The Premise

- Most headaches are an energetic phenomenon

Goals

- Have a basic understanding of energy theory.
- Understand what a headache is both mechanically and energetically.
- Be able to assess and differentiate the main types of headaches.
- Be able to treat the two most common types of headaches, muscle tension headaches and migraine.

Things to Keep in Mind

- Notice the role of disease in headaches
- How breathing affects energy in the body
- The significance of pulsation
- Reich's concept of armoring and how it relates to headaches
- And how breathing affects energy pump of the body
Expectations

- You may get a headache in the webinar
- If you do, tell me through the moderator
- This work sometimes brings up emotion in people.
- Clients in your office may spontaneously express emotion as a result of the physical work done on their head.

Take Care of Yourself

- This is a different kind of webinar
- Stop doing the exercise
- Write to me and say TELL Ben
- Pause the recording

Do you get headaches?
Energy: What is it?

Qi
Chi
Principles of Energy Movement

- Direction of energy flow
- Charge
- Containment

Core to Periphery

Up the Back and Down the Front
Breathing

The diaphragm is the energy pump of the body
Energy Mobilizing Exercises

Eyebrow Lift
Eye Circles
Nose
Pull up
Pulsation
Armor
Emotional Anatomy
Pulsation

The Amoeba

Amoeba Experiments on Pulsation

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Armor:
The sum total of muscular attitudes and chronic muscular tension, which an individual develops as a defense against the breakthrough of emotions and sensation, especially anxiety, rage, and sexual feeling.

Arrogance

Joy
Armor is needed for survival

Armoring
Segments
Emotional Anatomy

Ocular

Orbicularis Oculi

Temporal

Nasal

Orbital

Orbicularis Oris

Masseter

Pterygoideus

Sub-occipital

Upper

Occipital

Oblique

Frontal
Types of Headaches

Concussion

Ligament Injury Headache
Headaches from Disease

- Cancer
- Arteritis
- Meningitis
- Brain Tumor
- Cerebral Aneurysm
- Subarachnoid Hemorrhage
- Angina and Other Heart Conditions

Medication Headache & Rebound Headache

Cluster Headache
“Let me know as soon as anything is uncomfortable, painful, or ticklish, and I will stop.”
Muscle Tension Assessment

Pain Scale

5 = Extremely tense and painful with minimal pressure
4 = Fairly tense and painful with moderate pressure
3 = Some discomfort with medium pressure
2 = Very mild discomfort with a great deal of pressure
1 = No discomfort with maximum pressure

A higher number indicates a higher level of tension in this area.
A lower number indicates that the muscles are more relaxed.
Muscle Tension Assessment

Note the number on the pain scale

Note the face, breath and the muscles

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Tension Patterns

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Headache Assessment Tests

| 1. Forehead (Frontalis muscle) |     |
| 2. Eye Orbits (Obicularis oculi muscle) |     |
| 3. Nose (Nasalis muscle) |     |
| 4. Under Eye (levator labii superioris, zygomaticus major and minor muscles) |     |
| 5. Jaw (Masseter muscle) |     |
| 6. Under jaw (Digastricus muscle) |     |
| 7. Stomach (Sternoleidomastodial muscles) |     |
| 8. Occiput (Sub-occipitals and Trapezius muscles) |     |
| 9. Shoulders (Trapezius muscles) |     |
| 10. Breathing excursion (Diaphragm and intercostals) |     |
| 11. Eye mobility (Eye muscles) |     |

Trace circles, horizontal lines, vertical lines and diagonal lines at a moderate to fast speed.
The Forehead

The Eye Orbits

The Nose
Books by Reich
Character Analysis by Wilhelm Reich
The Function of the Orgasm by Wilhelm Reich
Selected Writings by Wilhelm Reich
The Cancer Biosis by Wilhelm Reich
Ether, God and the Devil by Wilhelm Reich
The Mass Psychology of Fascism by Wilhelm Reich

Books about Reich and his work
Man in the Trap by Elsworth Baker MD
Wilhelm Reich and Orgonomy by Ola Rakness
Fury on Earth by Myron Sharaf
Wilhelm Reich: The Evolution Of His Work by David Boadella
In The Wake Of Reich by David Boadella
Questions

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Next

• Major Types of Headaches
• Complete Headache Assessment

Eliminating Occipital Tension and Headache Assessment

CONTEST

How to enter:
• Write a review of a “Headaches” webinar on Dr. Benjamin’s Facebook Wall at Facebook.com/BenjaminInstitute.
• You’re eligible for one entry per webinar

What you can win:
• Autographed copy of “Listen to Your Pain: First Edition” Book
• A complete set of the “Unraveling the Mystery of Headaches: An Energetic Approach” webinar series to give to a friend or colleague
Dr. Ben Benjamin
Unraveling the Mystery Series:
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• Cervical Pain
• Shoulder Pain
• Knee Pain
• Ankle Pain
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• Orthopedic Approaches to Lumbo-Pelvic Pain

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• Anatomy Trains: Clinical Applications of Myofascial Meridians
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