

Why am I still here?

I am a Bowen practitioner living and working in the South West of England and I would like to share the story of how I found one of the great loves of my life - The Bowen Technique.

In 1987, at the age of 18, I was diagnosed with acute leukaemia. After almost losing my life, on several occasions, I was successfully treated with chemotherapy, radiotherapy and a bone marrow transplant. Now 19 years on, I am very fit and well, enjoying life to the full and feel privileged to be here. For a long while though, I questioned why I was still alive and not my friends (hospital inmates) who did not make it through their cancer treatments. The answer to my questioning was to be found Down Under.

During and after my illness I experienced visions of Australia and a very strong force pulling me there. I kept trying to ignore it but it wouldn't go away. With the pull becoming increasingly stronger I knew I just had to go. So, in 2000, following another particularly difficult period in my life (divorce,

redundancy, further surgery, loss of mother to cancer) and feeling very unsure of my correct path in life, I set off with a backpack to this amazing country.

During my travels I was led to a very special place on the East Coast called Lennox Head. Here I spent an extremely enjoyable and memorable time at the Backpackers Hostel run by Graeme and Anna Dicker. I was intrigued when talking to Anna about what she did, what on earth was Bowen? Whilst watching Anna give a fellow backpacker a Bowen treatment it was as if someone had turned on the light for me. This was to be the beginning of my Bowen journey. For several days I lazed on the beach with various issues of Bowen Hands (lent by Anna). After receiving a treatment myself I realised Bowen was definitely going to be my new direction in life.

With only office and travel agency work experience behind me, I returned home to the UK and quickly began to study Anatomy & Physiology and began my Bowen training with Nicola Hok.

I have never looked back. Over

the last five years I have built a very busy practice, using only Bowen, Australian Bush Essences and my intuition. Perhaps I was led to Bowen by Tom himself, who knows? I would like to say a big thank you to Tom, Anna and Graeme, Nicola (my dedicated instructor) together with Ossie and Elaine for so much enlightenment. Also a special thank you to Margaret Spicer and Anne Schubert for developing "Mind, Body, Bowen" course. This fascinating method has released the countless traumas from my body and from many of those I have encountered.

Like all of you, I am truly passionate about this love of my life and pass on the passion daily to others. How wonderful it feels to be alive and to help improve the quality of life for so many. Bowen is undoubtedly my mission - I no longer question why I am still here.

Liz James
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Australia and New Zealand were well represented at the Yale Conference.