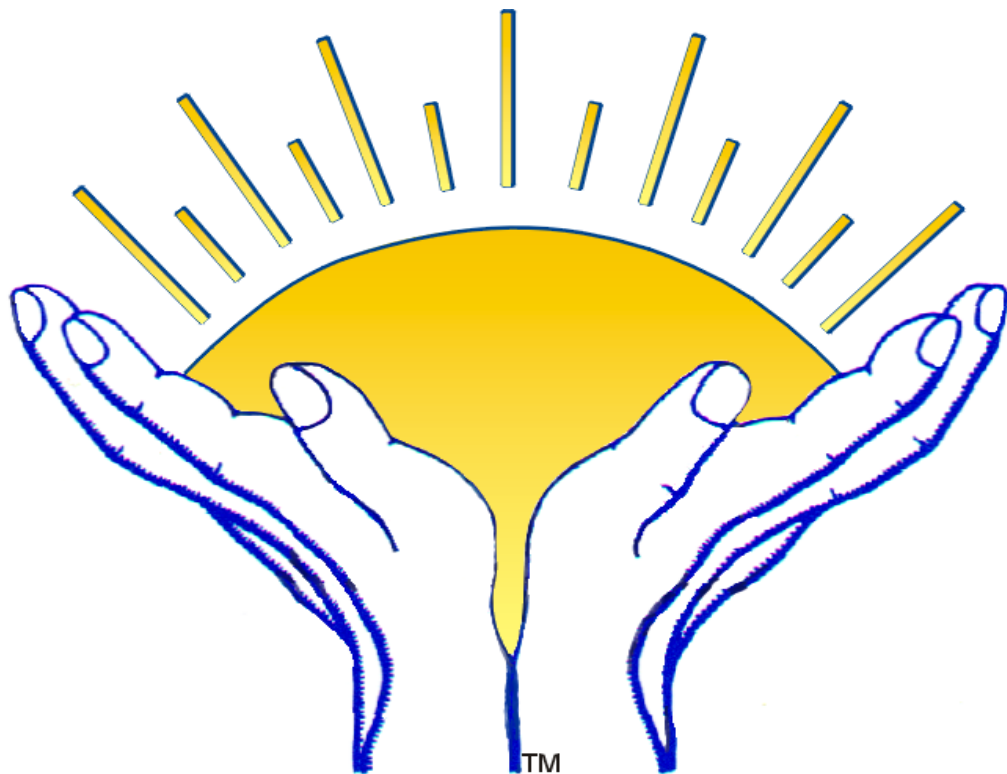


Your Six Gifts To Successful Healing!



Unlimited BodyTM Manual

Arne Rantzén

Published by Arne Rantzen

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Introduction

This workbook demystifies *Your Six Gifts to Successful Healing* and is the foundation of Unlimited Body. These *Six Gifts* are essential for both successful healing and continuous health.

Unlimited Body is a natural healing system perfected over many years by the originator Arne Rantzen and his personal healing journey. Some of the sources that inspired Arne's journey included Reflexology, Aston-patterning, Rolfing, Craniosacral therapy, Reiki and Body Harmony, but most of all the innate healing impulse of the human body.

The purpose of Your Six Gifts to Successful Healing

- ◆ To transform you to have health, ease and abundant aliveness.
- ◆ To learn how health and comfort works, so it can be continuously enjoyed.
- ◆ To provide a solid foundation to become an Unlimited Body practitioner.

About writing this workbook

There are unfortunate pitfalls in writing and reading a book about healing. Every reader will translate and understand the information through their past knowledge and experience. There is a part of us that does not want to learn anything new, so we understand what we are used to.

Writers can use the same words but have quite a different meaning. Some descriptions may appear to be similar to other sources, but you may find that the actual meaning and application is quite different.

For example, many healing techniques say that they utilize the body's natural healing. They also indicate that they support this natural healing in some way by adding some exercise, diet, energy or correction. Unlimited Body sees correcting, balancing or giving energy to the body, as not actually utilizing the body's natural healing. In Unlimited Body, natural healing really means that the body does it all on its own.

I hope that you will consider giving yourself an actual experience of Unlimited Body instead of taking the information in this workbook as something you already know or assume that this is just another technique. Learning from these exercises on your own doesn't ensure that you have an Unlimited Body experience.

The assistance of this workbook, the experience of the workshops, and the guidance of an Unlimited Body teacher are suggested in order to receive the comprehensive understanding of these topics.

The Unlimited Body homework

The homework for the Unlimited Body workshop series facilitates the integration of your learning and maximizes your healing. Completing the homework is also a requirement if you want to become an Unlimited Body practitioner.

The Unlimited Body homework consists of exchanging 24 Unlimited Body sessions with another student. Through these exchange sessions, you get supported in receiving twelve sessions and support another workshop participant in receiving twelve sessions. Your sessions should implement the information and learning from your last workshop and follow the instructions on the last page of each chapter.

The homework also includes writing your experience down and giving it to your Producer or Teacher, or you can send it to Unlimited Body.

Notes from the author

In this workbook I am sharing with you what has had and continues to have the most impact on my healing and personal growth process.

This workbook has been put together from material I have learned and experienced during the course of my life, particularly as an Unlimited Body practitioner, producer and teacher.

I thank the universe for providing me with the space and time to experiment with and fine tune this material to be the best.

I am still on my personal development path and learn more every day. Further learning keeps me and Unlimited Body effective and exciting.

I know that Your Six Gifts to Successful Healing workshop series will have a strong affect and be of benefit to you.

All Good Influences are invited to support Unlimited Body.

I wish that all good results that come from the Unlimited Body directly or as a result of its ripples will be of benefit to all beings.

Acknowledgments

Most of all, I would like to thank the inspiration of the truth that exists in the universe. It has inspired me to learn these topics as a way of my own healing and as a way of sharing these profound methods with others.

I acknowledge my parents who have patiently stood by my side through all the amazing endeavors that I have encountered.

I am grateful to my spiritual teacher, Khenpo Tsultrim Gyamtso Rinpoche. He showed me that this life has a meaning and that there is such a thing as spiritual awakening. He guided me from being a lost soul to having a purpose for being alive.

Dr. Don McFarland taught me how the body spontaneously heals, if given the chance, and that love and acceptance were the tools needed to let me open and trust to feel my emotions and aliveness again.

Sondra Ray taught me how to access my spirit through breathing, and the creative power of my mind.

Bob and Mallie Mandel showed me what community and friends are all about and what it means to be a true teacher.

Dr. Monica Garaycochea has encouraged me to share in writing what is most important to me and publish this Unlimited Body workbook.

Thank you Unlimited Body friends and editors who helped to communicate the Unlimited Body language while expanding your understanding and supporting me to live Unlimited Body.

Thank you Unlimited Body teachers, producers, organizers, practitioners, students and clients for your vision and compassion to inspire yourself and others to benefit from Unlimited Body.

The Learning Process

Allow yourself to learn

If you want change in your life, want to learn some principles about how life works, or want to experience more passion, health and aliveness, Unlimited Body can support your path.

As adults we tend to deny ourselves permission to learn.

- ◆ Don't judge yourself for not already knowing everything.
- ◆ Having a "beginner's mind" when you learn and practice Unlimited Body is essential. If you already know, there is no possibility to learn.
- ◆ Be patient with yourself and your process. When you feel impatient with yourself, you are probably just about to learn something new.
- ◆ If you start feeling negative, try to recognize what was bothering you before and during your experience. Perhaps you will notice that this is your usual pattern of behavior. Try some new behavior. When you find your negative thought, choose an opposite question and keep working with this new positive question until it is the predominant one.

Keep the learning going

If you hear something that you don't agree with or if something doesn't feel right to you, it serves you and everyone else to openly discuss your doubts. If you don't get this communicated and completed you will be preoccupied with it. This is the ego's way of keeping you from learning more. Engaging is how you will get true value.

Stay open to learning

Our bodies always show the truth. If your body contracts and gets tight when presented with new information you may not have processed the new information enough, and may be blocking something that feels right to the body. If the information is wrong you can easily disregard it. Help yourself. Notice when you close up by tightening your jaw, forehead, knees, and ankles, or by folding your arms or your legs. Choose to relax and have an open body and ask questions of your teacher if something doesn't sink in, feel right or seem clear.

Value confusion in the progression of relearning

During your re-learning you sometimes get confused. This is because you have developed a specific understanding of how to live and new information questions and opposes that reality. When you get two equally valid realities and you don't know which one to choose, you feel confused. The confused state is healthy. It is a sign that you are starting to accept a new point of view and have actual change in your life. When you are confused the process is already half way done. Then the only thing you need to do is relax and let the momentum complete the process of totally accepting your new life.

Observe your ego's manipulation to avoid learning something new

You may resist new learning because of the memories you have of change. When you learn something that creates change you open up and feel more activity in your body. Some people call this activity fear, because it reminds them of the last time that they had a similar amount of activity. That time the ending was limiting and they lost trust in the experience. Other people call this activity excitement, because they trust change and are thrilled about having more aliveness.

Sometimes you are too afraid of learning and changing, so you try to protect yourself. Here are a few of the common ways you can avoid change:

- ◆ Something else *suddenly* seems to appear more important, such as a new relationship, job, etc.
- ◆ You share with a select few students or friends what you don't like about the new information instead of asking for clarification and discussing what the truth is.
- ◆ You judge the teaching and the teacher. At this point you are actually not letting the information and experience touch you and create a new response within you. In this mood, you usually don't want to change. If you were to talk about your present time experience you would probably learn something, but the ego convinces you to keep the frustration and to not communicate with the person who can bring clarification. If you feel that you have to keep yourself separate and keep secrets, you are not participating in life as much as you can. You can try something new, ask yourself what value you have gotten so far from learning, and choose to let your life give you what you deserve.

Meditation

Unlimited Body is a natural meditation of being present in the here and now. If you know and like meditation, Unlimited Body will be easy and serve as a time of meditation for you. When you receive and give Unlimited Body it is good to be very present. This is meditation in action.

Trying out your new self

When you relax and feel safer than before, you begin to test behaviors that were not accepted before to see if they are acceptable now. Don't be surprised if you find yourself doing things that you haven't done in a while. This is your healing.

Acknowledge your progress

The most difficult thing for us is to change. Whether people have good or bad lives, they keep behaving according to their individually learned programming because it is more comfortable to be on familiar ground than to change. If you are trying to learn something new about yourself, particularly if you are trying to change yourself, you are a Spiritual Warrior. Acknowledge your courage in trying something new and unfamiliar.

Notice any change you make. Stay with the knowledge of the change a little while. Congratulate yourself, be patient and gentle, and success will be your reward.

**Go beyond your comfort zone
and get excited about feeling alive again
through participating in evolution.**

The Healing Process

What is permanent health and happiness?

You achieve permanent health when you are aware, mentally stimulated, emotionally alive and physically fit. For this to happen your tissue needs to move and be vibrantly alive which happens when you feel safe and inspired. This in turn is based on your choice to be conscious about your experience.

Seriousness about healing comes from the ego. Healing into acceptance is divine.

What is healing?

- ◆ Healing is becoming conscious.
- ◆ Letting go of judgments and allowing evolution.
- ◆ Allowing feelings.
- ◆ Letting go of physical contractions.
- ◆ Re-moving issues by releasing tissues.

What blocks healing?

- ◆ Being unaware of how the body, mind, emotions and spirit work.
- ◆ Not using your body, mind, emotions and spirit to your optimum potential.
- ◆ Giving ad-vice to yourself or others, instead of completing Incomplete Experiences.

What is the premise for healing?

Healing is tricky, because you usually start with the premise that something is inherently wrong and that you constantly need to create health, by exercising, diet, etc. With this attitude you need to always have something to heal.

The attitude that you are inherently healthy and just need awareness to remember that you are inherently healthy and that your body has a healing impulse, is the path to permanent health.

Who is the healer?

Health is a natural state. Our bodies are always drawn towards health. The healer is inside us and re-creates health if it has been lost, unless we interfere with our ideas.

For example: If you have a cut in your skin, the body immediately goes to work to stop the bleeding. The outside support, such as covering the cut, can actually prolong the time it takes for the wound to heal. Another example is the common cold. You don't have to tell your body to release the cold. The process begins immediately. Without your input, the body restores itself to health and often puts you in bed for a day or two to get the job done easier.

Is all healing safe?

With Unlimited Body, Yes!

- ◆ As a client, you have a safety mechanism within you that stops the process at hand, if you are unable to assimilate the changes. Sometimes after you have had a session or received a new insight you may feel fear about this "new" outlook and try to change back. This might create a struggle and a resistance to completing the session. However, as you acclimate to your new level of aliveness, the next step will present itself at the appropriate time.
- ◆ Your body and your consciousness is open and free flowing. Anything that you have released is gone, like the darkness is gone when the light shines again. Some believe that a healer can take on others negativity, but in Unlimited Body you can only take on other's stuff if you choose to take it on. This "taking on" doesn't happen from someone else but is an active process. Choose to lighten up and you'll see those around you start to shine.

Unlimited Body doesn't correct something, so it is free from negative effects.

The effective Unlimited Body healing environment

Keep your healing space as neutral as possible so you can surrender. Keep the following in mind:

- ◆ The colors, furnishings and cleanliness of the healing room should not be taking attention by being dirty, cluttered or excessive.
- ◆ The lighting should preferably be normal and not too bright or too dark. Dim lighting may give a sensation of secrecy or invitation to sleep. Too bright lighting gives a feeling of sterility, which doesn't promote safety to feel.
- ◆ The temperature of the room should be around 70 degrees Fahrenheit. This temperature helps your tissue relax. You may experience temperature changes, even though the temperature has not changed. This is usually just a fleeting experience, and you should preferably not stop the session to cover up unless it is really necessary.
- ◆ Music puts you in a certain mood, not honoring your personal healing space. Keep an environment that is open for each person's personal mood.
- ◆ Keep open space around the healing room so you can move freely.
- ◆ In order to always be prepared for the most efficient treatment have the table adjusted to the optimum height. This should be so the practitioner is comfortable. The practitioner should be able to easily lean with one knee on the table with a relaxed back and without the table being too high. The table height may be dependent on the chair height and with an adjustable height chair you can easily sit with a straight and relaxed back and without having to lean forward or backward to reach the table.
- ◆ Remove any glasses, big necklaces, earrings or other sharp or cumbersome ornaments from areas where they can cause injury such as on and near the table. Use common sense when applying this.

The attitude that inspires unlimited possibilities

An Unlimited Body Practitioner's attitude is to empower clients. Accept whatever steps the client wants to take. If a client wants to work on a specific issue, without outside input, then be quiet. If a client wants to hear your perception about their situation, speak up while continuing to empower your client's ideas and experience. Do not express your ideas without permission. Follow the client's journey without judgment. Keep your attention on your work. Do not stop what your client is doing, unless they are in danger or they have asked you for your input. Don't stop your client's experiences. Rescuing a client might be obstructing their healing in progress. If a person is having a release, just keep doing what you are doing.

Embrace the balance between technique, love and intuition

Technique is a good basis for healing, but love or another way to say this - acceptance - is the real healer. When a person no longer defends themselves, they feel love and surrender. Follow your intuition and choose a balance between technique and love. When you follow your intuition, be aware that your intention is to inspire and empower your client. It is not always appropriate to tell them your psychic experience or intuition. Follow your client's lead. Be aware of the relationship between your intuition and where your client is.

Avoid predictable sessions

When you begin to do bodywork sessions you sometimes feel unsure of what you are doing. When you get uncertain, you tend to fall back to the old methods that you have learned. You tend to get uncomfortable with unknown situations, potential change and increased aliveness. Your usual response is to get out of your present experience. You begin doing something that you have done before, something predictable. Or you reject the situation and turn your focus elsewhere. Avoid going into this familiar process. That is where the magic is. Have courage to continue into unknown territory and real change.

Choose the people you work with

As a practitioner and a client, it is essential to feel comfortable in the presence of each other to inspire healing. Being able to communicate this in a session, during a workshop or in a professional setting, will bring more surrender and ease into your session. If you are uncomfortable receiving a session from a particular practitioner, you can choose another. If you are uncomfortable giving a session to a particular client, refer your client to a colleague.

The Unlimited Body Practitioner gets healed too

When you work with Unlimited Body you get the amazing experience of touching the life-force or spirit of tissue. You also receive healing yourself, as you work with others. When you learn and practice Unlimited Body you contact your own healing process. Don't be surprised if you experience more feelings and improved health on your part as you witness the healing of others.

Listen to your client

If you respond to a person who is speaking to you before they have finished speaking and you think you know what they are going to say or what they mean, you are not really considering their information. Let your client finish what they are saying and notice if your own body has any reactions. If you have a reaction, explore what that is and how you can use it in your session. Do not see your client as imperfect. Support your client to their next step through release and surrender to perfection - not through correction.

The way the Unlimited Body practitioner inspires clients to heal

Imagine not having any limitations about how much change your client can have. Maybe you have personally never heard of or experienced a certain change, but that doesn't mean such a change hasn't happened before. Somebody can probably show you a case when such a change actually happened.

The limitation of the practitioner can become the limitation of your client. Don't have limitations about how much change people can or should have. If you are invested in your client having a certain change in order for you to feel good about the session, you are limiting your client. The client feels fully supported when the practitioner does not judge the session. Point out the possibilities for your client and allow your client to choose and own the results.

The client's session can take any number of directions, so predictions and diagnosis are not valid and actually have a stagnating influence on the healing.

An Unlimited Body practitioner strives to be an inspiration. If the practitioner doesn't inspire the client to something new, the client will not take that leap in the presence of this practitioner.

Unlimited Body focuses primarily on stopping the interference to healing, thus empowering your only real healer.

The basic cause for dis-ease

We have an unconscious desire to go back to our source. This is a big and deep blockage to permanent healing. As human beings we believe that we need to die to find paradise. This creates a belief that we have to find a way to die. If someone has a disease and the reason they have this disease is to fulfill their wish to leave for paradise, they need to address this belief before they can continue with permanent healing. If they don't address this, but still heal a disease, then they just have to find another way to die. Such healing is not only temporary, but prolongs a chosen path. We need to respect people's choices. If you feel you can heal someone and do so without their real consent you might be trespassing on their path. Discuss this topic with the people that it applies to.

When we feel more we heal more.

Sometimes dis-ease seems to have some benefits

If you receive money from insurance or disability, you would lose the financial benefits of your dis-ease, and need to find another income source, if you got healed. If you receive special care from loved ones or hospitals because of your dis-ease you would have to find other ways to satisfy your needs.

Your aliveness and its expressions are expressions of your divine self.

Trust your power and your path

Successful people make decisions that support them in their evolution process. They have successes in their healing process. They make commitments and stick with them until they have reached the end. Unsuccessful people either don't make decisions, and stagnate, or make decisions that they constantly revert from every time they have a little opposition or learning. They don't achieve their goals or experience healing and growth. The purpose of a choice is to create, to have an avenue to grow personally.

Your healing affects others

When you go through healing and change, other people are drawn to you to experience similar healing. They do this because they feel the safety and knowledge you have on the subject. This looks like people get into situations in your presence that require your expertise. Don't be surprised if you find yourself in situations where you will need to apply the Unlimited Body principles.

Expect to feel more alive as a result of participating in Your Six Gifts to Successful Healing!

You will have more experiences as a result of the practices in this workbook. Any kind of experience indicates aliveness which is opposite to death, which means having no experiences. Many experiences or feelings are misunderstood and made undesirable. If you have a tingling or other sensation in any part of your body, that body part is waking up. This is contrary to what we usually believe. If you feel hot in general or in some part of the body, that area is receiving more blood. This usually happens when the tissue relaxes and opens up the space for the veins to allow more blood flow. If you feel cold your body is having an experience of change. Change is always good. Having an experience of breathing more or feeling the heart more is a stronger experience of spirit and aliveness. Emotions are also a sign of aliveness. Imagine telling your children to not feel their feelings. We don't treat them that way and if you want to be healthy you should have feelings to.

Any of your sensations will cease to feel strange within moments if you do nothing and just stay with what is happening. When you have a freer tissue, you have released whatever it was that stopped the tissue movement in the first place. In the release you might remember what it was that made you stop the tissue movement. The usual response is to want to have the same behavior once more and go back to your cocoon. But you will always come back to relaxing and releasing the tissue until you just let it be freely moving.

How do you know what healing is in your best interest? The ultimate test is that of life and death. There are many words, such as spirit or energy that mean life. All of these words indicate movement. There is no energy and no life without movement. The opposite is true for death. There is no movement in death. As long as you experience movement you have aliveness. If you are going from one situation to another and wonder if this is a good move, you just need to analytically notice if you have more or less movement. More movement indicates and confirms a positive change.

You also need to be aware of and accept where you are at in the present time. From this place you have to be true to your current beliefs and speak your current truth and understanding. Unlimited Body and this workbook do not go beyond your common sense. Most of all, never substitute your common sense for un-experienced, wishful beliefs.

My Roller Coaster to Freedom

This is probably the most important information in this workbook, because it will put your attention on how to follow through on your healing path.

The learning yoyo effect

People are usually very excited about starting the Unlimited Body workshops. In the beginning of the workshop you may feel that you get a lot of information and that you understand it. After a while, as the workshop opens up your aliveness and your emotional self, it is common to want to slow down the learning. You may feel overwhelmed and have feelings of self-doubt, lack of understanding and thoughts that this is not for you. As you continue the workshop you may feel that you are on top of the world, that you get it all, and that you can't or don't need to learn anymore. Since all these experiences come and go, be advised not to put too much importance on them and definitely don't act on them. Instead, stay with them and see their short and fleeting existence.

