

Tom Bowen

Tom Bowen was born in Australia in April 1916 and died in 1982 ironically of health complications at the age of 66 years. He was a married man with two daughters and a son, none of whom continued with his work after his death. He belonged to the Salvation Army and had a keen interest in sport, particularly football, cricket and swimming.

He started his therapeutic career by working with junior football clubs in Victoria, Australia, as a masseur and treated the general public at home after hours. He referred to his work simply as soft-tissue therapy and continued to develop, refine and experiment with it right up until his death.

Early in his career, Bowen discovered that he had what can only be described as an extreme hypersensitivity of the fingers and hands, which apparently enabled him to feel nerve transmission and consequently find blockages in the nervous and muscular systems.

In fact, oftentimes during experiments when working on somebody, if he performed a 'move' as he called them, which was wrong, he would receive a burning sensation in the fingers so hot, which would necessitate him quickly leaving the room to cool his hands under cold running water. Add to this unique ability of touch, a discerning eye for variation in the muscular surface tension on his client's body, you have a man with a rare and powerful experimental methodology for probing the body.

There is absolutely no doubt that Bowen demonstrated, genius-like abilities with the development of his unique work. According to his own conservative estimates he consistently achieved around an 88% success rate in just two to three sessions.

It is indeed fortunate that these unique abilities were further enhanced by his genuine compassion and love for his fellow man, plus a strong drive to help whomever he could and whenever he could, as this was frequently his inspiration that enabled him to create a system which is now usable by so many others.

A sign by John o'London which hung in his waiting room read as follows:

**I expect to pass through this world but once:
Any good thing therefore that I can do or any kindness
that I can show to any fellow-creature let me do it now.
Let me not defer or neglect it for I shall not pass this way again.**

Bowen became famous throughout his career for being able to cure the incurable, and find solutions when none seemed possible. He treated everybody the same, from street drunkards to the well known and powerful. He was well respected by the Geelong police force for his work with its members, being honoured at one stage with a commemorative plaque for his services to them.

When investigated in 1975 by the Australian Government for supposedly practising osteopathy without a licence, it was revealed that he was treating approximately some 13,000 people per year, with amazing success. Rather than closing his business down the investigation only served to make him and his methods more popular, well known and famous, a mantle ironically he tried to avoid.

His work did not stop with humans however, as he also achieved great notoriety for his wonderful success with animals. In particular he was well known around the Melbourne racehorse industry as his work so often helped a racehorse to victory.

Like so many artists and geniuses whose work continues to grow and prosper well after their death, Bowen's work in all its forms is becoming generally known around the world as Bowen Therapy and continues to grow in popularity amongst a wide variety of therapist groups. Osteopaths, chiropractors, physiotherapists, massage therapists, sports medicine therapists, acupuncturists, doctors, dentists, hypnotherapists, kinesiologists, naturopaths, and psychologists, to name the most popular groups.