



THE DIG ON SERIES –

Exploring Consciousness Through Osteopathy

*The purpose of this series of osteopathic courses is to help integrate the **Loving Heart, Innovative Mind, and Stillness of Spirit** into osteopathy.*

*Our mission is to help bring the digger and dreamer together so they are One. As osteopathic physicians, we have the honor of working with all human beings in a way that empowers them to express their own **Inner Light of Health**.*

*We choose to start from the Stillness,
the **Infinite Potential** of pure **Loving Awareness**.
In being Still, we get to know ourselves better and
allow ourselves TO BE the Truth of who we are
– loving conscious beings, all precious emanations of the **Oneness**.
And through this series, we step into the ease of Osteopathy
such that “suns appear (where you never even saw a star.)”*

*We look forward to connecting and sharing with you
in this “sacred science of Osteopathy.”*

✨ *And now, presenting an expanded version of our FOUNDATIONAL course...*

Sensing & Releasing Emotional Shock - Part 1+
(see description below)

Sensing and Releasing Emotional Shock - Part 1+

COURSE INSTRUCTORS and CO-DIRECTORS:

Arlene Dijamco, MD and James Gaydos, DO

COURSE DESCRIPTION:

Both conscious and subconscious patterns of emotional trauma can be felt in the body's tissues as structural associations. Stuck or unprocessed emotional and thought patterns contribute to both acute and chronic somatic and visceral dysfunctions.

Classically, osteopaths are taught to perceive the various strain patterns in bone, fluid, and membrane. This course will expand on those dimensions by helping you perceive the emotional layers directly and integrate them into the osteopathic treatment.

When appropriate, the stuck emotional and thought patterns can also be brought to the surface with "patient collaboration," providing a fulcrum of sorts to aid in the release of the somatic, visceral, emotional, and thought disturbances.

By addressing these additional layers in our work, we can both speed up the treatment process as well as help patients access a greater depth of healing.

PREREQUISITES:

Osteopaths and osteopathic practitioners with training and experience in cranial osteopathy and/ or biodynamics.

COURSE SCHEDULE

Tentative Outline: L = lecture, E = experiential / lab / practical, S = small group discussion, O = other, Q = question and answers

Friday, November 3, 2023

DAY 1	LPSOQ	Description	Minutes
12:30 pm	O	Registration	30 min
1:00 pm	E	Opening Lab: The Living Stillness	30 min
1:30 pm	L	Physiologic Responses to Stress and Trauma: A Foundation	30 min
2:00 pm	E	Creating a Nest for Healing	15 min
2:15 pm	L&E	Coaching the Patient: Ways to Approach	30 min
2:45 pm	L	Embryo Part I - Nervous System	30 min
3:15 pm	E	Lab: Flow of the Neural Tube	30 min
3:45 pm	S	Discussion in Small Groups	15 min
4:00 pm	L	Lab: Embryo Part II - Limb Buds	30 min
4:30 pm	E	Lab: Grounding with the Metabolic Field	30 min
5:00 pm	Q	Head check and Discussion	60 min

Saturday, November 4, 2023

DAY 2	LPSOQ	Description	Minutes
8:00 am	Q	Q&A	30 min
8:30 am	L	Day 2 - Opening Lab and Review	30 min
9:00 am	L	Embryo Part III - Lungs	15 min
9:15 am	E	Lab: Lung Buds	45 min
10:00 am	O	Discussion in Small Groups	15 min
10:15 am	L	Lecture: Embryo Part IV - Heart	30 min
10:45 am	E	Heart-Centering Meditation	15 min
11:00 am	E	Lab: Uncurling the Heart	60 min
12:00 pm	E	Lab: The Heart Field	30 min
12:30 pm	S	Lunch	75 min
1:45 pm	E	Spheres to Deepen Treatment	30 min
2:15 pm	E	Lab: Guided Lab: Reading the Heart Layers on Yourself	30 min
3:00 pm	E	Lab: Reading the Heart Layers on a Patient	45 min
3:45 pm	E	Discussion in Small Groups	15 min
4:00 pm	E	Lab: Guided Lab: Sensing Emotion Anywhere in Your Body	15 min
4:15 pm	E	Lab: Sensing Emotion Anywhere in a Patient's Body	45 min
5:00 pm	S	Head Check and Discussion	90 min