Our tendency is to want everything to stay the same

The tricks are many. The ego tries to distract us from the healing process by focusing on something that will not create change. For example, If we are about to relax and let go of pain, the ego feels impatient and doesn't like the heightened experience of our body and translates this as not good. Then it tries to negate it instead of realizing that the heightened experience is a sign of more aliveness and health and should be accepted and enjoyed.

Your ego stops you from actually achieving your choices. When you choose a goal or a healing path you invite more fun, insight, movement, love, and experience into your life. Sometimes these experiences get other names such as risk, fear and discomfort. The best way to progress towards freedom is to be very aware of these feelings, experience them, and talk about them. If the experiences are labeled as things to get rid of, the ego will come up with many reasons and methods to quit. This is Self-Sabotage. Self-Sabotage is in progress when we find that we want to retreat from a chosen course of action. If you first chose something that you felt good about, and then it doesn't feel good, you may be sabotaging yourself.

This may also be described as hitting your Healing Ceiling. Stopping a healing in progress postpones a healing that could have been accomplished with ease.

Be aware of the ways in which your ego tries to take charge and stop your healing. This awareness will help you complete what you set out for and receive your full healing. If you start to feel guilty about your choices it is another sign that the ego is trying to stop your progress. If you do not resist the healing, you will become aware of having been at the edge of a release into more freedom and will heal with ease.

Some indicators that deep issues are surfacing and change is near

- Wanting to change your plans.
- Thinking about leaving.
- Feeling of impatience, nervousness or vague anxiety.
- Feeling disappointed.
- Feeling overwhelmed.
- Feeling anger in any form.
- Criticizing, being argumentative or picking a fight.
- Feeling defensive or blaming others.
- Fearing that you are going to lose something.

- Fearing that you will fail.
- Not liking the new experience of feeling and success.
- Suddenly can't find time to follow through.
- Suddenly finding a new relationship that becomes more important and encourages you to stop participation.
- Suddenly feeling that you don't give your client, family or business enough attention.
- Suddenly can't afford to follow through.
- Believing you disturb others and have to leave to give them what they want.
- Unwillingness to hear another person's point of view.
- Feeling that you are too exposed.
- Pretending to be OK when you have judgments about someone.
- Car won't start.
- Can't find a baby-sitter.
- Disruptive tendencies. Doing things that take the attention away from whoever has the floor.
- Having difficulty staying present, going to sleep, zoning out or having attention on something that is not in your immediate surroundings.
- Either extreme need to get attention or feeling uncomfortable with having attention.
- Arriving late or leaving early.
- Feeling rushed.
- Feeling that it takes too long to learn or that it is too difficult.
- Feeling isolated, abandoned, alone, misunderstood.
- Feeling like everyone else is wrong, weird, misguided.
- A vague feeling that something bad is going to happen.
- Physical symptoms of headache, body tension, stomach ache, flu, etc.
- Becoming unusually silent, or making yourself feel invisible.
- Not communicating directly to someone that you complain about.
- Contacting the people you know will encourage you to avoid life changes.
- Trying to rescue others from having their emotions or experiences.
- Feeling sick and choosing to stay away.
- Someone else becomes sick and you feel it is your responsibility to save them.
- Not asking for what you need.

EXERCISE

Accepting change

What usually happens to me when I have a change is _____

Notice how you deal with change. _____

You can raise your tolerance to aliveness by being conscious and gentle with yourself.

What happens when you start healing?

You have a certain tolerance to a perfect life. You balance your whole life to keep the same level of aliveness and success. When you change in one area of your life, you tend to change in another area to balance your use of aliveness. When one area of your life is improved, your tendency to status quo sabotages another area of your life. If you get healthier and more alive in one area of your life, you balance your aliveness with less energy in another area of your life. If you lower your aliveness in one area of your life, you balance this with more success and aliveness in another area of your life.

If you increase your tolerance for aliveness, you can experience increased success and aliveness in all areas of your life.

Your challenge is to notice when you have success in one area of your life and accept your improvement without sabotage. If you can do this, your improvement will pull you into a new success level. Your sabotaging tendency looks like you have the same behavior as usual. Increasing your success tolerance looks like new unfamiliar behavior. It takes courage to choose to do this new behavior.

The way to heighten your tolerance level of aliveness is to be conscious when:

- ◆ You have more success. Then you need to be conscious and gentle with yourself until you have integrated this new level as your norm.
- ◆ You encounter problems in your life. Then you need to sit back, breathe, remember your innocence, and acknowledge that you deserve your desires and that it is safe to change.

Some positive ways to deal with Self-Sabotage include

- Contact your strength and feel your courage.
- Remember that you are safe and in a safe place.
- Remember to breathe deeply with your chest expanding more than usual, especially when you don't want to.
- Remind yourself that you are here to learn, explore, and enjoy yourself.
- Remember you have nothing to lose in this process except your old limitations. Realize that your purpose for being here might not be to find an answer, but to discover your questions.
- Ask for individual time with the teacher.
- Express yourself in both the whole workshop and in smaller groups. Share any insights, feelings, and fears that you are experiencing.
- Realize that you are now a powerful adult able to make decisions that further your success.
- Ask for what you need. Remember that you are important and this workshop is here for you.
- Try not to compare your experience with others. It's not a contest.
- Go as far as *you* can and then relax.
- Know that sometimes the process toward healing may feel unfamiliar, weird, scary, or maybe even fake. It is common to feel, as you release your least favorite feeling. This is a sign that you are healing and doing it right.
- Avoid judgments of yourself or others. See yourself and others as innocent.
- Celebrate confusion. If you already know it all, you can't learn anything new.
- Participate as fully as you can in your life and your healing path.
- Pay attention to your process. Be aware of changing your usual response patterns.
- Remember that learning is a way to play.
- If any resistance appears, share your experience as soon as you can, even before you have all the answers.

The Usefulness of Unlimited Body

Sometimes we wonder about the usefulness of Unlimited Body. The answer to this is unique for each person. Often we have incredible results and experiences and witness others who have amazing experiences and results. However, when we get into situations that we have dealt with in a certain way in the past, we respond as we have in the past, despite the fact that obviously that didn't create a permanent change. Trust your power and your path. If you feel ill, empower yourself and explore your situation with Unlimited Body. You don't have to heal yourself before you come to your Unlimited Body healing or workshop. Some people cancel their healing to use their familiar healing methods. This is OK, but usually, at best, repeats a temporary healing process. Unlimited Body can be your method to release any problem you might be experiencing permanently. What Unlimited Body can be used for is only limited by a person's beliefs.

I would request the assistance of an Unlimited Body practitioner for the following reasons:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

I don't think an Unlimited Body practitioner would be of help to me for the following problems:

13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____

My Inevitable Results!

To move forward in life, I need to have wishes and dreams of what I want.
If I know my goals I know when I have accomplished them and get used to
acknowledging and celebrating my success.

The main reason I am participating in Your Six Gifts to Successful Healing is: _____

Goals for my health _____

Goals for my happiness: _____

Goals for my intimate relationship: _____

Goals with my family: _____

Prosperity and abundance goals: _____

Business goals: _____

Goals for my time management: _____

Special goals: _____

Your First Gift – Safe Touch

**Safe Touch is the way you create
harmonious and successful interactions!**

PRACTICE

Sit comfortably.
Be aware of being present in the here and now.
Be aware of your whole body.
Feel how your tissue is alive.
Feel your tissue touching the space around it.
Feel the contained inner parts of your body.
Feel the vibrancy of your aliveness appearing as your body.
Notice how your awareness makes you feel more.

The reasons for learning Safe Touch

To live fully you need to relate with your inside and outside worlds equally. The relationship with your inner and outer worlds needs to be equally present for optimum success, which means to feel more alive, to be healthy, to be happy, to successfully achieve your goals, to effectively support others, to surrender to others support and to harmoniously fit with others.

Safe Touch teaches you how your inner and outer worlds can interact most effectively.

The meaning of touch

- ◆ The effect on another.
- ◆ The interaction with another.
- ◆ The influence upon another.
- ◆ Leaving an imprint on another.
- ◆ It is impossible to avoid touching.

A person touching another has an effect even when they "palpate".

The ways you touch and affect others

- ◆ You touch with your hands.
- ◆ You touch when you look at others.
- ◆ Your body's posture touches and affects others.
- ◆ You touch with your feelings.
- ◆ You touch with sound and how you talk.
- ◆ You touch with how clean your environment is and what colors it has.
- ◆ You touch with your thoughts.
 - You touch with your judgments, which create a pushing away sensation.
 - You touch with being attached, which creates a pulling in sensation.
 - You touch when you accept. This creates a feeling of trust.
 - You touch even when you intend to not touch or hold back. This creates a feeling of deprivation.
- ◆ You touch when you are aloof.
- ◆ You touch when you have awareness of now. This is the foundation for change.

The PASSIVE and ACTIVE touch

There are two parts to a completely involved touch.

- ◆ Passive Touch is being aware of yourself and your inner experience.
- ◆ Active Touch is being aware of what others are experiencing.

EXERCISE

Experiencing Passive Touch

Walk up to other participants in the room and stand quiet for about half a minute, while keeping your body open and relaxed.

Get a good sense of how you feel in front of this other person.

How do you feel inside? How do you present yourself? What are your thoughts, your physical sensations and your feelings? What do you notice is happening to you when you are in this other person's presence? How do you feel touched?

One person says:

My name is _____

What I notice about myself in your presence is _____ (Describe the observations of your own being.)

The other person acknowledges the communication.

Switch

Repeat the experience of Passive Touch with others.

Notice how your experience varies in front of different people.

EXERCISE

Experiencing Active Touch

Walk up to other participants in the room and stand quiet for about half a minute, while keeping your body open and relaxed.

Be aware of the person in front of you.

How does this person seem to feel in front of you? How do you feel you touch them? What do you notice is happening to them in your presence? Is something special about them coming to your attention?

One person says:

My name is _____

What I notice about you in my presence is _____ (Describe the observations of their being.)

The other person acknowledges the communication.

Switch

Repeat the experience of Active Touch with others.

Notice how each person feels unique.

Notice if you agree or disagree with the other's experiences of you.

Notice if you are more comfortable with Passive or Active Touch.

If you are only aware of the self-focused Passive Touch or avoid the personal experience of Active Touch, you live a limited life.

The most effective touch starts with the awareness of Passive Touch and then expands to include the Active Touch leaving you with a full experience of yourself and of your outer world.

Alive tissue is in constant movement

It is commonly understood that the tissue of a living person behaves different from the tissue of a corpse. What is this difference? The tissue of a corpse has no movement, and the tissue of a living person is in constant movement. Alive tissue is supposed to move. It has subtle and gross movements. The subtle movement is the movement of the Life-force. The gross movements are the voluntary movements of muscles.

Subtle movements

Becoming aware of and allowing the subtle tissue movement is the beginning of learning the magic of Safe Touch. Safe Touch is not seeking results through touching and changing the physical tissue's gross movements. The gross movement of physical tissue without the subtle movement is like moving the tissue of a corpse, and has no ability to create change. For tissue to change you need to touch that quality of the tissue that is absent in a corpse but present in an alive person. Safe Touch touches the Life-force of the tissue to create real change.

EXERCISE

Learning how to experience subtle movements

The vibrations of outside sounds and movements make your tissue move.
Refine your touch by feeling the vibrations of a balloon.
Blow up the balloon.
Make your hands soft.
Hold the balloon between your hands.
Make different kinds of sounds and noises.
Feel the vibrations of the balloon's surface.

Notice how you can feel the balloon's surface vibrate if you pay attention.

EXERCISE

Experiencing the movement of tissue

Relax one of your hands and let it gently approach your chest.
Notice the experiences you encounter as the hand gets closer to your chest.

Melt your hand around the tissue of your chest.

Notice any other experiences you might have.

Imagine your warm hand melting into the tissue of the chest.
Feel the breathing, heartbeat, pulsation, temperature and texture in your hand.
Notice any effects elsewhere in your body.

Lose the distinction of where your hand ends and where your chest starts.

Pull your hand outwards, without disengaging your touch from the tissue.

Notice how many layers you can feel as you gradually pull your hand outwards before you disengage your touch.

The tissue responds differently to different touches

A healthy tissue is fluid, alert and has a flexible tension.

A tissue that is avoided and not touched feels ignored, forgotten, weak, floppy and has a lack of movement.

A tissue that is confronted, approached too fast or moved in the wrong direction, defends, holds back, hardens and stops moving.

From your past experience of touching tissue, you didn't experience it as having a personality. Your touch was probably not aware of the tissue's subtle movements and touching too fast or too strong, compressing and stopping the subtle movement rather than allowing it to move freely.

EXERCISE

Experiencing how cornstarch behaves like tissue

Put 2/3 of cornstarch in a bowl and add 1/3 of water. Mix it.

Every 15 minutes or so it needs to be stirred to stay mixed, otherwise it separates, leaving the fluid on top and the corn starch at the bottom. In the same way tissue needs movement to stay alive. Tissue that is not moving hardens and separates from its spirit.

Touch the tissue-like corn starch:

- Hit it with straight fingers. This means to approach too fast. Notice that it feels hard and difficult to penetrate.
- Let your fingers touch it slowly and watch how easy your fingers can enter it.
- Pull your fingers out too fast and watch how it immediately gets hard and holds onto your fingers.
- Disengage slowly and watch it release your fingers.

Notice that how fast you move affects the density.

A touch that inspires the tissue to be more fluid needs to flow with the tissue's natural movement. The more sensitive and allowing your touch is, the freer the tissue can move.

Just as people reveal more of themselves when they feel safe and supported, so too, will the tissue reveal more of itself when it is inspired. When you touch the tissue with the knowledge that it is alive and has movement, you can receive more information about its past and present condition and what it wants. The tissue, like a person, has had many experiences, some of which need to be released to restore its freedom of movement. When you learn to feel and see what the tissue is communicating and accept where the tissue wants to lead you, you become an unconditional support system.

**Once the tissue has been acknowledged that it is alive
and its movements allowed
it remembers that it can trust that it is safe to move.**

Using your hands as the means of doing Safe Touch

Unlimited Body uses physical hands-on touch as an effective entrance point to healing. Safe Touch gives a physical reminder to the body, and its tissue and cells. This awareness is the catalyst for the inherent movement and aliveness.

This process may seem awkward at first. Trust the blending of your wisdom aided by the knowledge of the body which is requesting healing. Much information may be received simply by asking.

Safe Touch qualities

The unique ingredient of Safe Touch is a non-doing, non-threatening, non-confronting, supportive, and inspiring approach. Safe Touch specializes in noticing and allowing all inherent tissue movement. It gives people and their tissue the safety to release issues and clear any holding in the tissue. Safe Touch allows and follows the tissue without ever applying an additional healing. It knows that healing doesn't happen from creating health but when tissue decides to move.

EXERCISE

Experiencing the aliveness between your hands

Slowly move your hands towards each other, without physically connecting. Be aware of the experience between your hands.

What do you feel? Maybe you feel like you have a balloon between your hands, that can be squashed or like magnets opposing each other and pushing your hands apart. It might feel like your hands are breathing.

Feel the tissue in your hands pulsate.

Feel it move around.

Feel everything in between your hands as a pulsating mass.

If you don't have any experience you need to move slower and have more awareness of the palms of your hands.

Feel the subtle movements in the tissue of your hands.

Notice the experience you have in your hands _____

PRACTICE

Experiencing the aliveness of another's tissue between your hands

Sit at the head of a healing table with a person lying on their back on it.

Slowly put your hands on either side of their head, without touching it with the skin of your hands.

Be aware of the experience between your hands.

Feel the head as a pulsating and moving mass.

Feel the subtle movements in the tissue of your hands.

Notice the experience you have in your hands _____

Notice any responses _____

Safe Touch engages with the subtle tissue movement which is how life-force expresses itself.

Safe Touch includes the awareness of the subtle tissue movement in the hands that are doing the touching, which is the Passive Touch, as well as, the experience of the subtle movements of the body that is being touched, which is the Active Touch.

Communication with a tissue

The tissue, like any person, appreciates being greeted and acknowledged. The body responds to communication and may reveal answers to questions.

Suggested communication with another person's tissue.

Be aware of your own thinking and your own feelings.

Wait and listen for your inner answers to your communication.

- Think: "Hello".
- Ask in your mind for the body's history and feelings.
- Ask in your mind how you can support the body.
- Ask the body what it wants, how much, how fast and when it is enough.
- Ask the body, in your mind, if it has a message for you.

How to effectively apply Safe Touch

- ◆ Be present in your hands.
- ◆ Leave your hands relaxed and naturally curved, instead of straight.
- ◆ Let your hands be fluid.
- ◆ Let your hands feel like they are as light as butterfly wings.
- ◆ Feel your hands that are touching and the tissue they are touching.
- ◆ Melt your hands to the tissue while allowing any form to exist.
- ◆ Permeate your touch into the client and the tissue you are touching.
- ◆ Experience your hands and the tissue you are touching as one, without boundaries.
- ◆ Don't apply pressure.
- ◆ Wait to move until the tissue initiates the movement.
- ◆ Don't scan and look for issues or imbalances to correct.
- ◆ Resist looking for or knowing what the tissue needs.
- ◆ Don't impose. Trust that the tissue knows what is best for it.
- ◆ Be aware of how the tissue wants to move.
- ◆ **Allow the tissue to expand**, raise and move as it wants to.
- ◆ Imagine your hands as magnets attracting the tissue to them. The magnetism makes the tissue raise and reach towards your hands. To make the magnets stronger add more of your awareness.
- ◆ Ask yourself repeatedly: "What do I feel in my hands?"

PRACTICE

Experiencing the hands-on Safe Touch on another person's tissue

The client lies down on a healing table and the practitioner sits at its head.

The practitioner gently finds an entry path to touch the client's upper chest.

Melt your hands into the tissue.

Do not press on or compress the tissue.

Experience your touch.

Resist being active.

Notice how many sensations you can experience in your hands: the breathing movements; the heart beat; the tissue's local pulsations; the changes in the tissue's texture, temperature and color; etc.

Continuously ask yourself: What do I feel in my hands?

Resist analyzing and having solutions about what this tissue needs.

Celebrate any movement

Allow the tissue to expand and be exactly as it is and do exactly what it wants.

Experience that you are lifting and expanding the tissue.

Be aware that the tissue moves in a 3-dimensional fashion.

Follow the movements of the tissue.

End the touch by being aware of gently dis-engaging your hands with the same awareness you had on the approach.

Notice any particular experience.

The practitioner affects the results of healing

The practitioner earns the trust of the tissue to dare to move again.

- ◆ The practitioner keeps as much awareness on his/her own body as on the client's.
- ◆ The practitioner needs to be comfortable for the client to totally relax.
- ◆ A practitioner needs to keep their breathing come through their mouth because it is the most effective way to engage and inspire healing.
- ◆ Before worrying about releasing the client's body, the practitioner releases the corresponding part in their own body.

The Unlimited Body practitioner should be mindful that the experience of a client's tissue movements does not start, come from or come through the practitioner to the client. SLOW DOWN and WAIT for the client's tissue to initiate movement. If a movement becomes repetitious it is originating from the practitioner. Let the movement arrive to and go through the practitioner.

A movement should be noticed after its occurrence instead of knowing what the tissue wants. This is like experiencing that my hands moved, instead my hands want to move. A practitioner wants to be a commentator not a predictor.

The way to accomplish this effectively is through sitting or standing with a freely moving and flowing body that is in harmony with gravity. The practitioner's body should be as relaxed, fluid, and balanced in gravity as he/she is when dancing. Imagine being a good dance partner and follow your client's tissue movements.

EXERCISE

How you affect and are affected by another's postures and behaviors

Two people stand in front of each other about six feet apart.

One person observes how you feel when your partner takes on different postures and behaviors.

The other person shifts between these different postures and behaviors.

- Lock your knees and then relax and bend them.
- Tighten your neck and then relax and keep your neck fluid.
- Put your feet further apart and then let your feet take their natural position.
- Hold your breath and then let your breathing flow naturally.
- Tighten your jaw and then let your jaw be loose with your mouth slightly open.
- Make a judgment and then accept your experience.
- Put your hands behind your back, on your hips or in your pockets.
- Close your mouth.

Change roles and do the experiment again.

Notice how you are influenced by another's postures and behaviors.

Practitioner follows these guidelines to inspire good healing results

- Keep observing yourself throughout the session.
- Ask yourself what do you as a practitioner get out of this session?
- Experience all of your body, not only certain parts.
- Experience your body as fluid and free.
- Be curious and engaged.
- Keep your hands and fingers soft.
- Keep your feet mostly on the ground and not too far apart.
- Your ankles and the knees should be slightly bent, loose, and all joints should move freely.
- Your pelvis should be centered under your torso, relaxed and open.
- Your torso should be relaxed, so your breathing can flow freely.
- Your shoulders should be relaxed and aligned with your torso.
- Your neck should be aligned with your spine and not bent.
- Your head should be comfortable on top of your neck and freely moving.
- Relax your face, your forehead and your scalp.
- Let your jaw be loose. Let there be space between your lips.
- Let your breathing come in and out of your mouth.
- Avoid using the postural patterns of leaning on one hip, locking your pelvis and sacrum, or allowing your shoulders to tighten and rise up to your ears.
- Don't lean over and smother your client or let the wind of your breath be noticed in their face.
- Commit to stay until the session is finished through words, touch, actions, and thoughts. This adds safety and inspires your client to healing.

