

The Body Systems of BodyMind Centering® (BMC)

In the work of BodyMind Centering in order to facilitate embodiment body systems are grouped by tissue type and their related structures.

These groups of cells are unique in their contents and in what is let through their membranes

The Body Systems as organized in BMC:

THE NERVOUS SYSTEM*

- ❖ Brain - Spinal Cord - Nerves

Special Senses

- ❖ -Eyes
- ❖ -Ears
- ❖ -Nose
- ❖ -Mouth (overlaps with organs)

Somatic/ voluntary

MUSCLES – skeletal muscles including the diaphragm

BONES

FASCIA FAT CONNECTIVE TISSUE (&Ligaments) SKIN

Cellular – Intercellular & Intracellular

Lymphatic

FLUIDS

Blood (arterial & venous)

Synovial

CerebroSpinal Fluid

involuntary/autonomic

ORGANS: Liver , spleen, pancreas, skin, heart, trachea, lungs, mouth esophagus, stomach, large intestines, small intestines, reproductive organs, kidney, ureter, bladder

GLANDS: pineal, pituitary, mammillary, carotid bodies, thyroid, parathyroid, thymus, heart bodies, thoraco bodies, pancreas, adrenals, gonads, coccygeal body.

*The nervous System is the body's internal, electrochemical, communications network. Its main parts are the brain, Spinal Cord and nerves. The brain and the spinal cord form the Central Nervous System (CNS) The body's chief controller and coordinator. It is through the nervous system that we gain awareness of any of the parts and tissues of the body. Many parts of the NS are involuntary and we use the voluntary system to access awareness of these involuntary parts.