*THE DIG ON SERIES**Sensing and Releasing Emotional Shock - Part 1+*

Sunday, November 3, 2023

DAY 3	L/P/S/O	Description	Minutes
8:00 am	Q	Q & A	30 min
8:30 am	E	Lab: Grounding & Centering Revisited	15 min
8:45 am	L&E	Lecture & Lab: Expanding Your Perception with Topical Remedies	45 min
9:30 am	L&E	Lecture & Lab: Using Bach Flower Essences to Enhance the Osteopathic Treatment	60 min
10:30 am	S	Discussion in Small Groups	15 min
10:45 am	L&E	Lecture & Lab: The Diaphragm	30 min
11:15 am	L&E	Lecture & Lab: Addressing Static in the Biofield	30 min
11:45 am	L&E	Lecture & Lab: Integrating Mental Thought Loops and Emotional Short Circuits	60 min
12:45 pm	E	Closing Lab: Putting It All Together, Stillness Revisited	15 min
1:00 pm	S	Head Check & Discussion	60 min

Total possible CME Day 1 = 5 hours

Total possible CME Day 2 = 8.75 hours

Total possible CME Day 3 = 6 hours

Total possible CME Days 1 and 2 and 3 = 19.75 hours

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Bio for Arlene Dijamco, MD



Dr. Arlene Dijamco is a passionate physician with a mission to help bring the mental, emotional, and spiritual aspects of health back to medicine in practical and tangible ways.

A graduate of Harvard College and Emory University School of Medicine, she completed her pediatric residency at Albert Einstein. After finishing her residency, she began a two-year integrative medicine fellowship through Dr. Andrew Weil's program at the University of Arizona. Here, she explored a vast array of powerful modalities beyond conventional Western medicine; the one that moved and impacted her future most was cranial osteopathy.

She is the Chair of Membership for The Osteopathic Cranial Academy (OCA) and a regular faculty member for the OCA's introductory course in cranial osteopathy. Together with Dr. James Gaydos, she co-founded "The Dig On Series" of osteopathic courses to help integrate the Loving Heart, Innovative Mind, and Stillness of Spirit into osteopathy. She also collaborates with Edgar Cayce's Association for Research and Enlightenment (A.R.E.) as a co-host of the parenting podcast Edgar Cayce's Creating Calm: Parenting with Mind, Body, and Spirit with Corinne Cayce. In addition, Dr. Dijamco has a weekly YouTube livestream called The MultiDimensional MD. One of her greatest interests is addressing emotional trauma release. In that vein, she teaches Trauma Release Exercises (TRE) both in-person and online.

Dr. Dijamco founded the All Worlds Health family, which includes her practice in Roswell, GA, nonprofit, and online school. You can learn more about Dr. Dijamco's practice, background, and philosophy at www.allworldshealth.com.

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Bio for James Gaydos, DO



Dr. James Gaydos is a 1985 graduate of the University of New England COM and is board-certified in Family Medicine and Neuromusculoskeletal Medicine/ Osteopathic Manipulative Medicine NMM/OMM.

He mentored extensively with Dr. James Jealous, later joining his practice for five years, where he under-studied from the seed-development to the full-flowered Biodynamic concepts of practice. Dr. Gaydos also studied with Anne L Wales, DO in the Balanced Tension Model and Cranial Concept developed by William Garner Sutherland, DO. He is a current member of the A-Still Sutherland Study Group (ASSSG) that

originally formed around Dr Wales. Another inspiration in osteopathy was Dr. Louis Hasbrouck whom Dr. Gaydos met with regularly for several years.