PRACTICE

Focus on having a free and open body

Do a hands-on session where the practitioner pays attention to keeping their whole body relaxed and open, including your jaw, forehead, upper arms, and your pelvis. Keep your body free flowing with gravity.

- Put your hands around a shoulder joint.
- Feel this 3-dimensional joint in between your hands.
- Feel one hand with the other through the body.
- Ask yourself: "What do I feel in my hands?"
- Ask yourself: "How is my body fluid?"

Notice whether the state of your joint is similar to that of your client's. Relax your shoulder joint and *notice* any changes with your client.

Notice how the openness of your body affects the release of your client's body.

Many different movements can exist simultaneously

The touching of a tissue should be similar to a cork bobbing on the waves of the ocean. There are big waves and smaller waves riding on top of the bigger waves. This is the way that different movements are going on at the same time. The hand is being pushed up and pulled down and from here to there the same way the cork is pushed around by the waves. The touch should not be like a rock that prohibits the wave's direction, and makes the waves ripple around rock.

EXERCISE

Follow the movements of a surface tissue

Two people move a stretched sheet over a table. Move it very slowly back and forth and up and down.

Participants touch the sheet with both palms.

- Press down on the sheet and see how it stops moving or creates moving patterns around the hands.
- Touch too lightly, not moving with the sheet and feel the stroking of the sheet as it passes under the hands.
- Help the sheet move a little more by adding movement from your hands, a little different direction or a little faster than the sheet is moving by itself, and observe the patterns on the sheet.
- Find the touch that doesn't stop the sheet while the hands move with the sheet.

Notice how Safe Touch moves with and inspires movement.

Follow the tissue in its preferred direction

Your tissue is either moving freely in a certain direction and at a certain speed or not moving like dead or blocked tissue. If the tissue is alive but not moving it is hindered from moving and gets stuck between the two forces of inherently wanting to move and the stopping force.

The tissue knows its preferred pathway and pulls the aware practitioner along.

The stopping force may be a cellular memory block, an outside opposing force or simple non-awareness.

The stopping makes your tissue pulled and tight. If your tissue is not moving and constantly creating health, it is because, even though it tries to move, it is inhibited.

When the tissue is not permitted to move, in the way that it wants, it stops and waits until it is allowed.

Allowing the movement to occur in the preferred direction of the tissue is the first step to supporting more aliveness. The tissue wants to go into the direction of its pulling to experience more movement. If you are allowing and following the movement and the movement stops, it is because the tissue's direction has changed into a new direction that has not been recognized.

To get the movement to continue, relax your touch and allow your touch to follow the new direction. This allows the freedom of the tissue movement and health to return.

PRACTICE

Tissue's preferred movement

A client lies down on a healing table while the practitioner puts their hands on the tissue on the abdomen.

Notice if you can feel the tissue move in any direction.

If yes, be aware of follow its direction and speed.

If no, relax your hands more and then again feel for the movement in the tissue.

If you lose contact with the tissue movement or it seems like the tissue stops moving, relax your hands again and feel for the movement in the tissue.

Notice how the tissue starts moving again, as soon as you relax and follow in a different direction.

The Healing Frontier

The Healing Frontier is where the healing is done and new territory of tissue movement reestablished. It is where the tissue starts to move. It is where the tissue movement is regaining new territory. It is just before the tissue starts stiffening if pushed.

People have different safety margins. Some open up when touched lightly, others from a distance and others when the touch is more engaging. The healing happens at the frontier where new territory and movement can be found. Where is your boundary? Where is your client's boundary? What is the dance that works best between you and your client? Where is the appropriate contact place, speed, direction? Approaching the healing boundary, without extending over the boundary, creates the attention that support's more movement and healing. The boundary can sometimes be away from the skin, on the skin or closer to the center of the body.

The distance between the practitioner and the client should be where the client doesn't feel compressed, but empowered and inspired to be more of him/herself. Some clients like to be worked with closely or deeply and some like to be worked on from a distance. Explore the client's intentions and boundaries, and find the harmonious dance. Where there is harmony, there is excitement and possibilities. This distance changes continuously and all through the session. It is important that the distance be appropriate before, during and after the hands-on work.

As a practitioner, you should continuously ask yourself these questions. Are you and your client dancing well together? Are you too far away for your client to feel supported or too close so your client feels suppressed and forced and can't surrender? What is the effective distance between you and your client? What is the appropriate contact place, speed, direction? Is your body relaxed? What do you feel in your hands?

When a client's tissue is inspired it wants to expand and move more. This means that the tissue moves closer to the inspiring touch. If the touch stays in the same place then the expanding tissue will be stopped in its attempt to expand. If the touch stays within a certain range of movements the tissue will bounce against the touch and not be able to expand its range of movements. To increase the tissue's range of movement the touch has to allow a wider range of movement. This is like someone knocking on someone's door and inviting them out and then getting out of the doorway to allow the person to actually exit instead of staying in the doorway and blocking the exit.

Both the practitioner and the client need to participate equally for the best healing results. Two people working together create a unique dance that is unlike any other combination at any given moment. Remember to always stay in present time and be open to the unlimited possibilities in front of you.

Whatever is not freely moving or in balance in your body is causing the lack of your desired result. By studying which tissue is not moving, you know which tissue needs to release to reach your goal. When your restriction releases, you achieve what you want.

The Healing Pathways

Utilizing effective pathways to approach and disengage Safe Touch

The way Unlimited Body approaches and disengages in Safe Touch has a particular speed and a particular direction. Sometimes this is referred to as the dynamics between people or how people connect. If the approach is too slow, too fast or from a wrong direction you feel trespassed on or not supported enough and this leads to your tissue tightening in defense. If the approach is non-intrusive you will feel safe enough to allow the healthy tissue movement. Use the information that you see, hear, feel in your whole body and in your hands as your guide on how to approach and disengage. The pathways feel like you are physically drawn in and pushed out.

Every session begins with and ends with following certain pathways and at certain speeds.

The approach

Direction: The direction the practitioner approaches a client from affects how safe the client feels. A direct and straight path may be too confrontational. You may need to come in sideways, changing the physical angle to your client or your posture. Maybe you approach too much in a non-straightforward way and need to be more to the point. If you feel resistance you need to approach in another way.

Speed: The speed the practitioner approaches the client with affects the trust and safety level that is established. Approaching the body too fast may be startling to the tissue and make it tighten up. An approach that is too slow does not inspire feelings of support and safety or a sense that the practitioner will be there when needed.

The speed may vary throughout the session. However, most people tend to move too quickly, so slowing down is usually the first advice. As you improve your awareness it gets easier for you to establish safety for your clients and so able to approach your client efficiently and maybe faster.

EXERCISE

Experiencing different approaches

A client lies down on a healing table while the practitioner explores approaching. Practitioner allows feeling physically pulled along certain pathways, with your hands and your whole body.

Notice if it feels like a vacuum that you fall into.

Notice if it feels like an obstruction that stops you.

Notice if you feel a push-pull between your hands and your client's body, like two magnets pulling together or pushing each other apart.

Experiment with starting and disengaging the touch from different directions and feel the differences.

Notice any healing your client is experiencing.

The disengaging

The direction and speed you use when you disengage your touch affect the client and the results of the session. If you are aware of your client's process you will literally feel pushed away when the client is finished with the session. This could be similar to the way an animal or child will wiggle out of our hands when they don't want to be touched anymore.

Direction: Feel for the appropriate way to disengage the touch. Perhaps a straight path will be too shocking or a too angled way not letting go. Allow your hands to find the exit whether it be sideways, straight up, or one hand at a time.

Speed: The time it takes for you to disengage your touch affects your client. Move too quickly and your client may feel abandoned. Move too slowly and your client may feel controlled and held back.

Sometimes, as a practitioner, you may feel that you cannot disengage. You may feel like your hands are stuck with no way to move away from your client. Take a moment to relax and become aware of your hands. Try a new attitude and thought regarding the situation and move your hands in a different angle. Feel that you are working with your client to disengage and acknowledge the new information you have about the dance between you and this client. You do not have to share this with your client. Your awareness is enough.

To move hands from one place of the body to another place, you should lift and reposition them in the new place. Do not stroke or slide your hands on the tissue.

You might experience that when you start to complete a session and disengage you start to have more experiences and more healing starts to happen. This is because, while disengaging you are having a lesser degree of doing. If your session doesn't seem to create much result, you have a sign that you are doing too much or are compressing the tissue. Many sessions start when they are supposed to be ending. This type of session is usually long and boring. If you find yourself, in the beginning of the session, being bored or have a feeling that not too much is happening, try to do less. This can save you a lot of time and make the sessions more effective and exciting for everyone.

PRACTICE

Experiencing the pathway of a session

A client lies down on a healing table while the practitioner explores approaching. Don't scan or diagnose the body.

Have a chair ready to be used in case you need it.

Experience and follow the directions and currents around the body.

Notice what speed are you approaching and moving with.

Notice the direction you are moving in.

Notice how you are pulled along certain pathways.

Notice the dance that you have to do to feel the most harmony.

Notice what you see.

Notice what you hear.

If you are invited to touch the tissue let your hands melt into the tissue.

When you are pushed away observe which directions and at what speed you disengage, using the preferred pathways.

Notice any healing your client is experiencing.

The way dis-ease happens

The free moving body can be disturbed through physical or emotional traumas, mis-learning or unawareness. Normally we have movement throughout our body, which gives all organs and other body parts space to be alive and to rejuvenate. When there is tightness or held tissue in an area, the movement is inhibited in this area, as well as affecting the bordering tissue. When tissue is traumatized it becomes scared, reacts and holds.

When tissue is dis-eased, it has slowed down its movements. When it moves again it is eased and healed.

Constrictions and tensions are held as cellular memories and personal history. For example: If you get hit in the stomach, you hold and protect that area. You keep protecting it, even after the hit and the threat of another hit is over.

**The tissue's reaction to trauma is always in the form of a contraction and stopping of subtle movement.
This is dis-ease.**

Incomplete Experiences are blocked subtle movements like holding on to traumatic postcards. The storing of "postcards" in your hands, under your arms or behind your knees also inhibits your gross movements and your ability to live in a healthy and freely moving body.

An example of how trauma works in your life is like putting a single door in the middle of a windy place. This place is the playground of our spirit. The wind is your eternally moving spirit always playing and clearing away anything that is stagnant. The door is your Incomplete Experience, having solidified into a trauma and stored as a cellular memory. Holding the door in place is your fear, pretending to protect you from a hypothetical terrible trauma that supposedly is hidden behind the door. The wind blows everywhere, including on the door, and so pushes it to open. When the wind gets stronger, the fear holds on harder and more effort is applied to hold the door shut. This is the struggle of the ego to not complete. It is experienced as dis-ease and maybe pain. When you let go of your fear you relax and stop holding the door in place, you realize that there was nothing behind the door to protect. Then you are free to be fully alive again.

Pain is caused by the action of trying to avoid an imagined pain. When we stop avoiding pain we can't find any pain.

You can heal dis-ease by a simple release of the contraction of the tissue. Many dis-eases can be permanently healed if the contraction is released and thus allow the movement back in the tissue.

To release trauma, we need to release the contracting protection.

Example: An operation for heart disease that surgically creates space for the heart to function often results in a recurrence of the condition. This happens because the muscle tissue that is in a state of contraction has not been released. Over time the "space" created through surgery will be consumed by the tightening of bordering muscles and surrounding ribcage.

Another common example of losing permanent healing is when we compress or push the tissue around. The experience of pressure might feel good, but the tissue hasn't been allowed to surrender on its own terms. Therefore, the results are not permanent. You will feel relaxed initially, but the dis-ease will return as the muscles assume their contracted position once again.

The body is like a diary

Our past history is stored in our body as cellular memory. Our conscious mind may forget the memory, but the tissue continues to hold on to the Incomplete Experience until the trauma is released.

The Types of Trauma

Physical trauma

If you are physically injured, such as twisting your ankle, your body will tighten up to protect itself from pain. This in turn mis-aligns the structure of the foot and the leg, leaving you with a twisted step, until you can let the contraction go.

If you sit, stand or move against your flow and gravity you will, over time, change the structure of your body. You need to keep your entire body fluid and relaxed.

Held back emotions

Holding back your emotions inhibits how you express yourself and your body movements. When you choose to feel your emotions, you open up to more movement. If you fall off your bicycle without feeling an emotion, you are storing it somewhere in your tissue. The movement of this tissue remains restricted, which you feel as less flexibility or pain, until you allow this emotion to come out.

Negative thinking

The habit of negative thinking puts your body in the posture that makes you experience your negative thinking. Your negative thinking comes from either negative outside information or your own negative beliefs.

If someone says, "You are stupid" or "You are not wanted", you might walk around with fear wrapped in a tight abdomen. If someone says "You are so smart" or "You are wanted", you change to feel safe and your tissue remains at ease.

If you have the thought, "I don't want to be here", your body will reflect that by pulling your head down and forwards. This posture makes it difficult to move forward into a new job or relationship. The continued strain of the posture will also create neck pain. As you explore where the contraction came from you will find that it began with a negative thought. Changing this thought into a positive thought inspires your tissue to move freely.

Wrong learning and mis-understanding

You may believe that you know what is good for your body, regardless of what your body shows you. When you exert your mind over your body's natural flow you suppress your inherent healing impulse. For example, if you have learned to stand up straight with your shoulders back, each time you notice you have "slumped" you use your mind to "straighten up." Choosing to stand straight tightens your body and is in opposition to ease and relaxation. Your mind can cause the dis-ease by initiating the posture.

If you remember the many times your body has healed itself without your input you can start to trust that your body will show you correct learning. You can't trust your mind since it can turn anything into proving anything. Your body needs to be your guiding tool. If your body is contracted then you are opposing your truth. If your body is freely flowing then it is alignment with truth.

Societal views of accepted or expected movements

Your socialization plays a part in your body movements similar to the mis-learning of effective ways of using your body. Each culture has its unique acceptable way of using the body. For example, you need to have a freely moving pelvis to feel excited. In the Western culture, walking with a freely moving pelvis has the unspoken tag line, "he or she is loose, too sexy or too full of themselves, etc." Your acceptance of societal views affects how much movement you allow your body to have and how much pleasure your body brings you.

The Healing Impulse

The life-force is so powerful that it can create life. It manifests as subtle tissue movements. If dis-eased and inhibited it has a natural tendency to heal by getting the tissue's subtle movements to return.

There is a healer residing within your tissues.

Your healing is limited when you try to “make” your tissue heal.

Here is an example of this: If you cut your finger and bleed, you have an open wound. If you keep stirring the tissue in a wound it will not heal. Only when you leave it alone can subtle movements return and the healing take place.

Anything *done to* the tissue stops its inherent healing

How Safe Touch works

For the tissue to release, it needs to feel as safe as it did before the tissue started to hold on. Safe Touch works through inspiring the safety that people and their tissue need to relax and rejuvenate again.

- ◆ Unlimited Body re-moves the block (holding of memory) and allows movement to return.
- ◆ Unlimited Body is not about creating a healthy body, mind and spirit but, about returning to what they originally were.
- ◆ Unlimited Body reminds the tissue of its original state of innate health, in a non-intrusive, non-imposing and pleasurable way.

Consider the image of a stone being held tightly in a person's hand. To maximize the ability of a free and moving body, it would be better if the stone was on the ground so that the tissues of the hand could let go and be restored to a relaxed state. One option of “getting” the stone would be to pry it out of the hand. The external force will attempt to pry the fingers off the stone and probably feel like more of an attack than an act of kindness. This could possibly lead to a temporary result, where it looks like there is no stone, but the hand remains tight and inflexible. Another option is to attempt to dislodge the stone with Safe Touch. As you support the hand to stay contracted, instead of opposing the contraction, the hand can begin to rely on your support and “let go” of its contraction. As the contraction decreases and the sense of safety increases, the stone naturally follows gravity and falls to the ground. In this instance you are able to follow the hand and its tissue back to the original state of movement and aliveness.

Don't ad-vice!

There is an old parable about the wind and the sun being engaged in a contest to see who can get a person to take off a jacket the fastest. In the winds attempt to take the jacket off the person, the wind uses its strength to get the jacket off. The person desperately tries to hold onto the jacket. Being a strong competitor, the wind does not relent and continues to demand the jacket by producing stronger and craftier winds. The harder the wind blows, the tighter the person holds onto the jacket. The wind can give up or force the jacket off, leaving the person traumatized. This person is now constantly looking for a new jacket to wear. Then it is the sun's turn to get the jacket off the person. With the gentle warmth of the sun's rays the person begins to relax and enjoy the warmth. As the sun heats up a little more, the person starts to get too hot and entertains the idea of taking off the jacket, realizing that it will be more comfortable without the jacket. After taking off the jacket the person smiles at the good fortune of experiencing relaxation, ease, and pleasure in the presence of the sun. In this parable Unlimited Body likens itself to the sun, the person is the client and the jacket is the dis-ease. The Safe Touch is warm, pleasurable, safe, allowing, and inspirational. People choose to release their dis-ease and do the healing.

The body and its' tissue can release trauma when it feels as safe as it did before the trauma occurred.

Unlimited Body stops the stopping of the natural healing!

Receiving an Unlimited Body session

A client actually needs to participate in the Unlimited Body session to get permanent healing. There is only temporary healing if it comes from outside. The person receiving is the one holding onto the cause of the dis-ease and therefore the only one who can let go and thus reclaim his or her ease and health.

To change, it is most important to have awareness of what is happening during the session, whether it is physical awareness, emotional awareness, unraveling of a trauma or changing a misconception.

The position that induces the most effective healing

As a practitioner you want your client as relaxed as they can be. This inspires the tissue to relax and be healthy. Make sure they have as little discomfort or pain as possible, because these experiences come from held and tense tissues. Being tense opposes what the session intends to accomplish. If your client lies on the healing table in a position that blocks movement of the tissue you will have to work harder to get your client's tissue to feel safe enough to relax, release and have a result. If your client is relaxed to start with, your Unlimited Body session will be easier and more effective. The first thing that supports this relaxation is for your client to be comfortable on the table. Help your client recognize what a relaxed body is like. Often times a person's perception of being "relaxed" is far different from their outward appearance.

The effective position for receiving healing

- The head and neck should lay so neither the back nor the front of the neck is strained. A horizontal line should go through the middle of the ear and the middle of the shoulder.
- The head should be with the nose basically pointing to the ceiling.
- Heels should hang over the edge of the table to relax the knees, legs and pelvis. Watch so that the heels are not so far from the edge that the calves are compressed. A pillow may relax the knees and lower back, but usually stretches the legs and pulls the pelvis out of a neutral position.
- Let the arms lay in the position they fall in by themselves when your client lies down. If your client adjusts them into a "good" position, ask them to let go of right and wrong and allow for the body's most relaxed and natural position.
- The hands should not be folded together. That locks and controls any spontaneous movements that might arise. The hands can lie on their chest, hip or outside their body as they fall naturally.
- The wrist should be relaxed. If the lower arm is outside the body and the wrist doesn't reach the table there is a shortening of the muscle that pulls the lower arm up. The pressure of the weight of the arm stretches the muscle that holds the lower arm off the table. In this case move the arm to lie on their hip or abdomen to help alleviate this tension.
- Legs should also be in their relaxed natural position. Don't lie down and then spread their legs unnaturally wide or keep them tight together. This blocks the movement in the thighs, the pelvis area and sacrum. If the legs lie unusually far apart, gently lift the legs by the feet and slowly return them down to the table and let them land where they fall when not controlled.
- Your jaw should be relaxed with a little gap between your lips where the air comes in and goes out. When your jaw is held tight it restricts its movement from flowing freely. This is a subtle place where healing unnoticeably is blocked.

Sometimes people can take other positions, like lying on the side etc., because they make the client more relaxed and more advantageous to work from.

The practitioner is a tool for the client to use in his/her healing, not the cause of the healing. A client who uses a passive approach to work with an Unlimited Body practitioner does not get optimum result. A client who wants to create a successful session needs to use his/her practitioner actively, engaging and being aware of creating a successful session.

The goal of Unlimited Body is for you to relax enough to allow contracted tissue to open up.

Experiences people may have with Unlimited Body

You experience your new self in a divine and pleasant way when you heal and chose to let go of repeating the same experience again and again. That's why you feel so good when you do Unlimited Body.

It makes it safer for a person that receives an Unlimited Body session and it focuses his/her awareness towards healing if s/he knows what kinds of experiences are common in an Unlimited Body session. In the first Unlimited Body session, a practitioner usually informs the client of the following: As your tissue relaxes you might become aware of physical sensations, emotions, memories, pictures, smells, tastes, thoughts, realizations, etc.

- You may receive answers to questions you have had or an inspiration.
- You might have no specific experience at all, except that your body becomes more relaxed.
- You can say what you experience, if you want to, but you don't have to.

It is not necessary to experience trauma to have a release. If you have an experience of an old trauma, it would be because you saw something as it passed by your consciousness as you let it go. At this point it is already released and it is good if you don't put any more importance on it. The sooner you can continue to be conscious about the present experience and surrender, the sooner you can touch yet a deeper level of healing.

