

Montserrat Gascón, therapist, practices the CBO.

I am 54. I was born and still live in Granollers, but I am constantly travelling due to my courses and conferences. I am licensed in nursery, morfopsicology and osteopathy. I have 3 children, from 3 different husbands. My policy is the front of liberation of the PERICARDIUM. I believe in LIFE.

HEALTH, LIKE LIFE, IS EXPANSION.

-What did you understand after working in a huge hospital?

After 6 years of work as a nurse in the Vall d'Hebron Hospital, I understood that we didn't cure anything at all.

-...!

-I discovered a basic truth: when people are emotionally well, they are healthy. And the effective problems are reflected on psychosomatic illnesses. I wanted to understand why is it that people get sick, and decided to study medicine. But in fourth year, everything fell apart.

-What happened?

A very painful divorce forced me to abandon everything and move with my 3 year old son to Africa, Tunisia, Algeria, and finally Mali: to try to live in peace. In those so hard circumstances I understood that if I was scared or depressed, my son fell ill.

-Bad place to fall ill...

As there were no hospitals, when my son had fever or diarrhoea, we simply rested, played, sang songs and laughed until the illness was over. Like this I connected to my interior strength; and verified that my son's health was related to its emotional state.

-You say verified...

While he still was with his father, a doctor, that atmosphere full of arguments and even physical violence, provoked continuous diarrhoea and bronchitis.

-Let's carry on with your research.

Two years later I moved to Venezuela, where I got married and had my second son, but I also got divorced and decided to continue on studying, and moved to Paris, where I studied Morfopsychology; the study of the character according to the face.

-And did you get married again?

Yes, and I had my third son. All of them have taught me many things: Oriol, to listen to my heart, because his weak health was a reflection of my stress, and I abandoned everything because of my love towards him. Mark had a severe reaction to a vaccine, which led me to the discovery of the natural medicines.

-I understand...

Nina was born with a twisted leg, and in order to cure her, I discovered the osteopathy; the flow of Life through our bodies and how it gets blocked. My younger sister Marta also helped me with my learning experience, as she was erroneously diagnosed Reckinghausen at the age of 4.

-In what was it translated?

She had convulsions, and she was given a dairy doze of 5 different antiepilepticals. She was dispossessed. I took her with me; it was hard, but we substituted the chemical medicine by natural, and she recovered her energy.

-And how did you get to the pericardium?

I had ascertained in my dairy practice as an osteopath of the fact that many of my patients who presented pathologies in the superior parts of their bodies (tendinitis, shoulder, arm, elbow, wrist and hand neuralgias) had their Pericardium contracted, restricted from movement.

-Did they have the heart shrunken?

Exactly. I chose the Pericardium for my thesis- the membrane that surrounds, holds and protects the heart- because as I went further on with my investigation, I discovered that it is the centre of our health.

-Explain me why.

In front of an emotional shock, our pericardium's reaction is to retract itself, exactly like a cell, in terms of protection. But when it retracts, several ligaments that hold IT on its place get shorter.

And that has a direct repercussion on our organs?

Yes, on our glands, organs, vessels, membranes, muscles, bones and other close and distant to it elements.

Than the emotions go directly to the heart?

Until now, we have been told that our emotional impacts enter through our five senses and then pass through our brain to our body. My theory is that our pericardium is the one to get the emotional impact, and then it goes to the central nervous system, through the stellated ganglion.

But isn't it a shield prepared for impacts?

The adaptation retractions of the pericardium are summed up to previous, unresolved impacts, which the pericardium still remembers (just like it occurs with the cellular membrane). The older one is, and the more difficult, hard experiences it has gone through, the tighter the pericardium. HEALTH, LIKE LIFE, IS EXPANSION.

And which is the symptomatology?

The majority of illnesses are functional (without any apparent physical cause). Cardiovascular, digestive, muscular, hormonal and lymphatic functional disorders... all have a retracted pericardium in common. By re-expanding the pericardium, we may re-connect the body with the soul.

The soul?

The soul is what brings the body to life. It is the vital energy that must flow from inside out.

What is the practice?

FREE THE PERICARDIUM. I re-harmonize the body through my hands: I search for blocked up areas and free the energy trapped in there. The retraction of the tissues is a damage: a future lesion, and the expansion is the liberation.

What is the result?

The result is a physical, skeletal muscle, visceral, metabolic spiritual and emotional alignment. When the pericardium is let free, the brain and the way of thinking gets modified through the autonomic nervous system.

That virus..

When I sit in front of this vital and enthusiastic woman, everything starts so ache me, starting by the cervicals. "Excuse me" she says; "would you mind to lay down on the floor?" she asks me before she starts massaging and hopping my heart.

I stand up NEW.

A Therapist with 30 year of experience; she has the investigation virus running through her veins. She started as a nurse and nowadays travels around the universities from around the world giving out courses and conferences on how the emotions, and specially fear, block the pericardious (our heart's shield) and as a cause of that, all kind of illnesses occur to us. Her theory is explained in a didactic book; "Viva el pericardio libre!" and the practice is aimed towards the expansion of the Pericardium.