

## SESSION FIVE ω FURTHER EXPANSION

*The less effort, the faster and more powerful you will be. --Bruce Lee*

A person with the typical pre-Session Five look has an anterior abdomen (bay window) and is holding their “stomach” in to keep “stuff” from falling out. The work on the adductor muscles in Session Four allows you to get further into the core of your body. Now we begin to balance the intrinsic and extrinsic muscles, or the inside and the outside. This balancing effects great changes in the ability of your bodily systems to function.

Session Five deals primarily with two muscles. The large abdominal muscle (rectus abdominis) attaches to the upper ribs and goes down the front of the body to the pubic bone. This muscle is usually either toneless or hyper-toned. It is overworked and unable to balance properly with the psoas muscle (which goes down the front of the spine). The whole psoas-diaphragm system is out of kilter. In this situation, the psoas, which should be active in nearly every movement of the trunk, is often not used at all. One goal of this session is to balance these muscles, much like you balance a tent pole by equalizing the tension on the guy ropes.

The psoas muscle attaches to the front part of the lower portion of the spine, runs down the spine and through the pelvis, ending up on the upper inside-back portion of the thigh bone (femur). The psoas is the only muscle that goes through the pelvis. Therefore, it connects the top part of the body to the bottom, the spine to the leg, and is crucial for pelvic movement, walking, body balance, and sexual movement.

Session Five relieves pressure on the abdominal and respiratory organs, decreases the tension around the pelvis and genitals, frees the abdominal area at the superficial and deep layers, brings the pelvic floor to horizontal, and lets the lower back shift rearward.

### PREVIEW OF SESSION SIX

Session Six completes the work with the pelvis. Most of the work is along the back. At the end of this session

you will be shown an exercise and a way of walking that probably would have been impossible for you to do before your pelvis was worked on. This type of walking is the way you were biologically designed to walk and move. You will be able to walk using only a fraction of the energy that you used before.

*If you've ever been accused of being over-emotional, consider the observation by sage Joseph Collins: "By starving emotions we become humourless, rigid and stereotyped, by repressing them we become literal, reformatory and holier-than-thou; encouraged, they perfume life, discouraged, they poison it."*

# **AUTOGENIC TRAINING**

## **FORMULA III**

One of the most important factors in AT success is “passive awareness,” effortless effort; attention applied in a detached manner designed to produce a self-induced trance. Two weeks of twice-daily practice usually enables you to achieve total heaviness and total warmth within 1 minute. Total heaviness provides complete relaxation of the striated musculature while total warmth improves circulatory function. The third formula, MY BREATHING IS CALM AND REGULAR, improves respiration and reduces anxiety when used in stressful situations. When the formulas have been mastered, they can be called upon in daily life as needed.

As you begin each practice, visualize The Return to use at the end of the 10 minutes. State to yourself, I AM AT PEACE, then the first formula, MY RIGHT ARM IS HEAVY, in a series of three. When total heaviness comes over the body, go on to the second formula, MY RIGHT HAND IS WARM, in a series of three. When you have reached total warmth, begin formula three, MY BREATHING IS CALM AND REGULAR, in a series of three.

The mental signs used in AT Formulas I and II can be used along with the repetition of the formulas in sets of three. An image of a peaceful sea with the ebb and flow of water on the beach is often a good one for MY BREATHING IS CALM AND REGULAR. Make a mental sign reading “BREATHING.”

This formula for breath has some of the same beneficial calming effects that are achieved through regular meditation. A sense of peace and restoration of energy is felt after a good 10 minutes of practice.

If you experience difficulty in falling asleep, Formula I, MY RIGHT ARM IS HEAVY, without a time limit or The Return, will often produce a deep, restful sleep in a few minutes. Many people fall asleep quickly and sleep through the night using this formula.

Once you are comfortable with the formulas and have used them for three to six months, you can do them while sitting in a chair when necessary. This is not recommended until you have practiced adequately while lying down. Be sure to discuss any difficulties or questions you may have with me.