How you may inhibit receiving your session

- You are unaware.
- You try to be an observer of how your practitioner heals you instead of engaging in your healing process.
- You ask what the practitioner notices instead of feeling yourself.
- You talk about something that is irrelevant to the session.
- You choose to turn your head to the side, which also induces sleep.
- You choose to move just as you are about to release a tightness. You move or scratch your body to get rid of different sensations such as tingling, temperature changes of different body parts, a greater awareness of certain body parts or moving of undefined energy.
- You think about something else or day dream.
- You pray or try to be positive and have positive thoughts.

How you enhance the result of your Unlimited Body session

- Engage in your session.
- Relax your body, your forehead, chin, etc.
- Trust your body's wisdom to know the path to your healing.
- Choose to let go and change.
- Be aware of what is happening in your session.
- Experience your subtle movements.
- Focus on any sensation whether physical or emotional.
- Notice any memories, pictures or beliefs that come to your attention.

How to support a wandering client

Sometimes you need to be reminded to be aware of your session. You can ask your client what they are experiencing, to bring them back to their awareness. The answer is usually not as important as the process of becoming aware.

The solidity of material

To further explore the unlimited possibilities of touch we can address our belief about life and the movement in solid material. We experience ourselves touching other surfaces with a definite sense of where we end and the other surface starts. What makes this interesting is the fact that material is actually composed of 99% empty space. The tissue, cells, atoms, molecules, and even the components of the atom are separated by space.

With Safe Touch you can experience both the spaciousness and the solidity of tissue. You access an open territory of infinite possibilities with the healing of diseased cells and mis-aligned molecules. Ask yourself if you are working on the cellular level or the molecular level in the tissue.

EXERCISE

What is solidity?

Choose a surface to touch.

Let this surface come up, surround and permeate your hands.

Let your hands sink into the surface.

Feel the molecules of the surface and hands mix.

Explore if there is a preferred direction in this surface.

Notice if there is a certain pulsation or speed.

Move your hands and notice if there is one direction that is easier to move in, than another.

Notice how far can you lift or move the surface without your hands sliding or losing contact.

Notice any other experiences with this surface.

PRACTICE

Safe Touch under the body

A client lies down on a healing table while the practitioner gently puts their hands under the client's back.

Relax your hands, melt and conform to the tissue.

Notice how the tissue relaxes into your hands

Notice if your hands feel like they are straight under the body or feel like they are curved and deep inside the body.

When the back tissue is free and inspired it moves in a certain direction. The hands need to follow this movement to not restrict the next movement.

Constantly search for the place where your hands feel like they have the least restriction on the next movement of the back tissue.

Disengage by leaning backwards and gently pull your hands out according to their disengagement path.

Notice any changes.

Healing happens on a certain layer

As you delve into your understanding of the 3-dimensional physical body you recognize that the subtle movements are distributed through a multitude of tissue layers. The body is layered in all directions: front to back, diagonally, up and down, in and out, and transverse. Working on all these layers increases the possibilities for healing because issues and blocks are stored on certain layers and need to be addressed on the layer they are stored on.

The contact between the layers should be fluid and moving freely, yet often a contraction glues and knots the layers of the tissues together. If a practitioner notices a pull or tension in the tissue then there is a contraction or layers of tissue glued to one another.

If you can pull on one layer and it doesn't pull elsewhere in the body then this layer is free. Each layer can have a certain amount of non-movement. As the proficiency of your touch develops, you experience the depths of the tissue and can find the level where the contraction exists, like pulling on a sweater. If your intention is always on the surface you can be inhibiting your client from their release on another layer. When you find a tissue that doesn't move, find the 3-dimensional direction that it is stuck in and allow it to move toward that direction. There is no change if you are not operating on the same level as the contraction.

Keep in mind that the body is 3-dimensional. Melt your hands into the tissue. If the tissue is soft, relax your hand even more and sink until you find a harder layer or some resistance. If the tissue tightens up anywhere it has been pushed too far. Finding the contraction at its site of origin or using the surrounding tissue to enable a release produces great results.

PRACTICE

Layers of a Leg

A client lies down on a healing table while the practitioner sits at the bottom.

Put your hands on the sides of one of your client's legs, maybe touching the skin, maybe away from the body.

Feel how you can approach through layers.

Notice how you can feel another place of the body from the place of your touch.

Notice if the layers go outside the body, go alongside, go inwards or go crossways.

Sometimes layers can first be soft and then harden. Notice if they first let you in and then push you out.

Notice any adjustment that takes place in the body and if this makes the layer under your hands move more freely.

Safe Touch Main Points

Tissue moves when it is alive.

The body and its tissues have a Healing Impulse, a built-in tendency and spontaneous inclination to heal itself.

The results of Unlimited Body are affected by how much you engage in the process.

When you are stressed and traumatized your tissue becomes blocked, dis-eased and non-moving.

A tissue is freed and healed when it lets go of a contraction and its movement is returned.

Tissue releases dis-ease by moving in the direction that the tissue pulls.

My experience and understanding of Safe Touch!

Report on your workshop experience and exchange sessions. Write legibly or this is of no use.
Make a copy and mail or give this to your producer.

Name _____ Date _____.

Something I have learned about Safe Touch _____

Something I have experienced with Safe Touch _____

Something I want to learn more about Safe Touch _____

How Safe Touch affects me _____

My questions and concerns _____

Exchange a session where you decompress the tissue.

What I experienced and noticed in my hands and with my client

What I experienced when I received _____

Exchange a session exploring the pathways to approaching, working with and disengaging a touch.

What I experienced and noticed in my hands and with my client

What I experienced when I received _____

Your Second Gift – Natural Yoga

Natural Yoga is following your body's preferred movements and allowing its relaxed postures.

PRACTICE

Keep your body open and relaxed.

Be aware of your whole body.

Move your body slowly in one direction and then move in another direction.

In which direction is it easier to move your body?

Move in the direction that makes your body tense up.

Let your body move in the direction that it easily turns towards.

Notice that there is a preferred way that your body likes to move.

Notice your posture.

Is it tight?

Can it relax more?

Notice that when you allow your body to move in its preferred direction it feels more relaxed and comfortable.

The Natural Yoga State

You live a healthy, relaxed vibrant life when you let the Natural Yoga state stir your body into an effortless movement and hold a posture that is naturally relaxed. When you let this happen your job is easy and your life successful.

The Natural Yoga Path

If your natural movements and relaxed postures have stopped, you can free your body by letting the Natural Yoga path move it along an easing path and by letting it hold its most relaxing posture. This is the way to regain health, ease and success.

The Safe Touch approach vs. the Natural Yoga approach

Natural Yoga takes place when muscles, ligaments and tendons are free to move the bones' relationship in a joint. This is unlike Safe Touch which is the movement of local area tissue that doesn't include a joint. Natural Yoga frees the gross movements while Safe Touch frees a tissue's subtle movements.

Natural Yoga must include subtle movement change for the change to be permanent. If an issue includes a joint and its controlling muscles, ligaments and tendons you can start the session with Natural Yoga even though your touch also feels the subtle movements of Safe Touch. If the issue is in a local tissue, like a skin tension or organ dis-ease, then the session will be based on Safe Touch. A Safe Touch session often activates gross movements and by doing so also includes Natural Yoga. So, most Unlimited Body sessions include both Safe Touch and Natural Yoga.

Natural Yoga arises spontaneously

The Natural Yoga path helps your body to relax its control and resistance to flow with ease. Being aware of your body's Natural Yoga inspires it to exist.

When you have learned to listen to your body and allowed your body to show you how it moves your body without involving any effort you have surrendered to the Natural Yoga state.

When you can let go and allow your body to be as it wants, your tissue will pull your body into various movements and find its Natural Yoga, whether it is the free Natural Yoga state or the freeing Natural Yoga path.

EXERCISE

Exploring how Natural Yoga appears

Two people stand facing each other with palms touching.
Choose one "leader" and one "follower".

The leader chooses to move their hands in various directions and at various speeds while the follower follows the movements with their hands and the entire body.

The leader stops moving and tightens his/her knees, jaw, neck, arms and hands.
How does this affect the free movement of Natural Yoga?

While the leader continues to move, the follower resists following the leader and tightens his/her knees, jaw, neck, arms and hands.
How does this affect Natural Yoga?

Neither person is the leader or the follower. Neither person takes a still position.
Both people allow the natural movement to emerge.
How does this inspire Natural Yoga?

Natural Yoga stops if you try to create it

A common way you can stop Natural Yoga and *create dis-ease* is by tightening your body's muscles. You may do this by *mis-learning* how your body is supposed to function or by *dis-liking certain movements and postures* and *mentally impose* more "desirable" ways of using your body.

Natural Yoga can be blocked by stress

If your *body doesn't surrender* to Natural Yoga and its effortless flow, it must be *tight, resisting relaxation and trying to be in control*.

Stress comes from not knowing that it is good to relax your body.

A tight tissue comes from not being aware that you are holding and keeping it tense. This is like the flow of traffic can get backed-up by a driver that doesn't know how to drive or that is unaware of driving too slowly.

Mis-learning and unawareness become the *stress* of overlooking the tissue's natural tendency to flow with ease, forcing your body into struggling movements and tight postures.

On the healing table stress feels like the body part is tight and quite light if you try to lift a section because the stressed muscles are holding and trying to help good movement. The body part gets heavier when it relaxes because muscles are letting go of trying to hold the body part up and gravity takes over.

Most people believe that their body is relaxed, even though it is, in fact, keeping a level of tension. This is because:

- ◆ They are so used to their experience that they believe it is the only way to be.
- ◆ They are mis-informed of what a relaxed body means.
- ◆ Others have given up their hope for return to ease.

EXERCISE

Checking the relaxation status of your muscles

Keep your body open and relaxed.

Be aware of your whole body.

Can you let your shoulders fall down more?

Can you let your shoulders fall forwards more?

Notice if it first seemed relaxed and then later could relax more.

**Letting go of the stress holding the tissue
is letting go of control and surrendering
to the unpredictable experience aliveness of the tissue.**

The “Taking Over the Weight” Touch

The Natural Yoga path releases unconscious stress. It *begins* with you lifting a body part upwards and opposing the pull of gravity by placing the palms of your hands under the lowest point of the body part from which you intend to “Take Over the Weight”. This changes the relationship between the bones in a joint. Gradually the *muscles begin to trust, surrender* their *unconscious tightness* and let go of their tendency to pull back or help lift. As this happens, you take over more and more of the body part’s weight as it releases and totally relaxes.

The weight that you are taking over is the weight that the body part would otherwise rest on the healing table. As you lift a body part off a healing table it should get heavier as it relaxes until it feels like a dead weight. The “Taking Over the Weight” touch takes over the job of the muscles that normally “hold it together” and “help control the lifting”.

When a body part, which you are taking over the weight from, is in *the process of relaxing* it will *torque* on its own axis and maybe move here and there on the same horizontal height, while remaining heavy.

When your client’s muscles have let go of a holding and more weight is received, do not let the body part drop or fall down, but keep it on the same horizontal plane.

The relaxed turning and moving changes the place of the body part’s heaviest point so you must change your hand position so you are constantly supporting the heaviest point of gravity and continue “Taking Over the Weight”.

The heaviest point is where the body part balances and movement in any horizontal or upward direction becomes possible. The heaviest point is the place where you have to touch in order to be able to lift the weight straight up and the place from where the body part falls if you don’t support it.

EXERCISE

Finding the heaviest point

Each participant explores how it feels to touch a plastic bottle filled with water. Place a bottle in one of your hands.

Lift upwards focusing from a small area.

Don’t fixate the bottle by too tight a grip.

Notice how not lifting it leaves it in the same location.

Notice how it gets heavier as you lift it off its location.

Notice how you must lift it and take over weight for it to move.

Feel how the bottle moves when its liquid moves.

Notice how you have to shift how you hold your hands to stop it from falling down.

When lifting a body part each of your fingers and the surface of your palm should be receiving information about its weight distribution. You can do this without tightening but instead allowing movement.

If the body part doesn’t move when you take over the weight, then you are not taking over enough weight.

If a practitioner takes over the weight from a body part and it starts to jump back and forth, it does not feel supported enough. This happens because the practitioner first takes over weight and then slacks off holding the increased weight. This makes the body part hold again and lift itself up. To let the body relax and get heavier the practitioner must follow the weight upward. The Practitioner can stop this jumping back and forth by consistently carrying more weight.

When a body part has a certain weight and seems relaxed in a new horizontal plane then you should lift the body part a little higher. This lifting should be barely noticeable and so slow that the client can continue to give you the job of holding the weight.

If the body part gets lighter when you try to “Take Over the Weight” the client’s muscles are helping you to lift, so you need to back off and go slower.

By “taking the weight” off your client’s “holding it together” you create the relaxation necessary for Natural Yoga to establish free movement.

PRACTICE

“Taking Over the Weight” of the muscles of a leg

Exchange an Unlimited Body session.

Explore how relaxed the client’s legs are.

The client lies down on their back on the healing table.

The practitioner sits at one the side of the healing table.

With one hand, lift your client’s lower leg, supporting its gravity point, somewhere between the ankle and the knee.

Don’t grab or pinch it.

Lift the ankle and the knee equally high, while the knee bends and gets closer to the upper body.

Lift the lower leg very slowly and gradually until it relaxes into its “dead-weight” of about 10 to 15 lbs.

Do not lift too high or pull the leg in any direction.

Notice if the lower leg or any other body part relaxes and gets heavier.

Notice if the lower leg twists or moves horizontally.

If you find that the lower leg gets lighter you need to move slower because the muscles have started to help.

When complete, gently lay the leg down.

Explore if the client experiences that her/his leg moves differently.

You need to complete all your experiences.

Natural Yoga can be blocked by a trauma

In addition to Natural Yoga being hindered by stress, Natural Yoga can also get blocked through an Incomplete Experience. A movement can become incomplete through the inability to consciously encounter its thought, emotion and/or physical movement. A traumatized movement leaves you with inhibited movement and a cellular memory.

If your body is *traumatized* while it is in *motion* it imprints the *exact direction and speed of how it was moving when it was traumatized*. The cellular memory is stored, as tight muscles, ligaments and tendons, limiting the free range and flexibility of a joint. Later *the body avoids this movement because it has decided that the movement is not safe and that doing it again would repeat the problem*. Like the example of being thrown around in your car during an accident can leave you stiff and inflexible, while a roller coaster ride leaves you without fear and muscle tightening.

Using the analogy of an elastic-band you can envision how your body stores a trauma in movement. The first end of the elastic-band, the first tightening of the tissue, is set when you are first shocked and unable to stay aware of your thoughts, feelings and experience. The other end of the elastic band, the last tightening of the tissue, is fixed just before you become aware again. The elastic band is stretched as you unconsciously go through the trauma and your cellular memory is imprinted, leaving you with inhibited movements. Like the example of bracing yourself in a car accident, the first end of the elastic band is unconsciously set when you see the accident coming and tighten your arm. The other end is unconsciously set as you perceive that the accident is over. The stretching of the elastic band and the cellular memory is the unconscious experience of the accident.

Some people have learned that it is good to stretch a muscle that is in spasm and pain. If they stretch it the discomfort seems to go away. To continuously keep it away from pain they need to continue stretching it. There may be a short relief of pain and an increase of gross movement, but the tension will return. The muscle is communicating that it wants to contract to find health and ease. If you allow your tissue to move as it wants and follow its preferred direction you will discover permanent healing.

Stress enforces trauma

A traumatized tissue remains traumatized because the tissue is overpowered by stress or the weight of gravity. This is like the inability of an elastic-band that is stretched between two weights and can't shrink back if the weights are heavier than the elastic pull. When you are free from stress and can "Take Over the Weight" of the gravity pull, the elastic band-like trauma heals itself.

The Natural Yoga path of Retracing the preferred movement

The elastic band stretching is like the storing of a traumatic movement. To heal it includes the stretched elastic-band's pulling together, returning and recovering information.

Retracing follows the preferred path of the pull of the tense elastic-band like tissue in the specific returning path.

A stretched tissue has no other choice than to relieve its tension and be pulled back to its relaxed position.

Through relaxing and allowing your practitioner to "Take Over the Weight" of your body, the *resistance* to letting the stretched elastic-band like tissue do its healing pull is *removed*, and thus the tissue is free to pull and retrace the movement of the issue, which, in turn, enables the associated effects to be released, easily and gently.

Retracing is the effective way to release the tense tissue because it follows its preferred path and shortens it. Shortening the distance between the two sides to which the muscles, ligaments and tendons are connected diffuses the elasticity and re-covers their natural position in relationship to each other.

If the body can move in the direction and at the speed that allows its tissue to become more relaxed it will Retrace and release the tension that is holding the memory.

By applying the Natural Yoga path of letting your body move as it wants, and in the preferred direction it had at the time of storing the trauma, it will quickly and easily resume its healthy functions of the Natural Yoga state. For example, Retracing the unpleasant movements of being tossed around in a car during an accident makes these movements acceptable again.

Be aware of the tendency of the tissue to divert the Retracing and miss the place of a cellular memory or to move through a trauma too fast. You know when this happens because the tissue continues to be tense. This is like a person looking around a room to see what the room contains. If the scanning of the room is distracted or too fast, there will not be a lot of information received on the specific contents of the room. Being attentive and moving slow is necessary to be able to notice something new.

When you do an Unlimited Body session you should have a lot of space around your healing table so you can easily move around the table, free from sharp objects, such as glasses, jewelry, etc., and with good carpeting, so you won't get hurt. This is in case your client starts Natural Yoga Retracing. A safe space ensures the client's safety and increases the client's trust.

The Retracing Touch

The Retracing Touch recovers the free and effortless movement of traumatized joints and their elastic-band like muscles, ligaments and tendons.

The Retracing Touch starts with the “Taking Over the Weight”, because it relaxes the tension in the tissue and overcomes the pull of gravity, removing the resistance to the stretched tissue and allowing it to follow the path it is pulled.

The actual Retracing starts once the resistance is diffused. Then the elastic-band like muscles, ligaments and tendons begins to pull the body part along an effortless path. This feels like you have to follow a movement of a body part because it is getting lighter.

Both the “Taking Over the Weight” touch and the Retracing touch leaves the tissue less tense and more relaxed.

The Retracing Touch lifts a body part with each part of your hand: the palm, each finger, the side towards the thumb and the side towards the little finger monitoring the 2 aspects of weight distribution simultaneously:

- ◆ The “Taking Over the Weight” is monitored for increased heaviness. The change in location of the heaviest point is monitored for new hand positions and continuous support upwards.
- ◆ The Retracing is monitored for increased lightness without tissue tightening. The change in the lightest point is monitored with new hand positions and continuous support of the preferred path.

PRACTICE

Retracing the neck

Exchange an Unlimited Body session.

Explore what the client knows about the health of his/her neck.

The client lies down on his/her back on the healing table.

The practitioner sits at the head of the healing table.

The practitioner holds the client’s head pivoted on the Occipital bone, and with fingers slightly supporting the neck.

Watch so the main contact point is not too high towards the top of the head pushing the jaw down or too close to the neck pushing the jaw into the air.

The practitioner “Takes Over the Weight” at the heaviest point of contact.

The practitioner slowly and gently follows the preferred movement of the neck. If the head is pulled down below the table height have the client scoot up, by bending his/her knees and pushing his/her body up, until the top of their shoulders are outside the edge of the table. Watch so the shirt or sweater follows the move and doesn’t strangle them.

When you are done, ask your client to scoot down so they can complete with their head lying on the table.

Explore if the client’s neck has changed.

Retracing involving many joints

A trauma usually involves many joints and, as time goes by, you imprint and store many elastic-bands. The memories and the pulling of the stored traumas become more complicated and interwoven.

If you only have one elastic-band like trauma, your Retracing only needs to follow one preferred path, whether this entails only one joint or covers many.

Usually, you have many traumas mixed together, so sometimes your Retracing session will involve many joints and many elastic-bands like traumas.

The way you Retrace over many joints is to first follow one particular elastic band-like trauma and thus that make that less tense, leaving another tissue to be the most stretched one. Following the tissue that pulls the most will retrace that for a bit until another takes over, because now that has become the tightest, until it has a release.

You can feel, with your Retracing touch, when the pulling in one direction is no longer the predominant one and it seems that it is easier to move the body part in another direction where another stretched elastic-band has become more dominant.

The Retracing Touch involving many joints

The Retracing Touch involving many joints starts off in the same way as the Retracing Touch involving only one joint, but develops into involving more and more joints moving the body over many axes.

The hands positions lifting and “Taking Over the Weight” also monitors the weight distribution of where the heaviest point is and where the lightest point is.

The hands positions involving many joints is most effective when it lifts at the joint because then it can monitor the weight distribution of both sides of the joint.

PRACTICE

Retracing the movements of an arm involving many joints

Exchange an Unlimited Body session.

Explore what the client knows about how freely their arms move.

The client lies down on a healing table.

The practitioner lifts the client's elbow with one side of the hand monitoring the movements on one side of the elbow and the other side of the hand monitoring the other side of the elbow.

Hold the other hand, in the same fashion, across the wrist.

Lift the arm slowly and “Take Over the Weight”.

Lift the section of the arm that needs most support for it to get heavier.

Follow the preferred path for the arm to get lighter.