Dr. Gaydos has also developed special interests in the following areas: Deciphering challenges to chronic somatic dysfunction through stance and gait; rebalancing dental bite imbalances and appliance failure mechanisms; evaluating vision lenses in a wide dynamic range of patient-use, management of metabolic-nutritional strain as inspired by the writings of Janet Travel MD; and management of EMF-emitting or contaminated devices that appear to interfere with Central Nervous System motion.

Dr. Gaydos served as Course Director of an annual four-day Course in Nagoya, Japan, for four years. This course was based upon the life-works of Dr. Jealous and Dr. Sutherland, as supported by Embryologic work of Erich Blechschmidt, MD, and further developed by Brian Freeman, PhD. Dr Gaydos currently serves as Adjunct Faculty at Touro University California, and current sponsor of the Students American Academy of Osteopathy at Vallejo. In addition, he is a regular faculty member of The Osteopathic Cranial Academy's Introductory Course. Together with Arlene Dijamco, MD, Dr. Gaydos has co-founded the "The Dig-On Series" of osteopathic courses to bring integration of the Loving Heart, Innovative Mind and Stillness of Spirit into osteopathy.

He is in private practice in Walnut Creek, CA. You can learn more about him at www.cranialosteopathic.com.

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Reviews from Prior Participants

“I wanted to send you quick note with capital-G-Gratitude for your work on the course! The concepts you presented mixed with your guidance throughout were otherworldly... Amazing manual, I took great notes. Honestly, Dr. Dijamco’s monologues were FIRE, meaning, so good. And importantly, the humility in this course, this work... is refreshing... got so much out of this that I’ll take to myself, my family, and my patients. Wow.”

— Carter Biskup, DO

“Usually embryology is dry, boring and hard to follow, at this course Dr. Gaydos made it easy to follow and understand by telling the story of the embryo with interest and clinical relevance to the labs.”

— Lilia Gorodinsky, DO, New York

“Thank you for your wonderful course! A little rocky start back at work but so amazing to see what is there to be seen and watch the beautiful effortless shifts. I’m in awe of the real healing taking place. I’m so very grateful for you and Jim sharing your love and knowledge to help us and all who we will be able to touch. My heart is free and overflowing with love! What a gift from the time you gave us all. 💕”

— Sasha Rupert, DO, Alexandria, VA

“Presenters are both excellent in clearly conveying useful knowledge and insight.”

— Richard Armond, DO, Suwanee, GA

“Exciting to see both of you expand into your own courses, integrating many modalities into one course.”

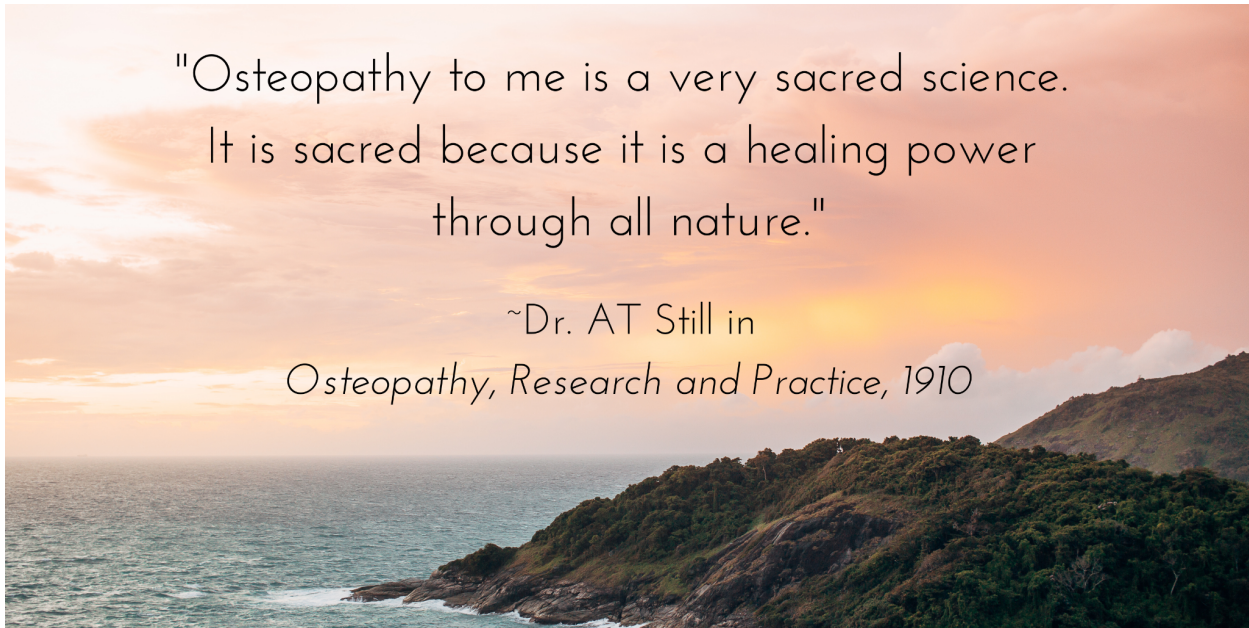
— Amy Dayries, DMD, FAIHM, Alpharetta, GA

