

*(Excerpt from "The SCENAR Fair" by Irina Kossovskaja, 2006)*

Let's now take a closer look how SCENAR and COSMODIC interact with pathology.

In Alexander's view, major healing in our body happens locally, in the vicinity of damaged tissues, and if involves nervous structures, it is mostly within the domain of spinal cord and its reflexes. The brain, our blessing and curse and often a major trouble-maker, gets involved in the process mostly only when it is turning *chronic*, i.e. when the body is unable to complete its adaptive reactions locally and involves the system as whole. Attempting to rectify the situation, the body then informationally and energetically *isolates* the pathology, putting it under control of the brain. The brain takes its guardian job very seriously and forms a rigid ergo-informational structure, called upon to protect the rest of the body and preserve its limited energy resources. This structure is called '*Pathologic System (PS)*'.

PS is the body's compromise. It means 'incomplete healing' but provides for continuation of usual and necessary functioning. After a while the body gets used to the repetitive PS signals and learns to ignore them (develops *tolerance*). As we say in Russia, '*bad piece is better than a good war*'.

However helpful at the moment, this situation puts the Chinese Wall on the way of actual healing. The body ignores PS to start with and, besides, delicate adaptive mechanisms and reactions of the body cannot break tough bastions of PS anyway. The strong rigid order of Pathologic System is supported and guarded by the flashing red light in the brain structures – *the Generator of Pathologic Overexcitement (GPE)* – and as long as this red light is flashing, PS will live. The only way to heal is to somehow turn this light off, and then deal with pathology locally.

Both SCENAR and COSMODIC address the GPE, but do it in different ways. SCENAR gradually '*erases*' the GPE *by changing PS a bit at a time*, so that the body (following the Orientation Reflex) wakes up from its blissful ignorance, notices disorder in its structures and puts its attention and resources into restoration of healthy order of things. Step by step, changes in PS will be reflected in the weakening GPE, until the red light stops flashing.

COSMODIC does not just *reveal* a problem bugging the body to deal with it. It actually *deals* with the problem on a local level supplementing the body's weak healing efforts and indicating to the system that the problem can be taken care of locally and there is no need for the higher structures to be involved. COSMODIC regulates (through adaptive regulatory bundles of impulses) and enhances local adaptive reactions and 'fills up' the arch of spinal cord reflexes to the extent that the spinal cord gets totally involved in healing 'in situ' and does not transmit any pathologic SOS signals 'upstairs'. All healing resources are now utilized locally, healing is happening as it should – and there is no more need for the brain to worry about protecting the rest of the body from unfinished adaptive reactions. It can rest assured that these reactions will be completed as they should.

In brief, due to its ability to enhance local healing *directly*, COSMODIC basically takes care of the local problem and *cuts the GPE off* the other elements of PS. Being blocked from feeding pathologic impulses from 'down below', the GPE slowly disappears – and now there is nothing to support the rigid structure of PS. The guard has died, viva freedom! The Pathologic System falls apart, so its elements can now be involved in normal functional activity of the body.

So, what does this mean practically? It means that COSMODIC is very good for treatment of various disorders in situations when the body is ALREADY working on the problem and there are plenty of local healing reactions to enhance. That covers all *acute* processes (including injuries or traumas), acute and sub-acute stages of *chronic processes*, and even chronic disorders that give the client certain subjective sensations. In all these situations the body recognizes the problem and works on it – and COSMODIC helps the body to do it efficiently and completely.

However, *dormant* chronic processes respond to COSMODIC in a particular way. In this situation local adaptive reactions are weak and COSMODIC does not have much to work with. Therefore, if you are using only a COSMODIC device, like the 715 or the C-DOVE, the healing process will undergo two stages.

On *the first stage*, the device helps the body to recognize the problem and initiate an adaptive healing response. After this is achieved, it is recommended to stop treatments for a few days (usually 3-5) and let the body accumulate changes and develop adaptive reaction. And now, on *the second stage*, when the body is well on a healing cycle, COSMODIC can help to go through the healing program smoothly and efficiently, and at a relatively slow pace. No healing crisis's (which is particularly important for home therapy). Slowly but surely (or, as we say in Russia, *'hurry up slowly'*). COSMODIC is not a drama queen.

If you need more 'action' and a faster dynamics (just remember: we are talking here only about *dormant* chronic processes), then initially you need SCENAR – to boost the system and force it to respond. After that COSMODIC can take over again. Using SCENAR from time to time keeps the body's attention on the problem and presents two different ways of dealing with GPE and PS, which is always a good thing. 'Good cop – bad cop' is known to be a very efficient tactics.