

Testimonial from Jack Ordner
Vietnam veteran and participant in Mind-Body Training
Minneapolis, MN 2008

Dear Jim,

First of all I'd like to thank you very much for the opportunity I was given to experience the Mind Body approach to life. I have been looking for ways to improve myself as an individual for many years, but for me many of the ways were too involved to keep my attention for a sustained period of time. This left me feeling that I would never advance from where I had progressed to, and then I went to PTP training in Minneapolis. My sole intention was to get some training I could use on homeless Vets and Vets with PTSD. I didn't think I would be introduced to a new way of helping myself. It was outstanding to say the least. I remember listening to you as you spoke from the stage, saying to take these processes home and before you do anything else, internalize it for yourself. Use it, practice it daily, know it as you do your hand or foot, own it, and it will improve your life.

Read the book, UNSTUCK, it contains all the info we are working with now. It felt that I was the only person in the auditorium and you were speaking directly to me. I came home for the conference with a renewed hope for myself and my fellow veterans. I dove into the book and read it cover to cover. I also proceeded to do some of the techniques we learned. I now do soft belly, some shaking and dancing and chewing my food until its liquid. I now have a better appreciation of myself and my body.

Becoming AWARE of whom I am and how what I do can affect my mental well being. I have taught soft belly to some of my close friends and relatives, and they are now using it and enjoying it. The simplicity of this approach, I believe, is exactly what the "doctor ordered" for homeless vets and vets with PTSD. I live with PTSD everyday of my life, from the Vietnam War and a work accident that left me burned, 2nd and 3rd degree, over 60% of my body. For you to say that antidepressants should be used as a last resort was a symphony to my ears. I had been on and off these drugs since 1994. They never seemed to cure me, they just numbed me to the point I felt as if I were a zombie. I had taken myself off these medications a couple of years back. Not that I'm cured, but this is the only life I have. I need to feel my feelings, though hard at times to deal with, they are my feelings and I need to deal with them not hide them with medications, not much different then hiding them with booze or illegal drugs, I need to face the DEAMONS that torture my soul.

For you, a well respected man in your field, to acknowledge this brought a hope that other mental health professionals will heed what The Center for Mind Body Medicine is delivering. A truly easy, thoughtful approach to health and well being, that anyone can do. I feel that many homeless Vets and Vets with PTSD can improve their lives with this simple but very effective approach. Again thank you all at The Center for Mind Body Medicine, and especially you Jim, for hopefully opening the doors to a better mental health program for our Veterans.

Love, Respect and Brotherhood
Jack C. Ordner