

SESSION SEVEN ω GETTING YOUR HEAD IN THE RIGHT PLACE

Every man is the builder of a temple, called his body, to the god he worships, after a style purely his own, nor can he get off by hammering marble instead. We are all sculptors and painters, and our material is our own flesh and blood and bones.

--Henry David Thoreau

Almost without exception, everyone has their intrinsic structure broken at the neck. The first six sessions have organized the body fairly well below the neck so that your body probably looks pretty good from the neck down. One of the main goals of Session Seven is to organize the neck vertebrae with the back vertebrae.

In Session Seven we work with the outside muscles of the head and neck and then with the inside muscles. First we release the muscles of the neck (trapezius, levator scapulae, sternocleidomastoid, splenius, and longissimus); then the jawline, especially the muscles forming the floor of the mouth; then the muscles that go down the neck (suprahyoids) and that attach to the spine in the back of the neck, by working inside the mouth with the fingers. These releases enable the head to sit upon the body in a straighter position.

Tightness of the top of the scalp and behind and above the ears is released. The channels inside the nose (nasal meatuses) are opened wider, and the external facial muscles are drawn back. There are many nerve plexes (networks) in the face. Release of these plexes frequently leads to a feeling of euphoria.

Deep work is done around the eyes, where there is often considerable tension. Some theorists believe that the first place where people lock their energy may be in a blockage around the eyes. Our eyes are our main contact with the outer world, and we often express various feelings about contact with people through unconscious manipulation of the eye muscles.

One important result of this session is a significant increase in self-reliance. You will probably notice a feeling of increased power in your life. An increased control, which you have over both yourself and others, becomes apparent. This opens an opportunity for you to feel better, do more, and remain calmer. Your body is more centered. This is an appropriate time for you to use this freedom to get more in touch with your calmness and your center.

PREVIEW OF SESSIONS EIGHT, NINE, AND TEN

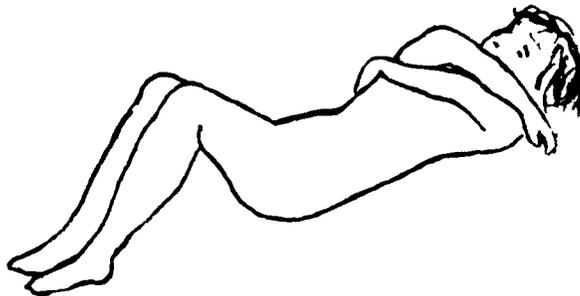
The last three sessions put the body structure together in a new and more efficient manner. These are the real integrating sessions. Session Eight works with the lower half of the body, Session Nine with the top half of the body. Session Ten places the entire body into the greater energy system of gravity in such a way that all your systems work cooperatively with gravity rather than in opposition to it.

CONSTRUCTIVE REST

The physicist defines a body at rest as a condition “when all opposing forces are in equilibrium and when no work is being done.” Physically, for the human body to be at rest, theoretically it should be in a position that requires no muscular effort.

Physiologically, rest gives time for the bodily processes to return to minimal activity, thus providing a period of recuperation. Daily rest, therefore, is physiologically essential to our activities. The knowledge of how to attain maximal benefits from even a short period of rest should be a skill living in your body.

The positioning of the body for constructive rest, not for sleep, is one in which the pull of gravity aids in reducing muscle strain and in balancing the relaxation of muscles throughout the body.



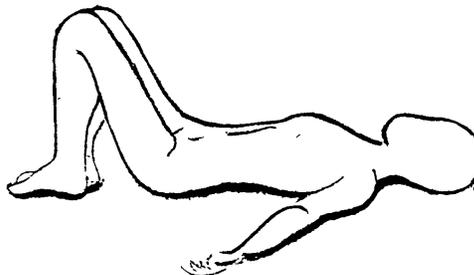
Assume a back-lying (supine) position on the floor with a small pillow under your head only, not under your neck. Bend your hip and knee joints to bring your feet to rest on the floor as close to your pelvis as is comfortable. The angle of the knee bend should be approximately 90 degrees. Place your feet, preferably in line with your knees and hips, so your toes point straight ahead. Rest your arms across the front of your chest, but do not fold them or grip any part of your body with your hands.

The length of time you can rest without discomfort increases with practice of Constructive Rest Pose. The period of rest should probably never be longer than 45 minutes; around 20 minutes is advisable. To get up from the rest position, always roll over onto your side, then come to a four-legged position with the weight on your hands and knees. Get up slowly to avoid any possible dizziness from a sudden shift to the upright position.

HEEL ROCK

The following movement is designed to help you discover or clarify the connection between your feet and the ground and to send that connection up through the core of your body.

- Begin by lying on your back with your knees bent. Place your feet in line with your sitzbones (your feet will be not more than a couple of inches apart).
- Make certain your low back is in a neutral position which means it is neither extremely arched away from the floor, nor is it flattened against it.
- Take a couple of moments to breathe deeply in and out as you yield your whole weight into the floor. Let your mind slow down and feel your weighted self being supported by the Earth beneath you.
- Put your attention into your feet and sense or imagine the weight of your feet connecting you to the center of the Earth.
- Now that you have this weighted sensation, begin to press and then release with your feet. Press, release, press, release, etc., until you establish a flowing rhythm.
- Continue rocking and focus your attention on your bones. Relax your skeleton with your breath as this rocking rhythm from your feet moves up through all your joints; rocking, sloshing, and soothing your bones, as well as all the soft tissues of your body.
- Be certain to let your neck go with the rocking so your head is free to bob up and down like a leaf being carried effortlessly on top of the river.
- Allow whatever images float through your mind to be there and simply enjoy the ride.



Peggy Hackney, *Making Connections*, pg.99