



Dr. Becker, The Still Point, and Total Well Being **Swami Chetanananda**

I've been very lucky to meet some amazing people in very unusual places. In 1973, I was in Dallas where I met Rollin Becker. Dr. Becker who grew up in Missouri, lived in Michigan and then had moved to Texas. He had no idea at all about yoga or meditation, and I doubt he had ever even heard of it before I met him. His father, Arthur Becker, was the first president of the first osteopathic college in the United States, and a long time student of Andrew Taylor Still, who founded osteopathy and chiropractics. Dr. Becker and his brother trained as osteopaths with their father from the time they were very young. When Dr. Becker was in his early thirties, he met another osteopath named William Garner Sutherland, who was hard at work trying to complete the understanding of an area that Still had not fully flushed out in his life, and that was the cranial-sacral mechanism.

"It was Dr. Becker who caused me to understand in a very palpable way that the very core of a human being—that energetic potency, that potential, which is our very core, has no problem. Our essence has no problem, at all. It has no limitation, it has no boundaries, not one. It has no issue."

about fifteen or sixteen you had a serious head injury." I told him that I had. He took me in the back room, slapped the table and told me to lay down, and then he treated me. I had a very strong experience, and after it was over, he told me to go. He didn't take my case, he didn't ask me anything about anything, he just treated me and said goodbye. Over the course of the next eighteen years, I got to know Dr. Becker and his work pretty well, and I learned a great deal from him.

Dr. Becker had a profound understanding of the potential that animates the human being and the process by which that potential is transformed into physiology, cognition and perception. It was Dr. Becker who caused me to understand in a very palpable way that the very core of a human being—that energetic potency, that potential, which is our very core, has no

Meeting Dr. Becker was wonderful for me. He was just as down home as you could possibly get. He had a big office, but it was 1949 knotty pine paneling and linoleum floor. He didn't have a secretary. He had a very early phone answering machine that he took care of himself. Between patients, he returned his calls, booked his own appointments and did his own billing. In 1973 he charged seven dollars for an office visit. That was cheap even back in 1973. He definitely wasn't in it for the money.

During my first visit to Dr. Becker, he just looked at me for a few seconds and said, "Maybe when you were



Dr. Rollin E. Becker

problem. Our essence has no problem, at all. It has no limitation, it has no boundaries, not one. It has no issue.

It is from that essence that health is delivered throughout our entire individual mechanism from within ourselves. That health and its delivery is obstructed by patterns of strain and trauma, some of which we carry forth from our parents, and their parents, and much of which we experience beginning with our passage through the birth canal and thereafter. Because we come into this world strained and we move in this world with those patterns of strain, our mechanism is continually compensating for the strain in ways unique to each of us. By the time we're the age most of us are what we have become is simply one complex, compensation event. It gets so that our compensations are compensating for the compensations that they were compensating for earlier, and on, and on and on and on, to the degree most people completely lose touch with the experience of any kind of potency or any kind of potential that exists within them.

It was from Dr. Becker that I learned that our compensations for our compensating compensation patterns become so complex that it is very, very difficult to change them. What happens in people is that any kind of new input that happens in our life is absorbed into the pattern that we are, as we are, and we defuse most of its potential to change us as we establish some kind of stasis in a new event. Real change, change that is delivered from the potential that is within us, requires that these compensation patterns are dissolved. The fundamental need in this process of dissolving compensation is a stillpoint.

It is from a point of stillness within ourselves that the potential that we are can reach through endless compensations. The stillness, the stillpoint, is the one true place from which real change can be delivered throughout the mechanism. In osteopathy it is the physician who, with their own awareness and with their technique, provides the stillpoint that allows for whatever pattern or patterns of strain or trauma that have been induced upon the human mechanism, to begin to be dissolved. That natural tendency toward health and that place within us that has no problem asserts its power in stillness and washes away, dissolves whatever disturbance has established itself.



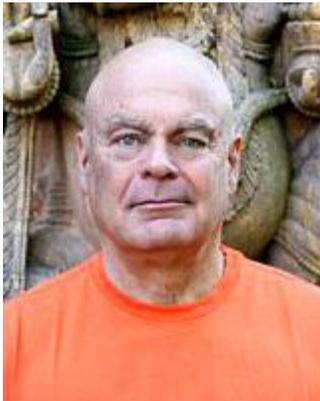
The physician makes the stillness within each of us available to function for the upliftment of the person they're working with. In a spiritual context it is the guru, teacher, mentor, who makes available the stillpoint for people who are working in that arena. But more importantly, each of us has the possibility to create within ourselves a stillpoint, an anchor point, a point of contact with truth within ourselves.

To come to this stillpoint, we must have a commitment to that depth of place within ourselves that has no problem, that is completely full, that is in no way in the process of giving ever depreciated. It is that commitment within us that connects us to an enduring still place within ourselves from which all of the various patterns of our life, our physiological, mental and emotional patterns can begin to

be informed and transformed. In this way, the creative energy, the vibrancy, the vitality of that deepest place can begin to flow, reaching every part of us and extending beyond us into the total environment in which we interact.

When we start to make a contact with a real place within ourselves, a place that is really fine, then all the compensation mechanisms, the misunderstandings and tensions within us that we have accumulated can be dissolved and washed away. Then new patterns, patterns informed by the deepest place within us, patterns that have emerged from that dimension of ourselves that has no problem, can establish themselves and become the self-sustaining patterns of our existence.

Swami Chetanananda



Swami Chetanananda ("Swamiji") is the abbot and spiritual director of the Movement Center. He encourages his students to discover the amazing possibility that resides within them, and to connect and live from it each day. A teacher in the lineage of Bhagavan Nityananda of Ganeshpuri, he is a powerful presence and a source of great nourishment for those who come in contact with him.