Support the arm so it doesn't fall off to the side or get stuck in one position.

Let the arm gently find a way to lie down in its most comfortable position.

Explore if the way the client's arms move has changed.

Natural Yoga can be blocked by a traumatized posture

In addition to the Natural Yoga state being hindered by stress and traumatized movements, it can also get blocked through an Incomplete Experience of a posture or traumatized posture.

A posture becomes traumatized if you are unable to consciously encounter the idea, emotion and physical posture.

An incomplete posture stores a cellular memory as a means to save that experience for another time when it will feel more ready to deal with it.

An incomplete posture tightens up the body while the body is still, as a freeze-frame of that exact posture. Like the example of the shock of a scream, while sitting and reading, can leave you with pain when you sit and read because your sitting posture stays tight so as not to experience your relaxed sitting posture with its associated frightening scream.

Until a traumatized posture feels safe to show itself, it will make sure that it is not being approached and stops the Natural Yoga of a relaxed posture, by moving away from the posture, refusing to take the posture or jumping over it.

Releasing the Resistance to a certain posture

When you Release the Resistance to a posture and take that posture again it will release the cellular memory and restore the relaxed posture. For example, being frightened while watching TV can store the memory in that posture. Relaxing into that posture again is the end of disliking that feeling and the recovery of your natural posture.

Releasing Resistance to a posture can be understood as searching an uncharted territory for treasures. The treasure postures sustain health, happiness and wealth. Natural Yoga recovers the treasure postures when the diverting techniques are released by first being aware of the blocks of non-movement and then by re-moving the holding which will transform this posture to one of aliveness.

The Recovering Posture Touch

The Recovering Posture Touch starts with “Taking Over the Weight” and following the Retracing preferred path. Releasing Resistance is noticed as a resistance at the beginning of a posture and then a relaxing into the posture.

The Recovering Posture Touch encounters the Resistance to a posture as:

- ◆ Accepting the posture.
 - This will feel like the posture is welcomed.
 - The tissue will relax, soften and elongate.
 - There is a small shake or shudder in that or any other part of the body.
 - There is a change in the posture.
 - A deep breath often accompanies a release.
- ◆ Refusing to take the posture.
 - Slightly back off the pressure of moving straight into the posture.
 - Find the preferred path into the posture from a slightly different angle.
 - If the Resistance is strong, let it go because maybe the tissue needs to release something else before it is ready to release this posture.
- ◆ Moving quickly past it or jumping over the posture.
 - Slow down and be more attentive to when the body part speeds up to move away from the posture.
 - You can provide the right support to take the posture by continuing the preferred path back to the same posture that you jumped past before.
- ◆ Resistance or pressure building.
 - The body seems to move into a thick liquid.
 - Continue moving slowly.
 - Be aware of the detailed movement of the angle of the posture.
 - Allow the body part to torque.

PRACTICE

Recovering a leg's posture

Exchange an Unlimited Body session.

Explore what the client knows about the posture of his/her legs.

The client lies down on a healing table.

The practitioner lifts the client's leg in the way that allows all joints of the leg to move freely.

Lift at the knee with one hand.

Lift at the ankle with the other hand.

Lift the leg upwards and “Take Over the Weight”.

Support the knee to bend and follow it as it moves closer to the hip.

Notice if it surrenders, resists or jumps over a posture.

Continue to follow the preferred path until you arrive back to the same resistance again and then slowly explore the edges of resistance.

Notice when you feel a releasing shudder or an elongating, or when the posture relaxes.

Once you have released the Resistance, gently let the leg lay down on the table.

Explore if the posture of the client's legs has changed.

The complete Natural Yoga session

Finally, we combine and use all the different facets of the Natural Yoga path and apply them at the same time. This can be quite a moving experience, especially for people who are not used to experiencing all of themselves.

When you embark on the Natural Yoga path you start with surrender through “Taking Over the Weight”.

Then, when you notice that one of your client’s tissues tries to move and shorten, you know which tissue is ready to be supported and which direction to follow, in order to follow its preferred path.

If you encounter a Resistance to a posture or a jump, pay extra attention to slowing down and spending some extra time with it, so it can discover how to relax its resistance.

PRACTICE

The complete Natural Yoga session

Exchange an Unlimited Body session.

Explore how the client’s legs, pelvis and back move.

The client lies down on his/her back on the healing table.

The practitioner stands at the bottom of the healing table.

Start with your own legs bent so you can lift with your legs.

You can start with one of your client’s legs or choose both together.

Hold the client’s ankle(s) without grabbing or pinching.

Do not lift too high or pull the legs too far apart.

Lift and take over the weight.

Allow the leg(s) to rotate, shorten, or lengthen on the same horizontal plane.

If the knee and/or hip pulls and wants to bend, change your hand position to support the bending.

Monitor how the body relaxes and gets heavier.

Continue “Taking Over the Weight” of the tightest area so it can relax more.

Monitor if a body part gets lighter.

Follow the easiest path by shortening a tissue or making it less stretched.

Notice if you meet any Resistance.

Explore any resistance until it releases into a relaxed posture.

The client will probably naturally end up in a final relaxed position.

The practitioner can help the client to a relaxed position if s/he finishes in an uncomfortable position.

Explore if the way the client’s legs, pelvis and back move has changed.

Natural Yoga Main Points

Each body has a unique way it prefers to move and be.

The tissue can stop moving and become unhealthy if it gets stressed.

A stressed tissue needs to relax by getting heavy to allow Natural Yoga.

A tissue can get traumatized if you have an experience that you don't complete.

The memory of a trauma can be stored as a resistance to:

- ♦ A certain movement.
- ♦ A certain posture.

If a tissue gets traumatized, the body stores pointers of how to complete it. These reminders are stored as certain movements and postures.

An easy way to release dis-ease is to observe which tissue is shortened and what direction that tissue is trying to go as well as supporting it to go there.

My experience and understanding of Natural Yoga!

Report on your workshop experience and exchange sessions. Write legibly or this is of no use.
Make a copy and mail or give this to your producer.

Name _____ Date _____

Something I have learned about Natural Yoga _____

Something I have experienced with Natural Yoga _____

Something I want to learn more about Natural Yoga _____

How Natural Yoga affects me _____

My questions and concerns _____

Exchange a session where you follow the Retracing of the body.

What I experienced and noticed when I took over the weight and applied Retracing _____

What I learned and experienced when I received _____

Exchange a session where you find and release a Restriction to a posture.

What I experienced and noticed with releasing a Restriction _____

What I learned and experienced when I received _____

Your Third Gift – Body Language

Body Language is the way your body communicates what is really happening to you as an individual.

PRACTICE

Be aware of your complete body, focusing on your internal experience, relaxing your attention from your external world.

Move around in a relaxed manner and notice whether your feet move in the same direction or, if one moves straight or more sideways than the other.

Notice how this feels.

Notice if you feel different if you point your feet in a different direction.

Notice the connection between how your body moves and how you feel.

Stand up naturally and notice if your arms hang straight or are bent at the elbow.

Notice how this feels.

Notice if you feel different when you place your arms away from your body.

Notice the connection between your postures and how you feel.

The purposes of Body Language

- ◆ Now that you have learned that the hands-on healing of the Unlimited Body sessions starts with Safe Touch and maybe includes Natural Yoga, you need Body Language to show you how to find the cause of the issue, how to work with it and where to put your hands for optimum results.
- ◆ The existence of Body Language saves you a lot of time and makes your life easier because you don't have to verbalize all your communication. It would be hard to try to communicate everything verbally. Approximately 7% of your communication is verbal and the remaining 93% is communicated through your Body Language.
- ◆ You know a lot about people because you read their Body Language even before you talk to them. You may feel it is intrusive to know so much about others, or you may recognize the freeing sensation that comes with giving up the impossible task of trying to override what is really going on with some ideas. You can be more supportive and in harmony with others when you know what is going on with them and what they want.

Every body part, every movement and every posture reflects a certain thought-feeling-opinion-decision of the mind.

- ◆ Studying Body Language brings you to the immediate truth of a situation because Body Language doesn't lie, but continuously shows the actual underlying belief and its emotion, so you can easily find the way to heal.
- ◆ Examining Body Language shows you how good you feel in relationship to how good you can feel. Your path is to recover your optimum function and experience fulfillment.
- ◆ Body Language reminds you how you need to use your body to continue to function optimally.

Your physical body always shows how you really feel.

Identifying your possibilities

If you wonder if this is all your life was meant to be or if you could ask for more, you can examine how your body is built to move and how it needs to have a balanced posture and compare that with how freely your body actually moves and how balanced your posture is.

If you have any inhibited movements or your posture is imbalanced, you are not living to your full potential and can improve your health and success.

How you use your body and your posture makes you feel in certain ways. By changing how you move, sit, or stand, you change how you feel.

Your body shows how you really feel

- The way your body moves shows how you feel.
- The way you feel shows up in your body's movements.
- The way your body moves shows what you think.
- The way you think shows up in your body's movement.

- Your posture shows how you feel.
- The way you feel shows up in your posture.
- Your posture shows what you think.
- The way you think shows up in your posture.

Unlimited Body uses the easy path to optimum function

- By changing how you move, you can change how you feel.
- By changing how you move, you can change how you think.
- By changing your posture, you can change how you feel.
- By changing your posture, you can change how you think.

EXERCISE

Explore how different movements and postures reflect different feelings

Move around in a naturally relaxed way and observe how your movements reflect how you feel.

Say: My name is _____

What I know about how my body moves is _____

The feeling my body movement reflects is (emotionally or physically) _____

Notice the connection between how your body moves and how you feel.

Stand in a naturally relaxed way and observe how your posture reflects what you think.

Say: What I know about my posture is _____

The thinking my posture reflects (emotionally or physically) _____

Notice the connection between your posture and how you think.

Your body naturally strives for aliveness

Whether you do it consciously through a systematic approach or unconsciously following the natural urge within, your body strives towards 2 things:

- ◆ Free movement in and through your whole body, where your joints and their tissue are able to move without tension.

Your body is meant to move through its joints.

Try moving one part of your body without using your joints. Obviously, that is not possible.

For example: If you walk without your arms slightly swinging your aliveness is decreased.

- ◆ Balanced posture where you are centered in gravity with the least amount of effort.

Your body is supposed to be balanced vertically.

Try to change your position of one part of your body without changing the position of any other part.

If you succeed, you would be falling, because your gravity point is moved.

If you remain upright and balanced in gravity, your body must have adjusted itself with a new position of another part of your body.

For example: If you change the position of your hands and hold them behind your back, you will be falling, unless you have changed the position of another part of your body to be further forwards or tighter to counterbalance your changed weight distribution.

The amount of free movement

+

The amount of balance in gravity, with minimum effort

=

The state of health

The 6 Steps to reaching your desired result:

1. Know what your desired result is so you know where you are going. This is what you want to accomplish. This is learning how your body is meant to function.
2. Know where you are, so you know where to start. This is what you know about how your body already functions.
3. Locate the hindrance to your goal, which is identifying which tissue is holding and not moving.
4. Explore the next step towards your goal, so you know how the stilled tissue needs to change and start to move.
5. Do hands-on and re-move the physical contraction to your goal.
6. Recognize and enjoy your new state.

Practice

Practicing the 6 steps to accomplishing your desired result.

Do an exchange Unlimited Body session.

Pair up with partner being the client and the other partner helping client explore.

Focus on the first thing that you notice is not moving and out of balance.

Client walks around.

1. This client says: "Something I want is (choose a specific goal) _____"
2. What I know about how my body currently moves is _____
3. The free movement that is hindered is _____

Client lets their body's posture be relaxed:

1. The client repeats: "Something I want is (choose the same goal) _____"
2. What I know about my current posture is _____
3. The tissue that hinders me from being relaxed in gravity is _____
4. The way the still tissue needs to move to allow my goal is _____

5. Do hands-on on the contracted and tight area.
6. Walk around again and take a relaxed posture.
Notice any change with your body's movements and posture _____

Switch

Tools for reading Body Language

Set a “bookmark” of how you are before your session. Your “bookmark” is your level of free movement and balanced posture.

By observing your level of free movement and balanced posture after your session against the “bookmark”, you will be able to clearly identify the change you have achieved, which leaves you with a stronger impact than if you were just told that you have improved.

Receiving information: Imagine yourself as being a giant satellite dish, open to receive a multitude of broadcasts – physical, emotional, mental, verbal and subtle. You are picking up as much information as you can to better observe and understand how to support your partner.

Language: Observe how people speak. You can get a good feel for a person’s connection with their goal by noticing what and how they communicate.

Clothes: The clothes people wear make them feel in a certain way and thus show how they feel and experience themselves. Being aware of people’s clothing helps identify where they are and what they want to work on.

Confusion: If you notice you are reacting or feeling confused, you know you are on to something. This is true for both the client and the practitioner.

Mirrors: It is good to observe the Body Language in a mirror when analyzing your movements and postures. The more mirrors you have, the more you can see so you get more information to identify which tissue is holding tight.

When you see yourself in a mirror, don’t adjust and correct your movement or posture to a way that you think is right. If you work with another, support this person to be natural when they look in the mirror. A way to do this is by blocking the mirror as they approach it. Tell your partner not to change as s/he sees her/himself in the mirror.

Mimicking: This is a good technique, if you can’t pinpoint which body part is tight. Mimicking how someone moves and their posture, shows you how they feel in their body and what area is tight and needs a release.

EXERCISE

Mimic a movement and a posture to find what body part needs to change

Pair up and choose one person to be examined and one to examine.

Move around with the examined participant walking ahead of the one mimicking. The mimicking participant explores, by noticing within his/her own body, which body part is inflexible in his/her own body.

One participant takes what is for them a “normal” posture, and the other participant mimics this posture.

The mimicking participant explores, by noticing within his/her own body, which body part feels tight in his/her own body.

Discuss together what tissue is tight and needs release.

The body part that needs to be released feels unfamiliar to the person who doesn’t normally have this movement or posture.

Functional and Structural approaches

Because there are 2 different kinds of health problems, Unlimited Body includes 2 methods for healing: Education and Hands-on release.

These 2 issues come from: 1. Having mis-learned how the body is supposed to function and 2. Having an Incomplete Experience, stored as a cellular memory.

Through Body Language you can observe whether your lack of optimum function is a Functional or a Structural Issue.

You need to use the right releasing method to have permanent change.

If you use the approach of healing that doesn't address the problem, you won't create a permanent healing.

If you have worked on a problem a lot, but have not gotten a result, you may be using the wrong approach and need to switch your approach.

If you do hands-on on a Functional Issue, you will not create change. If you educate how the body works when someone has a trauma you will not have a permanent change.

Functional Issues

Functional Issues appear when you actively change how your body moves and your posture, with your mind, beliefs, education, or you don't know how your body is supposed to function. This imposes "a trying to do it right correction" and, at best, creates a temporary artificial change.

This type of change causes tissues to contract and get tight and thus inhibits your free movement and balanced posture.

For example: Purposely walking or standing "straight with your shoulders back" or "stomach pulled in," rather than allowing the body to be relaxed, causes a Functional Issue, which is a movement or posture generated from a thought rather than your body's natural inclination.

Stretching is caused by a belief. This belief is opposite to what the body wants. Temporarily it may seem beneficial, but long term it makes the tissue constantly tight. Beliefs are mental constructs and thus impose on the physical. Beliefs on how to get healed don't heal the physical, but force an imposition on the physical.

Over time you can create a larger problem and limited life from a constant "correction" of your body.

When it is a Functional Issue the contracted and tight tissue is the longer side.

You know it's a Functional Issue when:

- ◆ You try to move or stand correctly.
- ◆ You correct your movement or posture to what you think is right.
- ◆ The way you move changes when you relax.
- ◆ Your posture changes when you lie down.

Functional Issues are released when you stop imposing a belief or mis-learned habit on your body and learn how your body is built to function.

Structural Issues

Structural Issues come from contracting and storing Incomplete Experiences - emotional and subconscious material - in the tissue. This is also called cellular memory.

You know it's a Structural Issue when:

- ◆ You are unable to change how you move or your posture, without contracting somewhere else.
- ◆ The way you move continuous the same, even after you relax.
- ◆ The same posture remains after you lie down.

Structural Issues are re-moved when Incomplete Experiences are completed and subconscious material (memories) are released from the cells. This happens when your tissue feels as safe as it did before the first contraction occurred.

Structural Issues are also re-moved through awareness and allowing the Life-force's natural subtle movement to return.

Structural Issues are contractions that can be stored in 2 ways

- ◆ If an issue is stored in a local tissue, it is stored in a tissue that is supposed to be moving and pulsating with aliveness, flexibility and resiliency without engaging with bordering tissues, like an organ, etc. This tissue has a specific job that is different from that of the surrounding tissues.

In order to enliven this tissue, you need to support the tissue's own independent natural movement to come back.

This is a subtle movement change and needs the Safe Touch approach.

- ◆ If an issue is stored in a muscle, ligament or tendon, the issue is stored in the tissue that connects two bones with each other and transverses a joint. This tissue's purpose is to co-ordinate other tissues whereabouts.

In order to free this tissue that holds the two bones of a joint in a particular angle, you need to change the position in which the two bones in the joint connect.

This is a gross movement change and needs the Natural Yoga touch.

Issue	Cause	Tool
Functional	Correction Mis-learning Not knowing how the body is meant to be functioning.	Re-education Awareness of how the body is supposed to function. Allowing the body to be as it wants to be.
Structural	Trauma Ingrained Functional Issue.	Hands-on Awareness of the subtle and gross movements.

How to approach Functional and Structural Issues

Sometimes education about how the body functions accomplishes the goal, and no hands-on work is needed.

For example: Lower back pain can be caused by taking steps that are too long. By learning the right length of a step, the pain can go away.

Another example: A person complains about a belly ache. The person's posture shows the torso and neck too straight and a bit tense. By relaxing the back, the body leans forward and relaxes the front of the body, re-moving the belly ache.

Structural and Functional Issues often co-exist. Functional Issues needs to be addressed before Structural Issues.

For example: If a person has an aching shoulder, this person might try to stretch the shoulder to get temporary relief. The Functional re-education teaches the person to let the shoulder be the way it is, and the Structural Approach uses hands-on, re-moves the shoulder tissue.

Sometimes a Functional Issue covers up a Structural Issue, first requiring a Functional re-education, so the Structural Issue can be revealed and re-moved.

For example: You may have tried to get relief from back ache by choosing to move, stand and sit with a straighter back, leaving you stiff. When you relax your back, you will notice that your back gets shorter. This reveals the tight and shortened tissue in the back, and finally you can start your hands-on approach.

When a Functional Issue becomes deeply ingrained, it may first appear as a Structural Issue and needs an initial Structural hands-on approach, so the tissue can soften and then complete with the Functional re-education, so the issue won't come back.

Practice

Exploring Functional and Structural Issues

Pair up and choose one person to be examined.

Observe how the examined person moves around with a relaxed body.
Notice if there is a non-moving and tense area.

Identify which tissue is causing the non-movement or tension.

Determine if this area is not moving because it is mentally made to move in a certain way or if it is holding an Incomplete Experience.

Observe how the examined person stands with a relaxed posture.
Notice if there is imbalance in the posture.

Identify which tissue is causing the imbalance in the posture.

Determine whether the posture is a Functional Issue and educated to be like this or if it is Structural Issue and pulled to this position.

Re-educate the Functional Issue and do hands-on on the Structural Issue.

Notice the changes.

The healthy body's free movement

The more flexible you are the more alive you are, and the more rigid you are the more dis-eased you are.

It is important for your body to have subtle movements or it becomes a corpse. Your body also needs gross movements to be able to express itself.

Your body is supposed to move.

There are always subtle movements going on in the body. The subtle movements are the inner tissue movements. It is also the vibration of your cells, electrons, oxygen and spirit, that is often referred to as energy. Lack of subtle movements prohibits voluntary gross movements. You cannot move your body, if you don't have subtle movements. The subtle movement is the movement we inspire with Safe Touch.

Your joints exist in your body to provide a place for movement and are *supposed* to move. When your joints move the way they are supposed to, you feel good. The gross movements are the movements of your joints.

There are different types of joints in the body. If you understand how each joint is supposed to move, you can easily support these movements. Some joints are hinge joints and are supposed to move in a linear motion. Another classification is ball joints and they are supposed to have a wide range of movements. Other kinds of joints may also be found that have specific movements assigned to them. Observe how your joints move, and you will know your level of aliveness.

When your body moves fully, it creates a natural engaging and enlivening of every area of the body. All healthy tissue flows easily within the movements they are meant to perform. If the body does not move fully, there are still areas of the body to heal. The gross movements are the movements we inspire with the Natural Yoga touch.

The body's lack of movement can be either Functional or Structural

You need to identify whether your issue is Functional or Structural, so you can use the healing method that brings permanent change.

- ◆ If it is a Functional Issue, then you need to be re-educated on how your body can be used more effectively.
- ◆ If it is a Structural Issue, a re-moving of a specific tissue is needed, by hands-on healing.

When you observe the quality of your own movements, you may not notice anything unusual because you are so used to it. So, you have to examine how you move in comparison with how your body is supposed to move, and thus easily detect the difference.

For example: One of your arms may be swinging more or swinging differently than the other, or your upper arm may be moving more or less than your lower arm.

When you get to know how your body moves, and you compare it with how your body is supposed to move, you know if you can improve and what you can change to get more.

