

## SESSION TWO ω STEPPING OUT INTO THE WORLD

*In the province of the mind, what one believes to be true either is true or becomes true.*

The second SOMA session focuses primarily on the feet, ankles, calves, and knees. Work in these areas affects the pelvis, the upper back, and the shoulders. The back is worked on towards the end of the session to match the lengthening of the front of the body accomplished in the first session.

The feet are of vital importance psychologically, because they are your physical contact with the earth. Once you find your center (center of gravity), the next step is to make that center secure. Our center requires “grounding.” If it is not grounded, or if there is an imbalance in the feet, the balance of the whole structure will be off.

Changing the feet results in changes throughout the body. Aligning the ankle joints so that they move horizontally, and freeing the feet so that they walk parallel helps to keep the center of gravity where it should be and keeps the body weight going down through the ankle and over the sole of the foot. This alignment helps to realign and straighten the body by decompensating the compensations that the body was forced to make for its imbalances. Successful foot work can make a difference in how a person “stands in the world.” Often the person has the feeling of having more grounding, more firmness, more sense of self as a stable person. The person literally has both feet on the ground and feels unafraid to “step out.”

Your feelings after this session are probably different than after the first session. Some people do not feel quite as high as after the last session, and you should feel much more grounded.

I want to stress again that to get the maximum benefit from this experience, you must lavish upon yourself the luxury of 15 minutes twice each day for finding out who you are. By now you should experientially be much more aware of your center of gravity.

### **Process**

*Years ago, I was overlooked for a role in a dance because I did not have classically curved arms. This decision motivated my visit to a bodyworker to begin addressing the tension in my shoulder girdle. After a one-hour session of gentle manipulation and repatterning, I left relaxed and seemingly unaffected. The next day my arm was very sore. As that subsided, my neck went into a spasm which lasted a week. When that passed, my left arm began to ache. I began to realize that the work was travelling through my body. For several months, my left leg would go numb whenever I was tense. Sometimes when I was performing, I wouldn't be able to feel my foot touch the floor. Eventually, this too left and the process was complete; it had moved through the skeleton and reached the ground.*

*Bodystories, Andrea Olson*

## PREVIEW OF SESSION THREE

In Session Three we have three main goals: (1) lengthening the lateral sides of the body from the ears to the knees, (2) unknitting the shoulder girdles from the thorax, and (3) further lengthening of the lower back by working with the quadratus lumborum. The results of Session Three will be longer sides, even better breathing, relaxation, and more immediately available energy.