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Safety: Using the Three Treasures to Evolve a More Conscious Practice

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I'd like to acknowledge our kind hearts. I believe most of us practice Asian medicine to bring more healing, love, and light into our world. We truly want to heal our clients, ourselves and our society as a whole. Sometimes, though, our words can have a detrimental impact on our clients without us having any awareness of it.

Deitre and I came up with the initial idea for this seminar over a year ago, way before May 25th, 2020, the day of the tragic murder of George Floyd. Since then, I have been shocked and excited by the way a veil seems to be lifting for a huge number of people who couldn't see before. The event on that day is an example of "bias-motivated violence," according to the [Anti-Defamation League](#). "Biased attitudes" (often invisible to us), unless examined and stopped, are what lead to actions, discrimination, and eventually murder and genocide.*

One of the main problems with biased attitudes is that we are often unaware of them. For safety, we know that we have to be careful using techniques that we aren't trained in. But we don't see that we can do way more damage to our clients with our words. Even unintentional "[micro-aggressions](#)" can have macro detriments to people's health, according to research.*

Words can open us up to unlimited possibilities of healing and spaciousness, or they can close us down into a re-traumatized ball of powerlessness. It's well-known that the impact of our words doesn't always align with our intentions. To gain some insight into your unconscious bias that often comes through your words, take the [Harvard IAT](#), for free.* We will never ask you for your results, we promise! This is for your benefit.

Racist systems of oppression are so inextricably woven into the fabric of our society that often we can't see them. We inherit racialized trauma in our DNA (JING). Racialized trauma is not a matter of if ... it's about how much. We all are impacted to certain degrees. If we cannot see our unconscious implicit bias, we increase the probability of doing damage exponentially. If we aren't aware, we can't make different choices.

Guilt is not helpful, as it binds up our Qi so we can't move and are powerless. Using our Spirit (SHEN), we can bring the warmth of compassion and the light of awareness into our shadows and shame. Only then can we step into our practices truly aware of our interconnection (the Big Shen) and really hold the paradox of the effects of systemic hate and our shared spiritual human bond.

* [Anti-Defamation League's Pyramid of Hate](#) • [Do microaggressions happen in health care?](#) • [Take the Harvard Implicit Association Test](#)