A patient's story (after using the emotional release concepts you will learn in this course)

As a Health Educator and Chronic Disease Prevention Expert, I have been to many healers in my day, but Dr. Arlene Dijamco stands out from the rest.

In about 10 minutes, a 40-year block was cleared. I felt it in my body and was no longer triggered. Dr. Dijamco is a truly gifted healer that intuitively knows how to help her patients work through negative thinking patterns that no longer serve them. I can't thank her enough. If you're ready and motivated for change, Dr. Dijamco can be the remedy to help you achieve a sense of intuitive healing that is enduring.

-Mai T. Trinh, Founder of Mai Health Now & Health Educator



"Osteopathy to me is a very sacred science.
It is sacred because it is a healing power
through all nature."

~Dr. AT Still in
Osteopathy, Research and Practice, 1910

THE DETAILS

DATES:

Fri., Nov. 3rd, registration @ 12:00 pm PT through Sun., Nov. 5th, 2023, 2:00 pm PT

LOCATION:

The Garden Strathcona, 868 East Hastings, Vancouver, V6A 1R6

More information at thegardenstrathcona.com.

There are several street parking options in the vicinity. The Garden Strathcona is accessible via public transportation.

HOTEL BLOCK:

We are in the process of reserving a block of rooms at a nearby hotel.

PREREQUISITES:

This is an intermediate level course. Prerequisites are familiarity and prior osteopathic training in cranial osteopathy and/or biodynamics. We have applied for 16.5 hours of CME.

CANCELLATION:

All cancellations must be received in writing and are subject to an administrative fee of 15% of the total registration fee if received on or before October 3rd, 2023. Refunds will not be made for cancellations received after October 3rd, 2023, or for failure to attend.

No personal recording is permitted.

MEALS:

Tea, coffee, and snacks will be available during the morning and afternoon breaks. **A healthy lunch will be provided on Saturday** from The Garden Strathcona cafe.

REGISTRATION FORM - go to thedigonseries.com for [online registration](#)

CLICK HERE TO REGISTER AND PAY ONLINE, OR print and email this form to thedigonseries@gmail.com, and send in payment (see below). We look forward to seeing you in November!

Name: _____

Phone Number: _____

Email: _____

Address: _____

Credentials & Background in Cranial Osteopathy and/or Biodynamics:

AOA # (if any): _____

Dietary Preferences: _____

Coffee? Yes No

Rates:

Early-bird pricing through September 13, 2023 is \$1095 USD.

From September 14, 2023 onward, the rate is \$1195 USD.

- Check: Make check out to All Worlds Health and mail to

Dr. Arlene Dijamco
800 Old Roswell Lakes Pkwy, Suite 300
Roswell, GA 30076

- Credit Card (Circle): MasterCard / Visa / American Express

Credit Card #: _____

Name on Card: _____

Billing Address with Zip Code: _____

Expiration: _____

CVV: _____

If you prefer to call in your credit card information, email us at thedigonseries@gmail.com or call 678-629-3988.