

SESSION FOUR ω THE BEGINNINGS OF A NEW SECURITY

In order to influence the outside world, we must first be responsive to influence from within ourselves. In all important matters one should seek to attain the perfect calm of inner equilibrium. In the depths of introspection we will awaken to the highest influences of nature. The ramifications of this influence are good. -- I. Ching

This session, along with the fifth and sixth, are the core changing sessions. In the preceding sessions, we lengthened the front, back, and sides. We must now begin to lengthen the core. We will do that by working on the peripheral material that controls the position of the pelvis. Session Four frees the pelvis from below by releasing the large muscles at the inside (adductors) and back (hamstrings) of the upper leg. These muscles attach to the bones that you sit on, the ramus of the ischial tuberosity.

People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think that what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive.

Joseph Campbell

The muscles and diaphragms comprising the floor of the pelvis affect the location and functioning of the internal viscera. The imaginary “core line” that runs from the soles of the feet to the top of the head is too short. A string seems to be pulling down from the crotch. This session pulls up on the end of this string that seems to be attached to the top of the head. Some people gain about half an inch in height in this session.

Often the legs contain emotions that have to do with running away, standing one's ground, falling, or being bound. Following this session, you will experience the beginnings of a free pelvis, leading to security, balance, and efficient movement.

Session Four is somewhat similar to Session Two in that you feel more “grounded.” Most of us attempt to get our grounding by consciously and/or unconsciously locking our knees. Instead of increasing our grounding, this actually increases our concreteness and hampers efficient functioning and movement. The mechanism behind the locking of the knees varies with the basic emotional and structural pattern of each person. Following this session, you will experience an increased difficulty in automatically locking your knees.

Your balance is becoming more dynamic and less concrete. Your strength is beginning to

come from flexibility rather than heaviness. To use this new flexibility to its utmost, you must be able to center yourself in the line at your center of gravity.

PREVIEW OF SESSION FIVE

In Session Five we contact the actual core of the body. We balance the psoas muscle with the more superficial myofascia. After this session you will begin to experience a new relationship between your trunk and your legs.

FEELINGS vs. EMOTIONS

Feelings are natural: they need to be felt, expressed, and acknowledged. Emotions are feelings which have been distorted and which have a story attached. The story can keep the emotion alive in the mind and keep us avoiding the feeling experience in the body. A natural feeling lasts about 45 seconds and is released. Emotions last, and last, and last until an awareness of the feeling occurs. Once the true feeling is experienced, the emotion loosens its grip. We have an opportunity to heal once the awareness of the true feeling occurs. The awareness, the moment of noticing, allows us the possibility of letting go of the story and emotional drama.

Healing must always be accompanied by a sense of connection. Touch is healing because it puts us in contact with the feelings which are locked in the tissues. Touch connects us with the body and bypasses the “story” that has been told over and over but never released. The healing must occur in the body. The feeling must be recognized and released from the body.

There are five natural feelings.

1. LOVE/JOY/SATISFACTION

Purpose: Caring, unconditional love, and altruism, concern, giving and receiving nurturing. Emotional support, self-worth, self-esteem.

Distortions/Emotions: Demanding, possessiveness, expectations, instability, low self-worth, clinging, self-centeredness, avoidance of people.

2. FEAR

Purpose: Caution and discernment. A natural survival response, caution, startle response, flight-fight impulse.

Distortion/Emotions: Anxiety, panic, phobias, fears.

3. PAIN/GRIEF

Purpose: Expression of separation and loss. Dealing with loss, tears, and the sharing of loss.

Distortions/Emotions: Regret, blame, victim act, remorse, guilt, self-pity, depression.

4. ANGER

Purpose: Bringing about change. Self-protection, assertiveness, and firmness.
Distortions/Emotions: Rage, hatred, bitterness, revenge, resentment, self-hatred, lack of inner worth, powerlessness.

5. JEALOUSY

Purpose: Stimulus that impels and motivates us to grow, improve, emulate another person's behavior.

Distortions/Emotions: Envy, put-down of self or others, making wrong, low self-worth, lack of self-esteem, self-condemnation, competition, comparing, criticizing, judgments.

Karen L. Bolesky, M.A., L.M.P.

Some of the research is from Elizabeth Kubler-Ross, M.D.

