

Genuine Warriors

By Chris Melmoth, LMT, EMT

There are a lot of talented athletes & fighters out there, but few possess the unique characteristics that make them “genuine warriors”, as some of us who practice psychosomatic bodywork refer to them as.

The warrior body type genetically possesses very high outputs of testosterone in men and estrogen in women, an adaptation necessary to survive in very harsh environments. However, at the same time this person has very high levels of compassion, sensitivity, and understanding for humanity, nature, and the animal kingdom. This uniquely balanced perspective, we believe, comes from many generations of direct experiences with extreme strength & violence combined with extreme heartache, and became instincts that are transferred through the DNA from many generations of warring, tribalistic lifestyles. These individuals tend to be of the “O” blood type, and must adhere to more of a “hunter-gatherer” diet.

True warriors still possess the characteristics of their genetic tribal lineage.

Most tough people with high pain tolerances tend to be very “disconnected” from their bodies... from their pains & heartaches... and from other aspects of their lives. But the warrior retains feeling in the body... is the most committed to life... and appreciates each moment more than others.

To be a genuine warrior means that your body & mind have been through the fire... and thereafter strengthened physically, emotionally, and spiritually to the point where the innate intelligence has been altered. It's not just about being “hardened” by traumatic experiences. It is about being “opened” by them as well.

Warriors possess high vagal tone, which allows them to remain calm under pressure. They have "heart". They have “guts”. In times of pain, most fighters show anger, fear, or tension, but true warriors show compassion, and a certain sense of relaxation.

I definitely am not one of these unique individuals, but I have witnessed their glory many times in athletic environments, and in bodywork sessions.

Therapists, do you have any warrior clients? Recognizing them can help you to better treat them, since they have the unique ability of being very sensitive people and at the same time require very deep bodywork.

They have a few key characteristics, (a) high hormone production (strong bones, musculature, and endurance), (b) very high pain tolerance, AND (c) a high level of sensitivity & body-mind awareness. If you end up with a very athletic client on your table, that seems to have a very high pain tolerance, assess his/her mind-body awareness level. If this person possesses all three of these characteristics, you probably have a genuine warrior on your hands. This is a rare find, and an exciting opportunity.

These are the types of people we should be looking up to, measuring ourselves up against, learning from, and having as our leaders! They are the ones setting the example for how we are to properly address stress and the things in life that really matter... dealing with daily stressors, and all aspects of life, in a graceful & relaxed way, simply because they're genetics has refined it over many centuries. They do not normally get pushed to their “edge” unless it is something that is genuinely life, their wellbeing, or their freedoms. They are the ones that have the right temperament... the right genetic abilities for their nervous systems to remain calm throughout their days.

And although they need deep work, if it is done sensitively and intelligently, you will see their energy fields open up rather easily.