A general guideline of how to examine your body's movements

When you do the Ten Empowering Sessions, you will examine your joints, so you can understand and can support your permanent health.

- When you walk, notice if your movement is harmonious.
Notice what comes to your attention when you question what to improve.
Notice the characteristics of your body's movements.
Is the natural movement inhibited anywhere?
- Does your body flow through your gravity center or does it swing from side to side, avoiding the movement that engages the joints?
- Does your body use its joints in their intended ways?
- Are your joints used as shock absorbers, or are the joints inflexible and hard, giving your body a jolt on each step? Can you hear your steps?
- Functional Issues also appear when you ignore your body's messages of what it wants.
- The directions people lean when they walk indicate how they approach life. 80% of the people lean a little backwards and are called "Pullers". They are holding back, they struggle, and they don't back themselves up. 20% of the people lean forward in their walk and are called "Pushers". They move easily or forcefully into the future.

The way you find the state of free movement is by asking *COMPARATIVE QUESTIONS*, comparing one side of the body compared with the other.

Looking closer at your Head Bones, Palate and Jaw

The skull should be relaxed and have subtle movements.

The movement in the skull can be stopped by judging and rejecting an experience, and/or by a tight scalp.

- Is your head held tight, or does it shine and smile?
- Is your jaw tight or loose? Is it in a centered position?
- Is your speech caught anywhere in your mouth or throat?

Looking closer at your Neck

The neck should be flexible.

The neck can become stiff and inflexible when a person is not flexible and willing to see situations from another point of view, thus pulling the muscles in the neck and/or the shoulders tight.

- Does your neck move with or against the flow of your body?
- Does your neck swing more in one direction than another?

Looking closer at your Ribs, Sternum and Spine

The torso should be expanding and collapsing.

The torso can become tight by resisting the expansion and collapsing of the ribcage and the expansion of one's involvement in life, thus not allowing support.

- Does your ribcage move?
- Do your ribs move?
- Does the cartilage between your ribs and your sternum move?

Looking closer at your Shoulders, Elbows, Lower Arms, Wrists, Hands and Fingers

The arms should swing freely.

The swinging of the arms can be stopped by avoiding taking action and pulling back.

- Are your arms being held from swinging or made to move?
- Do your arms swing from the shoulders, elbows and/or wrists?
- Are both your arms swinging the same amount?
- Are your arms swinging in the direction your body moves, or do they move from the spine around to the belly-button?
- Are there movements in your hands, or are your hands stiff and clenched?
- Are your thumbs pointing away from your other fingers, or do they hang free?

Looking closer at your Pelvis, Sacrum and Pubic Bone

Pelvis should be relaxed and flexible.

The movement in the pelvis can be stopped by avoiding the enjoyment of one's body and tightening up.

- Does your pelvis move as one bowl or as many different parts?
- Do the joints between your sacrum and your pelvis move?
- Does your pubic bone joint move?
- Does your pelvis swing from side to side or front to back?
- Does one side of your pelvis swing differently than the other?

Looking closer at your Upper Legs, Knees and Lower Legs

Legs should move, bend and rotate.

The movements in the leg can be inhibited by not letting go of the past and avoiding stepping into the future, thus holding back one's step.

- How long and wide is your step?
- Does it take longer for one of your legs to complete the step than your other?
- Are there certain swings in your step that seem to avoid a part of your free swing?

Looking closer at your Ankles, Feet, and Toes

The foot should be loose and flexible.

The movements in the feet can be stopped by becoming too worried and not creating an angle shift between your foot and your leg or by not moving the pelvis.

- Does your ankle bend when you walk?
- Can you hear your heels hit the ground?
- Do your toes touch the ground in your step?
- Is your walking step on the inside or outside of your feet?

The Three Major Places of Movements

These are the three places that have major effects on you. They are often inhibited, but can be easily freed.

Torso

The degree that you have *free movement in your torso* is the degree that you emotionally *engage in your life*. Since your torso consists of many small bones attached to each other through joints and is not created as one armor-like piece, it is probably meant to move. If your *torso is tight, you are an observer*.

For your torso joints to move, you need to keep one side of your torso still, i.e. not moving backwards, while the other side moves forwards. Pulling your shoulders back in order to appear to be straight is a way to tighten and block your torso and your feelings.

Pelvis

To the degree that your *pelvis is free moving* is the degree that you *experience the joy and passion of being alive*. If your *pelvis is not moving freely, you hold back your passion*.

This movement is usually avoided by moving the legs and the spine in a side motion or by moving one side of the pelvis backwards as the other is moving forwards. This is often thought of as swinging the hips, even though the joints in your pelvis are not used. To have a movement of your pelvic joints you need to keep one side of your pelvis still, i.e. not moving backwards, while the other side moves forwards.

Ankles

To the degree that you have *freely moving ankles* is the degree that you are *free from worry and choose to move forward with trust*. If your ankles are not moving freely, you have become a fearful person who tries to control your own future.

You know you have movement in your ankles when you have a change of angle between your leg and your foot. When taking a step, the heel has to stay back and touch the ground until a bend in the knee has occurred to create a change of angle between the foot and the leg. This makes the step bouncy.

PRACTICE

Opening up the Three Major Places of Movement

Exchange an Unlimited Body session

The practitioner helps the client, who is moving, to explore their Three Major Places of Movement.

Explore the movements in the torso, the pelvis and the ankles.

Compare the amount of movement they have to each other.

The area that is in need of freeing up movement the most is _____

Educate how these movements are supposed to be.

Do hands-on re-moving of the contracted tissue

After completing the session, walk again and compare the freedom of the Three Major Places of Movement with how they were at the beginning of the session.

The healthy body's balanced posture

If your body is aligned in gravity, with minimum effort, there is ease, relaxed tissue, and health. If your body is out of alignment with gravity, then there is tension and holding somewhere in your tissue, leading to struggle, discomfort and dis-ease.

To know if an area is out of balance you need to know what a balanced body looks like. Then you compare that with what your own posture looks like. If you find any difference, you will know what area needs to relax into balance again.

**When you know your posture,
And you compare that with how balanced your posture is supposed to be.
Then, you know what you can change to improve your life.**

The body's lack of balance can be either Functional or Structural

You need to identify whether your issue is Functional or Structural, so you can use the healing method that brings permanent change.

- ◆ If it is a Functional Issue, then you need to be re-educated on how your body is supposed to be balanced.
- ◆ If it is a Structural Issue, then the hands-on touch will a re-move the tissue.

For example:

The common back ache is often treated with a hands-on approach, without relief, because it is a Functional Issue, caused by the tendency to fold one's arms.

When you keep your arms in front of you, your gravity point is in front of your center. In order to not fall, you either have to push your shoulders or buttocks back or tighten your back or hamstrings. To release your discomfort, you need to learn a new habit of not folding your arms in front of you.

A general guideline of how to examine your posture

When you do the Ten Empowering Sessions, you will examine your posture, so you will understand how your posture is supposed to be and how you can maintain permanent health.

The best way to learn, if posture is balanced or not, is by comparing the posture of one side of the body with the other side.

If there is Structural Issue, the shorter side is the more contracted side. If there is a Functional Issue, the longer side is the contracted side.

The tighter side has the issue.

- Compare areas on one side of the body with the corresponding areas on the other side of the body, and see if they are similar or have differences.
- Examine where your gravity point lands between your feet, by noticing how much weight you have on the front, back, left and right of your feet.
- Drop plumb lines and see if your body is naturally aligned.
- Imagine horizontal straight lines, lying on top of your ears, your eyes, your shoulders, the ends of your hands and through your knees. Are the two sides of your body at the same height and turned the same way?
- Imagine a vertical line through the center of your body from your nose down through your belly, pelvis and ending on the ground between your feet. Are there equal amounts of your body on each side of this line? Are your feet at an equal distance from this point?
- Imagine a vertical line on the side of your body, going through your ear, shoulder, elbow, wrist, center of torso, pelvis, knee and ankle. If this line is not going through the center of these places, it is off to one side forcing another body part to the other side of this line in order to keep the balance.
- Observe if one part of the body is at a different distance from the mirror than the corresponding part on the other side of the body.
- Compare the proportions of your different sections of your body.
 - Does your upper body look proportionate to the size of your lower body?
 - Are your arms in proportion with the length of your legs?
 - Is your abdomen in proportion with the trunk of your body?
 - Are your arms equally long?
- Is there any tissue of your body that is contracted or has a pulling pattern on another tissue?

Lift one of your arms and see how much of your body is engaged or resists this movement.

- Is the quality of your body's surface tissue and deep tissue soft or hard?

If the surface tissue of your body is baggy, then the deeper tissue is contracted. This makes your body shorter and the surface tissue larger than your core. Releasing the deeper layers lengthens the inside of your body to fill up the surface tissue again.

Looking closer at your Head

Your head should be straight on top of your body, in line with the plumb line.

Your head may be placed at an angle to your body, and one side may be crunched compare with the other.

- Are your ears equally high and equally placed between the back to the front of your head?
- Are your eyes the same size?
- Is your nose pointing straight forward?
- Is there the same amount of cheek on both sides of your face, and are your cheeks on the same level?
- Are the sides of your mouth pointing in the same direction and of the same size on both sides?
- Is your jaw centered - -not too far backwards or forwards?
- Does your head sit straight on top of your neck?

Looking closer at your Neck

Your neck should be visible and straight.

Your neck may be scrunched together so you barely see it or too elongated. This makes the skull bones immobile and results in a lack of blood and spirit flow in the scalp.

- Is there an equal amount of space between the clavicles and the ears on both sides of your neck?
- Is your neck in the center between your shoulders?
- Is the length of your neck the same at the front as in the back?

Looking closer at your Arms, Shoulders and Torso

These areas should be equally distributed on both sides of your plumb lines.

These places can be contracted and pulled out of balance if you hold back your emotions.

- Are your shoulders on a horizontal line?
- Are the distances from the end of your shoulders to the neck the same on your right, left, back, and front sides?
- Are both your shoulders at the same distance from your breastbone?
- Are your elbows rotating the same and on a horizontal line?
- Are your hands equally long and angled the same?
- Do your hands land in the same place and in the same way on or beside your legs?
- Do you see the same amount of your knuckles on both of your hands?
- Is the space between your body and your arms the same on both sides?
- Is the space between your hands and your hips the same on both sides?

Looking closer at your Pelvis

Your pelvis should be straight under your shoulders, equal amount of space between your pelvis and your armpits.

Your pelvis should have a slight slant and angle to it.

Your pelvis can be higher on one side than the other. This throws your whole body out of alignment and the higher side's leg seems longer, causing sciatica pain, making you walk with a limp and feel like you are not normal.

Your pelvis can be tilted forwards and down or backwards and up or it can be placed in front of or behind your center line. When you hide your passion, the top of your pelvis is tilted forwards and down or is behind your center line and the relationship to your shoulders. If you try to be passionate, the top of your pelvis is tilted backwards and up or in front of your center line, making you think like you are passionate.

- Do you have a big curve in your lower spine?
- Do you have a belly?
- Does your pelvis have a forward or backward tilt?
- Is one side of your pelvis higher or further forward than the other?
- Is your pelvis turned in any way?

Looking closer at your Back (A special setup of mirrors is necessary for this.)
(Maybe taking pictures of the back can facilitate a better view, if this seems to be important to the healing.)

Your back should have a gentle S-curve in your front to back directions. Your back can also be bent to one of your sides or have an S-curve in the left to right directions if you don't have a balance between your passion and your activities making your life feel imbalanced.

Your back should also be distributed equally to the left and the right side of your spine, with the plumb line in the center of your back.

Your back, in the front to back directions, can be curved too much or be too straight if you don't support yourself in the right way. This can make you feel slumped with low self-esteem or straight, rigid and stiff.

Your upper body can be tilted backwards, making you feel disengaged in life and arrogant; forwards, making you feel low self-esteem; to the left, holding back your anger; or to the right, holding back your passion.

- Is the curve in the front to back directions minimal, exaggerated, or nicely distributed?
- Is one of your back sides longer? Is one of your backsides thinner or further forwards?
- Does your spine lie close to your skin surface or deep into your muscles?
- Do any of your vertebrae stick out more than others?
- Is your tissue equally thick on both sides of your spine?
- Is your spine straight in the left to right directions, or does it curve to the left or to the right directions, like in Scoliosis?
- Is there any place in the back where your skin is pulled?

Looking closer at your Legs, Knees and Feet

Looking at your legs from the front, they should be straight with the same distance between the center of your feet as the center of your knees and hips.

This is approximately one of your feet fitting in between your feet.

Your feet should be in the center under your body, with your toes touching the same forward line.

Your knees and your feet should be pointing straight forward.

Looking from the side, your legs should look like they are straight under your body with a plumb line through the center of the side of your pelvis, knee and ankle.

Your legs, knees, and feet may be too far apart or too close together (if you are fragile) making you unstable.

Your knees may be further apart or closer together than your hips and feet if you feel you are unsafe and need to ground yourself. This may result in making you bow legged or knock kneed.

Your legs and feet can be too far forward or backward, making you curved. They can be too straight with the knees bent backwards or too far forward, so it looks like you are sitting.

Your knees and feet can be pointing sideways or inwards (as in pigeon toed), because you are not moving straight ahead with your life.

- Are your hip joints, knees, ankles and feet in one line above each other, both looking from the front and from the side?
- What is the angle, and how is the weight transmitted through your knees, ankles and feet?
- Are your knees locked?
- Does one of your legs appear shorter than the other?
- Do you have more weight on one leg than the other?
- Which direction do your feet point?
- What is the distance between your feet?
- Is one of your feet further forward than the other?
- How are the contours of your ankles?
- How are the lines between your inner and outer malleoli's?
- Are your feet flat, or do they have large insteps?
- Are your heels prolonged backwards or short under your feet?

PRACTICE

Releasing imbalances in your posture

Exchange an Unlimited Body session.

Explore the position and form of one of your body parts and compare that with the same part on the other side of the body.

Observe the plumb lines and the body parts positions.

Notice if the gravity point is in front of the feet, to one side, or in the center. Identify the biggest mis-alignment to get the most result.

Use re-education on how the body is supposed to be balanced in gravity for Functional Issues.

Use the hands-on approach for Structural Issues.

Complete by comparing the new posture with the posture before the session.

The way to start an Unlimited Body session

The moment the session starts is when you agree to do a session together. At this moment you start to earn your client's trust. Be observant and gather Body Language information from this point on.

To begin the Unlimited Body session the practitioner must first ask the client, "What do you wish to accomplish from this session?" and then:

- ◆ Remain open to everything you hear.
- ◆ Don't impose your ideas on your client.
- ◆ Encourage your client to ask for something that is important to them.

When a client chooses to have an Unlimited Body session because they want a particular result, the procedure for the session is clear, and the practitioner can go directly to explore and work on that wish.

Sometimes a client may want a session without knowing what goals are acceptable to ask for. Encourage them to choose goals that are important.

Sometimes a client may want a session without knowing specifically what they want. If this is the situation, they can co-create a goal with their practitioner by exploring how they use their body and what their posture is. The practitioner educates the client on how an efficient and happy body is supposed to function. Compare this with where the client is in relationship to their possibilities.

Some people are more complex and initially need to be supported through other doorways than the body, such as first understanding or expressing an emotion. This is explained more in "Integrating the Four Bodies" chapter.

Additional goals may surface as the client moves through their session and realize that they can ask for more.

The most effective Unlimited Body session is when the client's wants to reach their full potential.

A practitioner inspires a client by being involved in the session. Refrain from keeping hands behind the back, in pockets, folded at the chest, or on the hips. Let the arms just hang so they can be animated when needed.

When the exploration starts the client needs to take his/her shoes off, to have the same basis for their experience as they will when they will walk after the session.

The Client also needs to walk normally which means at a normal speed and with his/her head in a normal position. This is probably not staring in the ground.

When a client lies down on the healing table, make sure they feel safe, by being very present and make sure the client feels supported.

Similar to a dance partner picking someone up at his/her seat and escorting him/her to the dance floor, one good way to communicate attentiveness & readiness is to catch the client's head before it hits the healing table.

The indications to complete the Unlimited Body session

The session is complete when the goal is achieved. It is good to remember what the goal is throughout the session to be aware if you are accomplishing this goal.

The session may also be over when you have gone as far towards the goal as the client wants to right now and changed as much as he/she want at this time.

When there has been a major release, it might be a good time to complete and leave space for integration.

If the client falls asleep he/she cannot be aware of or choose change. So, it is necessary to be awake or the session is over. If a client has a hard time staying awake as they receive a session, it is because they are discovering new territory, especially emotionally, and feel fear of owning this. Focusing and talking about what is really going on usually helps them to stay conscious. Keeping their eyes open can be a good stepping-stone to encounter the release.

When tissue contracts more than before, by the client mentally pulling up their legs, talking about irrelevant things, moving their head to the side, or moving their arms, the tissue is not releasing further and thus not surrendering and accomplishing further goals.

Sometimes focus on one sensation and follow it, and sometimes have the big picture and the goal. Maybe something else needs to be changed before the client's body releases a particular area. You can change your hand positions and check your progress during a session.

From the point of view of the changes taking place, they will hopefully never end. That would be a sign of stagnation. Life is ever evolving and processing to higher states of aliveness.

The client choosing to change their movements or posture is Functional change and can only be a temporary change of how they feel.

Changing the physical body with exercising, stretching, or taking certain learned postures will not create a permanent change on how one feels. At best, you will only feel different for as long as you keep changing your physical body. But, since the new way is not your natural way, you will revert back to your old feelings as soon as you stop making a change.

If someone tries to create a change only with their mind, they are probably doing things that don't feel good and are fighting their body's natural inclination towards healing. To have permanent change, it must come from more freedom in the body.

Nowadays, it is commonly accepted that stretching is necessary for maximum performance. However, it is hard to imagine, for example, that cowboys had to stretch before riding in order to be able to ride well.

The way to end an Unlimited Body session

The practitioner needs to be attentive when the client completes the session.

- ◆ The end of a session is when the practitioner and the client agree that the client doesn't need the practitioner anymore. This is usually communicated by the practitioner in the following way while gently getting out of the client's space, "Take your time. Eventually, when you feel ready, you will sit up, stand up, walk around. Let your New Body move as it likes".
- ◆ The client gets up and explores his/her New Body until s/he feels acquainted with it.
- ◆ The walking after a session gives the client some time to integrate, explore and become familiar with his/her New Body.
- ◆ The "New Body" sometimes keeps adjusting a lot to the new structure for a minute or so.
- ◆ Wait until the client walks comfortable to do final observations. The practitioner guides the client to realize where s/he is in relationship to their goal.
- ◆ Before the client leaves, evaluate the changes toward his/her goal and otherwise. After this, the session is complete.

Looking at the results after the session

The practitioner needs to keep having an open mind. Simply ask the same questions after the session as you asked before the session. This is to have something to compare with to evaluate changes.

You might not see any results, but your client may. If you don't observe any changes, allow your client to explore what s/he might notice instead of sharing your disappointment with them. You will probably be surprised how many changes the client notices that you missed. This is amazing.

Suggestions of practices to do after the session

Remind your client to stay aware of continuous changes that occur after a session. Have your client practice awareness of some body movement or posture that is relevant to him/her.

How often to come back for a session?

It depends on what the client's goal is and how soon s/he wants to have more changes. Some changes take a while to integrate. Sometimes you do Unlimited Body sessions weekly, other times once a year. In an emergency, you might do it several times a day.

The Ten Empowering Healing Sessions is a great learning to live effectively and strongly push towards a new life.

Common ways you can undermine the success of a session

Stay with the client until the client has integrated the “New Body”. If the practitioner doesn’t create a completion of the session, the client can feel unsupported. This does not help them integrate the changes.

Not exploring the client’s new experiences leaves the client not realizing all the changes. Not asking about the goal and the things that were noticed before the session and not comparing the “bookmark” with the “New Body” can also leave the client uncertain of all the changes that may have occurred.

Helping a client up from the table might indicate that the client needs the practitioner and that the practitioner is the cause of the healing. This in turn makes the client feel less than perfect. If there is a unique situation, use your common sense of when support may be helpful.

Hugging before the session is complete can be another way of taking your client’s experience away. After a session you want your client to integrate the changes and bring them to his/her life, which means not needing you.

Like dancing you bring your dance partner back to his/her seat and gradually get less involved. Some people ask to be hugged after a session, because they don’t want to own their changes. When they hug you, they are focused on you and forget to fully discover their own changes. Basically, don’t hug your client in a session environment, unless they ask for it and you feel it is supportive and affirmative.

Staring people in the eyes, makes them aware of the outside, and takes them out of experiencing themselves and the completion and integration of the session. Some people even try to stare you in the eyes to avoid actually experiencing their changes or to get your “authority” approval. In this case, it is good to support them to complete the process within, before they look at and connect with the outer world.

If the client doesn’t notice any difference, ask if there is any change at all towards their goal. Maybe s/he received half of his/her goal today and will receive more in another session. One reason s/he might not notice any change is that s/he doesn’t want to look. The client might avoid by looking at some outside object instead. Another reason might be that s/he doesn’t want to finish the session. In such a case it is the practitioner’s job to focus on completing the session.

Sometimes a practitioner can see the tissue having been released, but the client can’t. Explain that s/he might have many changes in the coming days. Support him/her in staying aware of himself/herself and his/her goal.