FINDING YOUR CORE

Most of us overly depend upon the musculature of our legs, hips, and low back for support in standing and walking (Fig. A). In Sessions Four, Five, and Six we will be assisting you in the discovery and activation of muscles more central to your body's core (Fig. B). These muscles are designed to organize and support the internal tower that is your spine efficiently and effectively. It will take some time to get used to standing and moving differently. The benefits, which include freedom from back pain, knee pain, and more flowing ease of movement are powerful incentives.

Following Session 4 you will be more familiar with the musculature of your inner thighs and hamstrings that support your pelvis from below. Please spend a few minutes allowing yourself to observe and "digest" these diagrams. See if you can identify the differences in the two drawings and then locate these different regions in your body. Taking the time to sense and feel and visualize will very much assist in the repatterning process. Most importantly, remember to breathe fully. Allow yourself to entertain the notion of greater ease from the center of your body and the center of your life.

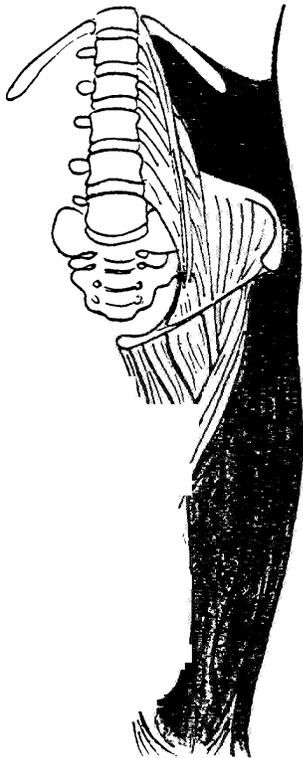


Fig. A.

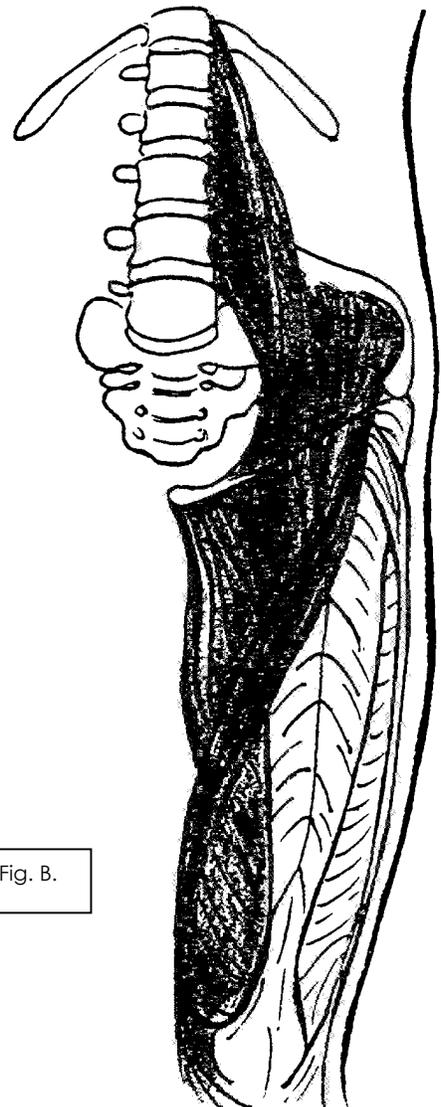


Fig. B.

SPINAL SEQUENCING

Begin standing. Take a moment to go inside and feel your breath.

With the breath slowly begin to roll down, one vertebra at a time. Allow each bone to open upon the one underneath.

When you come to a group of vertebrae that moves as a unit, stop and come back a little, breathe, put your awareness into the area, and you will be able to find the release of individual vertebra. The focus here is to discover smoothness in the movement. You will no doubt experience areas where the movement ratchets and jerks. Continue to stop, breathe, and find the release.

Be patient and compassionate with yourself to find the releases deep along these spinal structures.

Relax the knees and soften in the femoral (hip) joint. Check to make certain you are standing on the inside and not the outside of your legs.

At the bottom of the movement (you are dropped over as far as is comfortable), breathe, and slowly begin the roll up from the bottom of the spine, sequencing, through each vertebra.

Repeat at least once more. Each time bring your awareness deeper into your bones.

In between each roll down, allow yourself a moment to access the change that takes place each time you give the body the opportunity to self-correct.

Incorporate this movement into your day whenever you would like to become more present in your body.