigid energy & stony.
- Emotional – Not flowing, blocked and hard shell.
- Mental – Closed, thinking is rigid.
- Spiritual – Unavailable, undeveloped with holes.

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Irrelevancy

Satir's Communication Stances

Whatever the distracter does or says is irrelevant to what anyone else is saying or doing. This person doesn't respond to the point.

- Message: "I am off somewhere else."
- Inside: The person is feeling: "Nobody cares, there is no place for me here."


Bulbrook's Energy Description

Not grounded, does not make sense and jumps around in communication. Elaboration – Blocks out the self, other and context therefore the flow of energy is irrational and the circuitry is not wired up properly.

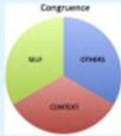
Field Description of Irrelevancy
Physical – Non-existent or close to the body what little is there.
Emotional – frazzled and off center.
Mental – Gaps, some huge.
Spiritual – Not connected.

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Congruency



Clear communication, called "leveling" or "flowing," heals ruptures, breaks impasses, and builds bridges between people.

Message: The effect is congruence and says "I like you." The voice is warm and the person looks at you. The message is single and straight and represents a truth of the person at that moment.

Inside: The words match the facial expression, body position and voice tone. Relationships are easy, free and honest with self-esteem high.

(Satir, The New People Making. 1988. p. 93.)

Bulbrook's Energetic Description of Leveler
Able to hold your ground. Clear in communicating needs. Set physical and emotional energetic boundaries. Meets a person at the level they are.

Field Description of a Leveler
Physical, Emotional, Mental, Spiritual – Open and flowing with clearly defined boundaries.

Chakra Descriptions of a Leveler
All chakras are about equal, open and flowing allowing for the energy to come in and go out easily.

Potential impact of a Leveler / Clear Communication on receiver
Enhances the flow of energy for the other person. Clear communication helps things to grow.


Bulbrook presented at the 100th Year Celebration of the Life of Virginia Satir Conference on 6.34.3026

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During my time in Perth, Western Australia in 1990 as a Visiting Professor in Nursing I taught and created a series of films integrating Satir work with Energy Therapy. This is included here as background as to synthesis of expanding Virginias work into the energy network.


The background is here:



Integrating Satir & Bulbrook's Versions of Energy Therapy



Helping Individuals & Families Change

The Magic of Virginia Satir with Energy Therapy
Part 1: Becoming You
Filmed in Perth, Western Australia at
Edith Cowan University



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Dr. Mary Jo Bulbrook, Hey What's New in Satir's Teachings?

**Blending Satir &
Energy Medicine
Process for
Growth &
Change**

*Free the Self
From the inside
out!*

Filmed in Perth,
Western Australia at
Edith Cowan University

Part A – Becoming You

- Who are you? What are your innermost needs?
- What is getting in the way for becoming who and what you want to be?
- Explore through experiential techniques ways to unlock those secrets

Part B – Shaping You

- What forces have shaped you to become who you are?
- In order to create a new future, hidden hurts, pain and anger may need to be released.
- Release the past and be released.

Part C - Becoming Well

- What isn't working in your life?
- How are you limited physically, mentally, Emotionally or spiritually?
- This concrete program is designed to pinpoint needed change and ways to become well.

6/24/2016

100th Year Celebration of the Life
of Virginia Satir Conference

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A current application of the synthesis of the Satir process with Energy Therapy is reported from my Aug. 23, 2016 post conference workshop at the Healing Touch Program International Conference on “I Serve Those Who Serve” working with veterans and their families. During the session after an experiential guided meditation process one participant commented that after her husband returned from the Vietnam War he was changed person. Those changes were painful to watch and experience for him, their relationship and two children. He tried to commit suicide and she had to have him committed.

Using the Satir sculpting model of acting out the “client’s story”, what we witnessed acted out was the core issues that service men, women and families are experiencing – the energetic, psycho-social dynamics of the effects of war and fulfilling a service commitment to one’s country. What we witnessed is a major problem facing this country and others. The ravages of war have lasting effects that reach the core of all of our lives that must be addressed. The Satir Model with the addition of Energy Therapy is one tool to combat pain, suffering of trauma.

I knew that I needed to work with the description of the woman’s experience as “family” of served veteran. The pain in her and witnessed by those present was palatable. I switched from my PowerPoint presentation to the lived experience of role playing or sculpture so characteristic of the Satir model. A veteran present played the woman’s husband who was in the war and two sisters present played their two children. As the group watched the dynamics enacted out of the descriptions given the energy within, energy without and beyond was altered. New insights that were sent to those role-playing affected not only themselves but those of us watching, leading and learning how to integrate energy therapy with the Satir change process.

Feedback from the workshop is as follows:

“I honestly had NO idea that there were any healing issues for me as a result of my 25 years of military service. I served as a nurse not a combatant and was in the AF Reserve... The ‘role playing’ was such a revelation... was nothing short of AMAZING! I don’t know if what happened during that event would translate into a healing for AM’s husband and sons... I believe that she,

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herself, is now in a better place emotionally and spiritually... it is a fact that Spirit pushed me into your class. May God continue to bless you and your work. PS you have my permission to use this letter in part as a testimony...

Do we make a difference using the Satir process blended with energy therapy? We know the answer to that question... if ONE person is changed... the electromagnetic energy is there available to others to settle their hearts, heal wounds, and get to a new place, after all, that is what we are striving for – Becoming More Fully Human.

The Five Freedoms

To See and Hear what is here, instead of what should be, was or will be.

To Say what one feels and thinks, instead of what one should.

To Feel what one feels, instead of what one ought.

To Ask for what one wants, instead of always waiting for permission.

To Take Risks in ones own behalf, instead of choosing to be only 'secure' and not rocking the boat.

Virginia Satir

The Satir Therapy Model became a powerful framework for examining your self, your situation and your choices. Virginia believed that counseling and therapy experiences seek to engage powerfully with the inner self. Counseling sessions encourage the client to face pain and problems, to accept the present, and to discover inner joy and peace of mind.

Certificate Program in Integrative Health
Helping Individuals, Families, and Organizations Change
Integrating the Virginia Satir Process and Energy Therapy

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