Putting a whole session together

Decide on a desired result and explore it, combining all the methods you know.

From a movement point of view, what is not moving? From a posture point of view, what is out of balance with gravity? Explore what body part is resisting the goal from as many angles as possible.

During the examination section, re-educate any Functional Issues.

During the hands-on part, re-move any Structurally contracted tissues.

After the hands-on, identify any new movements and changed postures, by comparing them with the observations in the beginning of the session, so you can be certain that there was a change and not only believe there was a change just because you were told so.

The 6 essential components of an Unlimited Body session

Most Unlimited Body healing sessions include these steps of realizing where you are and what your potential is:

1. Choose a desired result or goal for the session.
2. Explore how the body currently is.
3. Find the tight tissue.
4. Choose the plan. Find out if it is a Functional or a Structural Issue.
5. Execute the plan with re-education and hands-on.
6. Establish what the results are. Compare what was established at the beginning of the session and compare that with the Ne Body and note any changes.

PRACTICE

The 6 Steps of an Unlimited Body session

Exchange an Unlimited Body session.

1. Choose a goal. The practitioner asks the client what the client wants to get out of your work together. _____

2. Explore the client's current movements and posture. _____
_____ gf _____
3. Find out what is tight and contracted. _____

4. Choose a plan by finding out "why" it is tight and contracted (mis-learning or Incomplete Experience) _____
5. Work with the plan re-educating your client and hands-on healing. _____

6. Explore the results. _____

Body Language Main Points

Your Body Language shows exactly how you feel.

One way to know how you think and feel is by observing your Body Language.

You can change how you feel by changing how your body moves and your posture.

To be healthy you need a body that is freely moving and balanced and relaxed in gravity.

Your body constantly strives for free movement and balance in gravity.

Functional Issues come from mis-learning and are healed through re-education.

Structural Issues come from Incomplete Experiences and are healed through re-moving the tissue.

Freeing the tissue of your body, changes your health status and how you think and feel.

My experience and understanding of Body Language!

Write reports on your workshop experience and exchange sessions. Write legibly or this is of no use.
Make a copy and mail or give this to your producer.

Name _____ Date _____

Something I have learned about Body Language _____

Something I have experienced with Body Language _____

Something I want to learn more about Body Language _____

How Body Language affects me _____

My questions and concerns _____

Your Fourth Gift – Healing Pulsations

Disease is a blocked pulsation.
Health is pulsating life.

PRACTICE

Be aware of the detailed experiences of your body.
Notice any movements inside your body.
Notice if any of these movements repeat.
Notice if any repeated movements feel like pulsations.

Notice if any area of your body is somewhat tense.
Relax the tense area and imagine it moving in a specific direction.
If the area stops moving in the chosen direction, try another direction.
Notice if the tension dissipates.

Notice how the area is first moving in one direction and then repeatedly returning back.
What is the intensity of these pulsations?
How frequent are these pulsations?
Notice how you feel more relaxed in the parts of your body that are experiencing more pulsation.

Open your eyes and experience the room around you.

Pulsations are a necessary part of life

Life is movement. The more movement we allow, the more alive we are. Many of our movements are reoccurring. We cannot live without a pulsating heart, repetitious breathing, and the cycle of rain and evaporation. The whole universe is in constant movement that repeats. There is no life without movement. Movements = life. Even the human spirit consists of high frequency movement.

The body is built up from many pulsations and has many pulsations running through it. There are systems in the body where many organs work together. Organs perform their task, and tissue and cells do their function. Like many waves on the ocean existing simultaneously, some are long and far between, others are big and forceful, and yet others are only ripples on the surface. It is necessary to allow all the different pulsations in the body to exist simultaneously to be healthy.

Like an orchestra that is composed of many instruments that all play their own tunes while at the same time playing as a part of the whole, if one instrument is out of tune, the whole orchestra sounds bad. The more we can be in harmony with all the different pulsations of our universe, nature, other humans, society and our inner pulsations, the more alive we are. Like each instrument's tune in an orchestra, a pulsation has a life span, and each instrument plays for so long. Some have a short span, and others have a long life span.

If a pulsation is stopped in a body that part gets diseased, and the whole system of which it is a part is affected as well.

Pulsations are
the throb of life

We need to
complete all our
experiences.

Pulsations are important for a healthy life

We need pulsations to be alive. We take pulsations for granted and have forgotten what they are. We block many of these pulsations consciously and unconsciously. If we can remember and recognize them and allow them, we can not only live well but will be able to cure many diseases that are caused by blocked pulsations. Unlimited Body strengthens your pulsations to provide a healthier aliveness.

Dis-ease is a contraction, which is a pulsation that has been stopped in one direction, waiting for the return. Once the return happens the pulsation is back and the dis-ease gone. If you have a dis-ease, explore in which direction the pulsation is inhibited and allow it to go there. This will release the dis-ease.

The attributes of your body's pulsations

Within your body there is an entire community of pulsations, each with its own range, direction, rhythm, speed, force, feeling and personality.

Some rhythms are very fast, others are very slow. For example; the heart beats many times a minute; and a women's menstrual rhythm takes 28 days for one pulsation.

If you experience a pulsation that you have not felt before, accept that you have discovered a new rhythm for yourself.

Many of your pulsations can be felt simultaneously. This is similar to hearing music and listening to someone speaking at the same time. The more pulsations there are, the more aliveness in action.

Some rhythms may not be recognized because they are difficult to analyze. The spirit movement does exist in a body even under anesthesia but is hard to find and so is undetected by most experiments.

When your body is freely moving and fully balanced in gravity, then each of these pulsations has the opportunity to expand and contract to the full extent of their natural boundaries. Any constriction in your tissue will diminish movement in your body and limit your pulsations, which reduces your optimum health and aliveness.

Unlimited Body
accepts and
encourages every
pulsation.

In your body there are many different pulsations. Every cell has a pulsation and a vibration, as do tissues and organs. Here is a description of some:

BREATHING is necessary to add oxygen and spirit as well as to release wastes from the body. Through breathing we inhale oxygen and exhale 70% of our bodily wastes. So, the more we breathe, the healthier and more alive we are. Breathing is inspired by an impulse to inhale and inflate the lungs and letting go and emptying the lungs.

BLOOD MOVEMENT is necessary as the exchange medium of nutrients, oxygen and wastes between the cells and the outside. Oxygen and nutrition are transported to all parts of the body with the blood. Wastes are picked up by the blood and transported to the lungs, kidneys etc. and then excreted.

The **HEART BEAT** is necessary for the blood circulation to all parts of the body. The heart gets electrical impulses to pump blood.

BODY TISSUE pulsates rhythmically. Each body part and organ have a unique tissue rhythm which allows the body part to feel and work as a unit towards a particular goal. For example: The kidney rhythm unites the kidney cells to work together to filter wastes from the blood.

JOINTS expand and contract. A healthy joint has healthy rhythmic pulsations. Joints move through both large and subtle movements. The large movements are active. The subtle movements derive from liquid and cartilage movements.

BONES pulsate with aliveness. They grow, get strong, and change shape depending on what angle of effort they are experiencing.

The **CEREBROSPINAL FLUID** is rhythmically circulated to the whole body through the Cranio-sacral system. There is fluid infused into the hollow of the 4th ventricle of the brain usually 6 to 12 times a minute. This circulation is what is used in Cranio-sacral Therapy. The infusion expands the Cranio-sacral system to the rest of the body, and then the expansion of that pulsation subsides again.

The Craniosacral System that hosts the Cranio-sacral pulsation includes cellular pulsations, the cranial bones and vertebrae pulsations, and the whole brain and spinal cord pulsations.

Changing any part of the body affects all parts of the body

The body functions as a unit. Changing one pulsation affects the health of the whole body. One area cannot be touched without that touch having an effect throughout the body. Here are a few examples of this effect:

Muscles overlap and are dependent on the harmony between each other. Affecting one muscle can affect another muscle far away.

Fascia is a continuous tissue structure that encapsulates all our organs, muscles, ligaments, etc. As we affect local tissue, we affect the fascia throughout the body much like a sweater that is pulled in one corner forms a stretched pattern.

The nervous system affects the whole body by sending electrical impulses and chemical substances everywhere in the body. Reflexology recognizes a system of impulses from peripheral body parts to anywhere in the body.

Whenever an inherent pulsation of the body is inhibited, closed down, or not accepted, we have a blockage, symptom, and dis-ease. Through restoring the pulsation, health and ease is brought back to the body.

Pulsations may get blocked or slowed down

Pulsations may be held back from having full and free range causing restriction of tissue by:

- ◆ The holding of traumatic and cellular memories.
- ◆ The mis-learning of how to use the body and our whole being.
- ◆ Unawareness of the necessary existence of the pulsations.
- ◆ Contracting and holding back aliveness, emotions, and spirit.
- ◆ The closing down of the pulsating force.

Breathing can be inhibited by:

- ◆ The ribcage being tight or in a spasm.
- ◆ The diaphragm being tight or in a spasm.
- ◆ The solar plexus being pulled in.
- ◆ The nervous system impulse being weak or obstructed.
- ◆ The lungs being compressed, clogged or weak.

The circulatory system can be inhibited by:

- ◆ A tight ribcage.
- ◆ The tissue surrounding the heart and the blood vessels being too tight.
- ◆ Narrow or clogged veins and arteries that only allow a limited amount of blood to be carried.
- ◆ The heart not pumping the blood as efficiently as possible because of:
 - An unstable electrical impulse.
 - The heart muscle being weak.

Joint pulsation can be blocked by:

- ◆ Muscles or ligaments compressing the joint.
- ◆ Unawareness of the joint's pulsations.

Bone aliveness can be inhibited by:

- ◆ Insufficient use of gross motor skills. For example, a bedridden person growing weak and withering away.
- ◆ A general holding back and tightening of the vessels supplying blood to the whole body.

Cranio-sacral pulsations can be inhibited by:

- ◆ Tightening the scalp, muscles, and ligaments around the head and spine.
- ◆ The joints of the cranium or spine being stuck.
- ◆ The membranes inside the head bones and spine being contracted, inflexible, or glued together.
- ◆ The infusing force being weak.
- ◆ A small hollow to infuse the Cranio-sacral fluid because of tight surroundings.
- ◆ Slow expansion of the 4th ventricle.
- ◆ A small amount of fluid being circulated.

Pulsations can be restored to health again

If pulsations are inhibited, the involved body part(s) are restricted from moving. If we can support these body parts to move again, the pulsation will resume.

Pulsations naturally strive to expand into areas that have been restricted. All the elements involved with the pulsations have to be freely moving for the pulsation to continue; otherwise, the pulsation will pulsate *within the same limits*.

To free up a blocked pulsation, first follow the pulsation to explore all of its extremes. By really going to the end of the movement, the surrounding boundary area is remembering that it is safe to open up, relax, and let the pulsation span to intensify and go further.

The methods of restoring the pulsations

You can work on yourself from inside or on someone else from the outside.

You can restore these rhythms to health by choosing consciously to relax the tissue and feel and be aware of the pulsating experience. Let all body movements expand into new territories. Your attention of the area where the tissue movement is limited or stuck reminds the movement to continue.

If you have a headache or back ache, you can release this by allowing the pulsation to go back into the aching area. The pulsation has been stopped in either the expansion or the contraction phase.

When the spine changes size and the tissue around the spine doesn't change with it there will be a strain between the spine and the surrounding tissue. This conflict is the head or back ache. Instead of the tissue changing size to accommodate the new size or location it tries to stay the same. Healing happens when we allow the pulsation to go in the direction that is being obstructed. If the strain doesn't release it is because our intention is blocking the pulsation or focusing towards the wrong direction.

EXERCISE

Feeling your head expand and contract

Become aware of and experience being inside your head.

Feel your head get larger and then smaller.

Allow this pulsation to happen.

Notice if any area feels pain or tension.

Notice which side of the tension is most relaxed and allow the pulsations to go there.

If the tension is not released allow another direction.

Notice that if you have a headache, this exercise can be used to release it.

Enhancing the breathing pulsation

The quality of your breathing is a direct reflection of your level of aliveness and how much you allow your emotions. When you suddenly breathe more you have let go of a held emotion and unleashed more passion.

PRACTICE

Enhancing the breathing pulsation

Exchange an Unlimited Body session where the client lays on his/her back and the practitioner sits comfortably at the top of the healing table.

Place your hands under your client's back, about 3 inches apart, with the wrists being below the top of the shoulders.

Be aware so your hands are not too high up on the shoulders which might block the body's pulsation from going in your direction.

Also, be aware so you are not pushing or pulling the tissue.

Feel the tissue, the ribs and the lungs moving and pulsating.

Notice if the breathing becomes deeper, continuous, and/or more frequent.

Increasing the functionality of an organ

You can easily touch a particular organ by tuning into its unique pulsation. As its pulsation is increased, the organ function is optimized.

PRACTICE

Waking up the organ pulsation

Exchange an Unlimited Body session where the client lays on his/her back, and the practitioner sits comfortably at the healing table.

Place your hands on, around, or near the organ you want to inspire.

Do your hands move closer together and further apart in a rhythmical way?

Do your hands change angle with each other?

Feel the tissue of the organ moving and changing.

Support the organ to pulsate in and out to its fullest.

Notice how its health changes as you inspire its pulsation.

Enhancing bone pulsations

Your bones are supposed to be fluid and springy. The strength of your bones varies with the intensity they are used. Therefore, if you consider your bones to be weak, an increase of activity will strengthen the bone density. Activity can come from physical movements or from perceiving the bone pulsations.

PRACTICE

Feeling bones pulsate

Exchange an Unlimited Body session where the client lays on his/her back, and the practitioner sits comfortably at the healing table.

Place your hands on two different places on the same bone.

Feel any movement in the bone.

Do your hands move closer together and further apart in a rhythmical way?

Do your hands change angle with each other?

Does the bone torque?

Notice if the rhythm changes when you become aware of it.

Notice if the bone feels alive, is pulsating, and has a personality.

Releasing the Cranio-sacral pulsations

There are a multitude of pulsations in the head and spine. They may be optimized in a number of ways. Which approach to use is contingent on where the block is located and how severe the impingement is on the pulsation. This can be understood by the example of a person wearing a cap. The cap stops the natural expansion and contraction of the head. Releasing the cap allows the pulsations of the head once again. Just as the release of the cap is not manifesting pulsations in the cap, releasing the tissues around the Cranio-sacral system is not intended for the increase of pulsations in those tissues but for the increase of the Cranio-sacral pulsations.

A general but very powerful approach to releasing the Cranio-sacral pulsations is as follows. This approach is the easiest way to affect all the possible reasons for inhibited pulsations.

PRACTICE

Feel and inspire the pulsations of the head

Exchange an Unlimited Body session where the client lays on his/her back and the practitioner sits comfortably at the top of the healing table.

Place your hands almost flat under your client's head.

Don't restrict the head bone's movements in any way.

Watch so you don't create a pulling or pushing of the neck that could block any pulsation.

Let the scalp, muscles, membranes and all the head bones float around.

Do you feel any repeated movements or pulsation?

Notice the pulsations inside your own being.

Notice if one side of the head is pulsating or moving more or less than the other.

Notice if the head expands sideways getting thinner and taller and then wider and shorter.

Notice if the pulsations change in any of their qualities.

Notice if your client is becoming more vibrant.

PRACTICE

Enhancing the movements of the skull bones by working with the ear

Exchange an Unlimited Body session where the client lays on his/her back, and the practitioner sits comfortably at the top of the healing table.

Explore where the ears are located on the head and at what angle.

Hold the ears very gently between your fingers and thumb.

Intend the ears to release from the skull.

Notice if the skull bones extend with the ears.

Be aware if the ears and the skull bones want to move inwards instead or move sideways in any way.

Notice if you feel any Cranio-sacral pulsations.

Notice if the ears change position on the head.

Releasing the tissue around the Cranio-sacral system

Sometimes the Cranio-sacral pulsations are blocked because the containing tissue is contracted. The scalp, the muscles of the back and around the spine, or the neck and shoulders can be tight or contracted. If the pulsations are restricted in this way, relax the scalp and the muscles with the gentle Safe Touch.

PRACTICE

Enhancing the movement of the TMJ

Exchange an Unlimited Body session where the client lays on his/her back, and the practitioner sits comfortably at the top of the healing table.

Notice where the Temporal-Mandibular joints (TMJ) is.

Relax and cup your hands slightly so the distances between your fingers and the ball of your hands are shortened.

Place the heels of your hands lightly on the Temporal bones and your fingers on the ridge of the jaw.

Notice if one of the sides of the jaw moves side to side, up and down, and/or in and out. Does it feel like one or both sides of the jaw expand or contracts?

Can you feel a movement in the TMJ?

Can you feel the head pulsate?

If no response, relax more and become more aware of the TMJ.

Notice if you feel any Cranio-sacral pulsations.

Notice if any other joints in the head are affected.

Releasing the Cranial bones and vertebrae

Sometimes the Cranio-sacral pulsations are blocked because the cranial bones or the vertebrae may be stuck together, be pushed into each other, glued together, or their joints may be immobilized. If this is the case, the skull bones, the vertebrae, and their joints need to be inspired to pulsate and move so they find and move within their natural fitting.

PRACTICE

Enhancing the movement of the Butterfly bone

Exchange an Unlimited Body session where the client lays down on his/her back and the practitioner sits comfortably at the top of the healing table.

Place your fingers under the Occipital bone and your thumbs in the indentation just outside the eye sockets.

Notice if you feel the whole head pulsate between your hands.

Notice if you feel any Cranio-sacral pulsations.

Notice if you can feel the joint between the Butterfly bone and the Occipital bone change.

Notice if the Butterfly bone moves in any way, like the contact between your thumbs and the Butterfly bone becomes stronger on one side than the other, the bone moving from side to side, or if it expands or collapses on both sides and change shape.

You might feel how the Butterfly bone floats around free in all its contacts with the other head bones.

Notice any effect.

Fine tuning the touch

As you fine tune your touch, you can feel where the pulsations are blocked. The effect of your awareness and acceptance of the blocked area allows the pulsations that enliven the area to restore itself in the easiest way. It is similar to what happens when something is sitting on a tablecloth on a table, and you pull on one side of the tablecloth. You can see and feel in your hands where the movement is blocked, where the weight is, what part of the tablecloth doesn't move, and what patterns it creates. By exploring this, you will find the easy way to spin the blockage free.

EXERCISE

Fine-tuning the touch to feel where a tissue is blocked

Put a sheet on a table that has elastic-bands constricting it.

Pull one side of the sheet.

Feel where the elastic-bands are holding.

Notice if one elastic band is tighter than another.

Notice that as the tightest elastic band lets go a bit, another becomes the tightest one that demands to be released next.

Notice how the elastic bands take turns in being released.

Releasing the membranes of the head and the spinal cord

Sometimes the Cranio-sacral pulsations are blocked because the membranes inside the head and surrounding the spinal cord may be holding a contraction or may be stuck together. One membrane is attached to the inside of the skull bones. Another is surrounding the brain and spinal cord.

You can use the outside scalp or ears, the head bones, or the spine to access and release these membranes. As fluid fills the membrane sack, the membranes expand, which pushes on the head and vertebrae to change position. If the bones are free to move but don't then the membrane sack is not expanding as it should. When the membranes are touched indirectly through handling the bones and outside tissues, they are reminded to move freely.

PRACTICE

Enhancing the elasticity of the membranes inside the skull and spine

Exchange an Unlimited Body session where the client lays down on his/her back and the practitioner sits comfortably at the top of the healing table.

The practitioner places his/her fingers on the ridges towards the top of the client's head, above the ears and a little towards the back.

Notice if these bones start moving

Notice if you feel any Cranio-sacral pulsations.

Feel the elasticity of the membranes inside the skull and the spinal column.

If you can't feel the elasticity, imagine the bones moving ever so lightly.

The membrane might start to pull the bones in or push them away.

If the head or neck moves, allow this while you keep focusing on your experience of the inside of the head and spine.

If you find a restriction in any membrane, stay focused on it until it releases.

Moving into healing or How to handle accidents

Unlimited Body releases through guiding the tissue to trust again. Major physical healing can be achieved by this approach, in a very short time. We usually avoid the places of trauma and pain in the body, because if we move into such an area we experience pain. The pain comes from the tissue tightening up. If the tissue didn't tighten up, there would be no memories, trauma, nor pain. The reason the tissue tightens up is because it doesn't trust, and it expects pain to arrive. The reason the tissue doesn't trust is because it never had an opportunity to look into the trauma without being forced. If the tissue is not forced, it might regain its trust and not contract. This is how problems are permanently released.

The way to not force the tissue is to move towards the position of the trauma very slowly, without actually getting into the place of trauma. Very slowly means, so slowly that no pain, discomfort nor reaction can be felt. If pain or discomfort is experienced, then the tissue has moved too fast and too far. It is at the edge that the tissue regains its trust and doesn't contract. The closer to the time of injury you apply this, the easier the results. This is because, as time goes by, avoiding the particular movement or posture, other defenses are built up to cover the original problem. There cannot be any harm caused by this approach, since you don't take the movement or body part into the problem.

PRACTICE

Guiding a client into experiencing healing through more movement

Find a place in your client's body where their movement it stopped.

Let the client move and slowly allow movement in this area.

Let the movement start from inside as awareness, instead of creating the change by adjusting the body from outside.

Guide the tissue to trust a movement that it usually avoids.

