



The Bio Self-Emergence Institute

Expansion And Contraction The Acidic And Alkaline Nature Of Life

By Donna Harber, MSW, CBT

Balance, for the human race, continues to elude us on many levels. As humans, we have been challenged with balance, since we became conscious. The advent of consciousness (“I think I feel, therefore I feel that I am” – Antonio Damasio) has put us in a struggle between formed thoughts and the emotions of somatic (of the body) intelligence. Our ancient ways of healing, philosophically, were based on balance. Our focus here will be on the body’s ability to maintain acidic and alkaline balance and the relationship to emotional development.

The types of food we consume play a role in how alkaline or acidic our digestive tract is and in the overall pH of our blood. Our body’s abilities to maintain acidic or alkaline pH also lie in our understanding, on a cell receptor level, of our somatic intelligence (the knowing of each cell membrane and how it feeds back that knowing to the brain stem to communicate with us) and its connection to our emotional development, as viewed from the two aspects of contraction (acidic) and expansion (alkaline).

The developmental model of the soul essence emerging through cellular form, as understood through Bio Self-Emergence theory, explains individual response to parenting and life circumstances through the cellular knowing in the body. In detail, we can examine cellular reactions to life for either too contracted or too expanded aspects.

The first developmental stage in Bio Self-Emergence, entitled “Bonding to the Self”, begins in the second trimester in the womb and goes through one month of life. The fetus is developing and responding to the energetic environment of the womb, forming in the energy field of the uterus, which (for most of us) is either too contracted (acidic) or too expanded (alkaline). The baby is forming against this energy. Authors Blechschmidt and Gasser, in their research of fetus development, established that the human cell differentiation is dictated by metabolic fluid cell wall transfer, and the amount of pressure and the amount of fluid being facilitated in between the cells is what cues the cells to form a hand, a liver, or a brain cell, etc. and to differentiate to each. Humans form or differentiate against the vibratory aspect of water in the cells.

In the “Bonding to Self” stage, there are two developmental tasks, one of which is the basic pulsation of life. This includes how the mother’s energy meets the baby and her ability to pulsate with her baby. This interaction affects the baby’s own pulsating systems including breathing, suckling, swallowing, the heartbeat, and intestinal (peristalsis) function. These movements, of the expansion and contraction of these systems and the response of the mother, will begin to create a core sense of self within the child. The response back from the mother can be too expanded (too much merging or attention) or too contracted (overly focused on doing, not on being with). The attention (in an expanded way) can become focused on the benefit for the mother, without an energetic focus that attention for the baby



The Bio Self-Emergence Institute

needs to be cued by the baby. A mother can become energetically unavailable to the baby (contracted). She may perform all of the necessary tasks in terms of the physical world, but her own emotional body soma or energy characteristics are too contracted and her pulsation of energy does not meet the baby's pulsation. Therefore, the baby does not have a sense of the beginning of the energetic core and a sense of self does not begin to form.

The lack of bonding to self (energetic body connection to the core) predisposes us to respond to life in one or two ways. When the parenting style is expanded or contracted to a high degree, the baby has a reaction formation to the parenting, and becomes too expanded on a cellular level. This means that, on a cellular structural level, the baby becomes too expanded intestinally, neurologically, and in its inner core (including the digestive tract). Thus, the processing of food along with the ability to "take in" and pulsate with self and others is not established, the beginning of creating out of doing versus being with.

When the parenting style is midline (between the examples of the overly self-absorbed mother or the energetically unavailable mother), the baby may contract in and withdraw from life - feeling that there is not enough for them to really move out and energetically take in life. From a body energy balance viewpoint, it is as though the cells become too contracted and food would be taken in from a too-contracted system. This relates back to our acidic/alkaline balance, in that the taking-in and too contracted would be too acidic (babies in this state will often suffer with reflux). This is the foundation for difficulty with trust, anxiety, passion, and overall connection to life.

The second stage of development in Bio Self-Emergence is "Being Met", which spans from approximately the first month through eighteen months of life. During this stage, the body's ability to balance acidic/alkaline from an energetic body soma aspect is primarily determined from meaningful contact. Meaningful contact is only determined through the cell membrane wall of every cell of the baby's body and in the sense that their cellular experience of the parents is what gets judged as meaningful or not meaningful. This does not necessarily correlate with what society says is meaningful, appropriate, or good parenting (or the opposite). In this understanding of a body soma response to parenting, we view it through the window of the cell membrane's response to parenting.

There are three developmental tasks that begin to set in, in the being met stage. They are taking in, holding on, and the ability to close off. In the taking in stage, the too contracted, too expanded, or balanced response of our whole digestive tract on a cell membrane level, is cued in. Different symptoms or issues from this developing too-expanded or too-contracted and not-balanced will show up in later life in many different ways – disorders, chronic stomach problems, irritable bowel, issues of the small intestines, and many other chronic health issues. This is one of the prevalent underlying emotional issues of metabolic syndrome. When the baby's body is not cued (via having meaningful contact and having meaningful food to take in, usually breast milk during this time).

An issue of holding on is determined through the hands, in utilizing the grasp reflex. There is constant programming and determining through the grasp reflex, which is the automatic curling in of the fingers of the hands (used in nursing). The grasp reflex is also used to read and take in energy through the



The Bio Self-Emergence Institute

hand chakras. The cellular response to the information is interpreted and recorded in the hind brain and emotional brain, determining whether or not the energy available to them is worthwhile. This recording begins a brain-body feedback loop which sets the emotion of the body (cell receptors) – either too contracted (acidic) or expanded (alkaline).

The ability to “close off” is a developmental task that begins in the later months of the being met stage. If the baby feels that they have gotten enough, then they begin the developmental task of closing off. The ability of the body to close off is one of the developmental underpinnings of being able to have a balanced energetic body and, ultimately, being balanced in the electromagnetic field of the heart which is our aura. There are two responses that can occur in this developmental stage, one is an over-expanded response (too alkaline). In other words, there would not be enough acidity, in terms of taking in, feeling value, and worth in the world. There is a collapsing in of the developing child, a retreat from action, a loss of ability to fight, and an energetic pulling in to the core of the child. This can be seen and experienced in the muscular tissues of the face, upper shoulders, upper back, upper chest and arms – often there will be a sense of being over-expanded or of being too loose. Another response to the lack of meaningful contact in the parenting and the needs stage is an over-rigid response (too contracted, acidic). The child develops mistrusting, is very confused about their needs, and begins to operate out of a basis that others will not meet their needs. If others are willing to meet their needs, they will be given the wrong things or things that are not valuable to them. A rigid barrier develops and there is a suppression of feelings, there is an over-contraction of the digestive tract (it becomes acidic). This holding can lead to later digestive disorders.

Our body’s ability to balance acidic and alkaline from the cellular response to life comes from a bonding to self and experiencing meaningful contact - which then builds the energetic foundation for our body to pulsate, in the expansions and contractions of balancing life.

The child pulsates with its self and with others – and has the ability to self-satisfy. The child has an energetic cellular expression of permission to meet its needs, act on them, and delay gratification if necessary. This energetic permission facilitates cellular balance.

Written by Donna Harber, MSW, CBT, an Intuitive Energy Worker, Certified Bioenergetics Analysis Therapist, mother, wife, and Intuitive Healer. Donna works with adults, couples, and children, utilizing Bio Self-Emergence Therapy. Contact her at (248) 355-2191 or at <http://www.bio-self-emergence.org/>.