Notice if discomfort dissipates and movement comes back.

Healing Pulsations

Main Points

Life is continuous repetitions of movements.

Pulsations are necessary to have a life. Blocked pulsations block health and happiness. Restoring pulsations to their optimum restores our health and happiness.

Changing one pulsation or part of the body changes all parts of the body.

Pulsations can be blocked by:

- Tissue contraction.
- Held back emotions and aliveness.
- Not knowing that pulsations exist.
- Not knowing that pulsations reflect the level of health.
- Not experiencing the pulsations.

Pulsations can be restored to health by:

- Relaxing the tissue.
- Consciously choosing to experience them.

My experience and understanding of Healing Pulsations!

Write reports on your workshop experience and exchange sessions. Write legibly or this is of no use.
Make a copy and mail or give this to your producer.

Name _____ Date _____

Something I have learned about Healing Pulsations _____

Something I have experienced with Healing Pulsations _____

Something I want to learn more about Healing Pulsations _____

How Healing Pulsations affects me _____

My questions and concerns _____

Your Fifth Gift – Releasing Joints

PRACTICE

Become present and comfortable.

Become aware of your joints. You have joints in your feet, ankles, knees, hip, pelvis, hands, elbows, shoulders, between your vertebrae, etc.

Notice if the bones of your joints move in relationship to one another.

Notice if the space between the adjoining bones shortens and lengthens.

Notice if your joints change width and volume.

Notice if your joints pulsate.

Bring yourself to experience yourself in your outer setting.

Your joints have a purpose

You have joints in your body in order to move and experience happiness, joy and aliveness. The more articulation you have, the better you relate with your world. If your joints don't move you become (a) stiff. The more you use your joints, the more flexible and healthier they become and the more flexible and healthier your life becomes.

The health of your joints affects your flexibility, fluidity, happiness and effectiveness.

Healthy joints

Joints should be pulsating and alive, changing the distance between the bones involved. A healthy joint has both inherent subtle movements and outer gross voluntary movements.

Being aware of your subtle joint movements, where the bones in the joints continuously move closer together, further apart, and then closer again, helps them to stay loose. You need to remember to allow your joints to expand, move, and be alive.

Unhealthy joints

Keeping your muscles, ligaments, and tendons continuously contracted presses the space and distance between the bones in a joint into a jammed position, leaving it ineffective and prone to dis-ease.

If you don't use your joints they wither away and become ineffective, weak and dis-eased.

EXERCISE

Feel how you affect the movements of your joints from your inside

Become aware of your wrist joint.

Feel your hand go further away from your arm and then return back again.

Feel your wrist joint elongate and shorten.

Notice how the distance changes between the bones in your wrist.

Why we work with releasing joints

- ◆ Many people have joint problems.
- ◆ Unlimited Body can easily and successfully address joint problems.

Since dis-eased joints are painful we tend to stay away from touching them. In Unlimited Body you work in a special way, directly with the joint problem and often create easy relief from pain and dysfunction.

The different types of joints

A joint is a place where two bones meet together without really becoming one and of the same substance, providing the ability to move. The two bones making up the joint are held together by muscles, ligaments, and tendons. They operate as a unit to provide structure and movement to the body.

There are various types of joints in the human body. The differences lie in the different actions performed and how the bones are connected. Their connection can be made of fibrous tissue (head sutures and teeth), cartilage (ribs and sternum), discs (vertebrae) or the multifaceted synovial joint (shoulders, knees, etc.).

The synovial joint

Of all the joints, the synovial joint seems to be the most common joint about which people complain.

The synovial joint consists of two adjoining bones that have cartilage between them, and the area is encapsulated within a membrane sack. This membrane secretes a viscous fluid to and around the cartilage and the space between the bones. Around the sack and attached between the bones are tendons, ligaments and muscles. When the joint opens up to include more space between the bones, fluid rushes in and lubricates the cartilage to create a shock absorbing effect.

When the cartilage is lubricated, it can easily have a shock absorbing effect. When the cartilage is *not* lubricated, it becomes hard and can feel like the actual bone. The increased density of the cartilage greatly inhibits the flexibility of the joint. A lack of circulation of fluid may create calcium deposits in certain places, like small stones disbursed on its surface. Allowing the fluid to flow in the cartilage and joint capsule once again regains the elasticity and function of the joint.

The cartilage can be compared to a sponge in its function. If a sponge is dried up, it is brittle, hard, and immobile, and it doesn't let moisture in. If a sponge is filled with fluid, it is flexible and shock absorbing and will circulate its fluid well.

EXERCISE

Experience the feeling of holding different types of sponges

Touch and squeeze different sponges – some that are dry, some humid, and some wet.

Notice how it feels to touch them.

Notice their response to your touch and how they open up to movement.

How to effectively touch a joint

Hold one bone of a joint with one hand and the other bone of the joint with other hand so the joint is between your hands. Follow the inherent movement and pulsation of the joint which kneads the fluid back into the cartilage.

PRACTICE

Experience the characteristics of different joints

Take a finger of the person next to you.

Hold the two bones, which make up one of its joints, between your fingers.

Observe how this joint feel without doing anything.

Can you feel the distance between the two bones of the joint changing?

Can you feel the bones rotate or bend in relationship to each other?

Can you feel the speed and tempo of any movement?

Disengage and switch roles.

Take a finger of the person next to you on the other side and practice the same.

Notice that each joint feel slightly different and has its own characteristics.

The causes of synovial joint problems

- The muscles, ligaments, and tendons around the joint are traumatized and shortened, thus pushing the fluid from the space between the joint, leaving the cartilage compressed and dry.
- The joint is not being used correctly as in a dis-ease or mis-learning of how to use the joint.

The characteristics of a dis-eased synovial joint

- ◆ A person is not as alive and articulate as they could be.
- ◆ The muscles, ligaments, and tendons around the joint can be tight, shortened and compressing the joint. This causes the joint to become immobilized and stiff.
- ◆ A compressed joint creates a lack of circulating lubricating fluid which is needed to create the shock-absorbing effect. The reduction of fluid dries out the cartilage rendering it hard and ineffective while creating an environment for mineral deposit to build up and create “sand or glass-like” tissue.
- ◆ The cartilage has been compressed so long that it has withered.
- ◆ It can be painful.
- ◆ A swelled-up joint has an apparent excess of fluid surrounding the joint because:
 - The synovial fluid that is supposed to exist between the bones is pressed and pushed out.
 - An additional amount of lymphatic fluid has arrived to the joint area to deal with any stress and/or infection.

How to work with a synovial joint

- ◆ Releasing a synovial joint is to restore the fluid within the joint capsule. The fluid is then able to provide the cartilage with lubrication which supports its spongy consistency. The end result should feel like a freely moving sponge in an open and receptive joint.
- ◆ When working with a synovial joint, the muscles, ligaments and tendons surrounding the joint need to be released. This is necessary for the joint problem not to reoccur.
- ◆ Any hard tissue or crystal-like buildup needs to be broken up and flushed out with the fluid.

The different ways a joint can feel

- ◆ Each joint has its own personality, history, movement and spiraling.
- ◆ Certain joints will need more work and ask for more attention than other joints.
- ◆ Each joint has a unique connection to other parts of the body. As with the Safe Touch, you may often get results far from the joint you are actually working on.
- ◆ The joint can feel immobile, springy, and pulsating, or like it moves in and out, twisting and spiraling.
- ◆ The cartilage can feel soft and responsive (as if it is not there), like molasses, hard as bone, or like sand or broken glass is in it.

The different ways a joint can feel when it heals:

- ◆ There can be a cracking sound and a feeling that the joint is realigning itself.
- ◆ When the tissue that holds the joint is freed, and the cartilage is lubricated, there is a sensation of the joint floating around.
- ◆ There can be an elongating or shortening.
- ◆ The range and the speed of the expansion and contraction movements increase.

The hands-on approach to work with a synovial joint

As you hold the two sides of the joint you may take one of two possible approaches:

1. The preferred way is to become aware of the joint's natural rhythm and pulsation. By being aware of and allowing these movements to happen, they will increase and restore the natural pulsation and sponginess.
2. If this doesn't affect the joint at all, imagine the cartilage of the joint to be like a sponge and the bones and the cartilage moving together and apart in a spiraling pulsating manner. When the bones of the joint pulsate, follow its preferred natural pulsation, spiral and movement. If you encounter an area of roughness or hardness, which feels like sand or glass, imagine that you direct the movement towards the area to loosen and disperse the mineral deposit.

PRACTICE

Enliven the joints of an arm

One participant looks at and explores the position and the movement of all the joints of an arm of another participant.

Imagine and experience the quality of each joint's cartilage and liquidity.

Hold the bones on one side of a finger joint while the other hand holds the bone on the other side of the finger joint.

Notice how each of the finger joints gently pulsates. This relieves any constriction and rejuvenates the cartilage.

Hold one hand, like shaking hands, while holding the lower arm with your other hand. Imagine and experience the joint of the hand pulsating into the wrist joint from different angles until the wrist joint's quality feels healthy.

Hold the bone above the elbow joint with one hand while the other hand holds the bone below the elbow joint. Notice how the lower arm gently moves into the elbow joint from different angles. Do this until the elbow joint's quality feels healthy.

Hold the shoulder above the shoulder joint with one hand while the other hand holds the upper arm. Notice how the upper arm gently moves into the joint from different angles. Do this until the shoulder joint's quality feels healthy.

When all joints in the arm feel equally healthy, let the arm lay back down comfortably.

Explore any differences in the positions of the arm's joints.

PRACTICE

Rejuvenate the joints of a leg

Observing participant looks at and explores the position and movement of all the joints of a foot and leg of another participant.

Have them lay on the healing table, preferably with no socks.

Hold the bone of one side of a joint with one hand while the other hand holds the bones on the other side of the joint. Imagine, explore, notice, and experience which joints are most inflexible, and focus on their release.

Explore the quality of the cartilage, the liquids, and the surface texture of the cartilage in each joint of all the toes, foot bones and ankles.

This can be done by holding the heel with one hand while the other hand holds the upper part of the foot with the thumb stretching across the bottom.

Hold the upper leg so you can feel the lower leg move into the knee joint, in all its possible angles. Note the different movements and follow them. Continue exploring directions, textures and depths.

Hold the whole leg and notice the movements into the hip joint. Discover all the possible angles of the joint socket, and make sure the cartilage surface is smooth and spongy.

Have the client walk again, and explore how the joints of the leg look and feel.

Some other synovial joints connections

The lower legs and arms have two bones parallel to each other with joint connections at the top and bottom. Spanning the two bones are also muscles and fascia that work together to complete the function of the arms and legs.

PRACTICE

Rejuvenate the joints of the parallel bones of the lower legs and arms

Hold the lower leg or arm with one hand on each side.

Gently feel how the two bones move together and apart.

Find the natural rhythm between them.

Are they allowing you to bring them closer to each other or are they pushed apart?

Notice if the quality changes between the bones and their ends.

Some bones are attached directly to other bones

Working with teeth can be very powerful. Teeth are an example of bones attaching to other bones. Teeth are set in shock-absorbent gum and bone. The outer layer of the tooth root is bone and sponge like. This is alive and can repair itself. This connects to the mouth bone with the periodontal sponge-like membrane. If either of these sponge-like tissues gets injured, their sponginess can be lost. One outcome could be that the tooth, only held in by the gum tissue, nerves and blood vessels, would float around and ultimately fall out; another outcome could be that the tooth could become jammed in without the shock-absorbent protection and slowly deteriorate. In a healthy tooth and mouth bone connection, you will experience the connection to be spongy and firm.

When working with teeth, they and their connecting mouth bones get healthier, as well as positively affect other corresponding places in the body.

When working with teeth, you may experience the tooth pulsating. These pulsations keep the tooth itself healthy.

You may also experience twisting, turning and shifting movements of the tooth, as in Natural Yoga. These restore the tooth and mouth bone connection to a healthy, spongy, and firm connection.

Some people have crowns and bridges on their teeth. Working with these can also be very beneficial. An artificial tooth might feel foreign or strange in the mouth. By working on the artificial tooth in the same way as working with a real tooth, many people report feeling more harmony in the tooth, gum and mouth as well as having the effects that occur in other areas of the body.

PRACTICE

Experience the quality your own teeth

Hold one of your teeth between your fingers.

Be very loose in your arm, wrist and hand.

Focus on the sponginess of the connection between the tooth and mouth bone.

Notice if you can feel the tooth move from side to side.

Notice if you feel any pulsations.

Notice if you feel the tooth move on its own axis.

Notice the quality and aliveness of the tooth.

Notice the quality of the connection between the tooth and the mouth bones.

Preparation for working with teeth

- ◆ Cleanliness is especially important when working with teeth. Give your client a choice of if they are OK being worked on with your bare fingers or if they want you to use finger cots.
- ◆ Make an agreement before starting that if the client wants you to take your hand away from their mouth that he/she can lift his/her arm and that you then will respond immediately by taking your hand away from his/her mouth. S/he might need to cough or swallow while your hand is in his/her mouth.
- ◆ To be sure that your hand in a client's mouth can't slip, hold the other hand somewhere on their head.

PRACTICE

Working with teeth

Be gentle when you work with the teeth.

Choose a tooth to work on.

When possible keep your elbows on the table to steady your hands.

Hold a tooth in one hand and let the other hand gently support you and the client's head.

Feel the movement of the tooth in connection with the mouth bones.

Be very loose in your arm, wrist and hand.

Focus on the sponginess of the connection between the tooth and mouth bone.

Notice if you can feel the tooth move.

Notice if you feel any pulsations.

Notice if you feel the tooth move on its own axis or from side to side.

Notice the quality and aliveness of the tooth.

Notice the quality of the connection between the tooth and mouth bones.

Notice how each tooth connection is different.

Your Fifth Gift – Erasing Scars

PRACTICE

Become present and comfortable.

Remember a scar that you have and put your attention on it to feel how it feels.

Experience how the cells that are in the scar tissue feel and vibrate.

Experience how the cells that are next to the scar tissue feel and vibrate.

Notice how these different cells are a part of the same organism.

Bring yourself to experience your outer setting.

Why do we work on scars?

Scars affect the free movement of the tissue. To the degree that a scar holds your tissue it can't move freely and feels inhibited. Releasing scars opens you to more tissue movement and happiness.

What are scars?

You usually believe that scars come from your skin repairing itself after having been broken or bleeding. You may have accepted the idea that if you break your skin and bleed you will get a scar. If you think about it, though, you have probably bled many times without any formation of a scar. The fact is, sometimes you get scars, and sometimes you don't. Many people have also had scars that have disappeared.

Observing the differences between the times you got scars and the times you didn't, you can find one difference. The times you healed a broken tissue without a scar, you were able to mentally and emotionally complete the event. The times you gained a scar, were the times that you went unconscious or held back your emotions.

A surgery always leaves a scar because you are unconscious and unable to mentally and emotionally complete the experience.

Scars are the physical storing of a mentally and emotionally Incomplete Experience, where the tissue was cut or broken. Scars are another way your body reminds you that you have an incomplete stored trauma.

The cells that exist in a scar are mostly the same cells that exist in the surrounding tissue, except they are contracted. Releasing the construction of a scar cell transforms the scar to become the same as the surrounding tissue.

There are different types of scars

- ◆ Skin scars
- ◆ Deep scar tissue
- ◆ Bone scars
- ◆ Emotional scars
- ◆ Tattoos
- ◆ Stretch marks

How scars affect you

Scars affect the structure and functioning of your body. The physical scars pull the skin creating tension in the tissue and structural imbalances that stop the body from moving freely. Emotional or “energy” scars create the same pulling effect but are not always visible to the eye.

Different scars have different qualities

Scars can feel hard, soft, soft on the surface and hard inside and vice versa. They have different textures, colors, sensitivity, etc. and this indicates the health situation of the scar. The greater intensity of color, size, shape, etc., the greater the effect on the entire body system.

EXERCISE

Explore some participants' scars

Some participants show their scars.

The workshop participants experience different types of scars (Their textures, colors, size, shape and other characteristics.)

Notice how different bodies adapt to different scars.

Notice how this affects the individual's structure and function.

When to work on scars?

- ◆ When a client presents a scar problem or asks to have a scar removed.
- ◆ When you examine your client, you might notice how a scar really catches your attention.
- ◆ When scars suddenly appear that are not usually visible.
- ◆ After an operation. When touching a new scar, don't press on it.

How to touch scars

When touching scars, you affect the cells of the scar to transform and become as relaxed as the surrounding tissue.

Like an iceberg consists of the same substance as the surrounding water but in a frozen way, the consistency of scar cells is of the same substance as the surrounding cells but in a traumatized way. The iceberg can be melted in two ways, and similarly we can affect scars in two ways of touching. The first way lets the waves wash away the edges of the iceberg and transform it to water again. The second way lets the sun melt away the ice to become water once again.

1. Working from the edges of the scar. Place your fingertips outside the edges of the scar. Feel any movement or pulsation of the healthy tissue moving towards the scar. The tissue outside the scar can move towards the scar center, in opposite directions or in the same direction. Either way, it relaxes the scar's tissue.

PRACTICE

Affecting scar tissue indirectly

Put your fingers on the sides of a scar.

Intend for the movement of the two sides to meet in the scar.

Notice if your fingers move closer, further apart or change height in relationship to each other.

Notice if your fingers move alongside each other, in the same direction or in opposite directions.

Focus your attention on how these two sides of the scar meet in the scar and on its effect.

Notice how the scar tissue that moves less gets inspired to move as the surrounding healthy tissue does.

2. Directly on the scar. Place your fingertips above or on the scar tissue. Become aware of the sensations in your fingertips. Your awareness can feel buzzing, like spirals, sun rays, or laser beams emerging from the finger tips or like electrons are jumping over and relaxing the scar tissue. The "fingertip movements" frequently change their directions and speed.

Be careful when you work on new, fresh, or open scars.

PRACTICE

Affecting scar tissue directly

Examine the appearance, qualities and effects of a partner's scar.

It might feel or look like a surface scar or may appear to be deeper in the body.

As your fingertips approach the surface of the scar, notice if the scar wants to be worked on from the outside or touched directly.

Allow the client's scar tissue to pull your fingers in to meet the scar tissue and affect it on the surface, as well as with the elongation of your fingers reaching deep into the scar.

Each finger can feel a unique spiral and movement from the scar tissue.

Examine again and notice any changes and releases in the scar appearance, the surrounding tissue, as well as in the whole body.

Releasing Joints & Erasing Scars

Main Points

You have joints in the body to have movements.

Each joint is different in construction and personality.

The tissue around a joint can be tight and compress the joint.

A compressed joint has a reduced amount of circulating fluid.

When your joints move freely you are healthy and feel alive.

You need to keep your joints expanded to experience full aliveness.

Scars inhibit the free movement of your tissue.

Scars are a physical storing of an emotionally Incomplete Experience.

Releasing scars opens you to more happiness and health.

My experience and understanding of Releasing Joints and Scars!

Report on your workshop experience and exchange sessions. Write legibly or this is of no use.
Make a copy and mail or give this to your producer.

Name _____ Date _____

Something I have learned about Releasing Joints and Scars _____

Something I have experienced with Releasing Joints and Scars _____

Something I want to learn more about Releasing Joints and Scars _____

How Releasing Joints and Scars affects me _____

My questions and concerns _____

Exchange a session where you work with the cartilage in a joint.

What I experienced and noticed working with a joint and its cartilage _____

What I learned and experienced when I received _____

Exchange a session where you work directly with a physical scar.

What I experienced and noticed working with a physical scar _____

What I learned and experienced when I received _____

Your Sixth Gift

Integrating the Four Bodies

PRACTICE

Be comfortable.

Bring your awareness into experiencing all of yourself.

If you find yourself thinking, then you are too much in your Mental Body and have lost the experience of the rest of you.

Bring yourself back to experiencing all of yourself.

If you feel emotional, you are too much in your Emotional Body and have lost the experience of the rest of you.

Bring yourself back to experiencing all of yourself.

If you have a particular physical sensation, you are too much in your Physical Body and have lost the experience of the rest of you.

Bring yourself back to experiencing all of yourself.

If you notice your experience fading, you are too much in your Spirit Body and have lost the experience of the rest of you.

Fill up your whole self with your awareness in the here and now.

When you have all your Four Bodies completely present and aligned, you experience yourself and your outside world simultaneously and completely.

Keep this awareness as your presence in all your life experiences.

Maximizing your healing results

The purpose for learning about the Four Bodies is to maximize the results of all of your Unlimited Body sessions.

In order to achieve permanent healing all the Four Bodies needs to be integrated.

If you don't get the results that you want then you must be trying to change a "body" that is not the one with the problem. To get permanent healing you need to identify which "body" has the problem and then make the change in that body.

Applying the idea of integrating the Four Bodies helps you to:

- Identify and work with the body that is most out of alignment.
- Provide the best possible support by choosing to be in the body that supports you the most.

This topic of "Integrating the Four Bodies" is the key to understanding *permanent healing*. Permanent healing means that you have:

- Released dis-ease
- Gained knowledge of how to avoid re-creating dis-ease.

You need to heal and remain healed.

The Four Body Healing System

There are many healing systems that identify and categorize various aspects of how you experience yourself and your healing. These systems describe your Being as having certain qualities and characteristics. They describe different kinds of problems, and different healing methods.

In Unlimited Body you use the Four Bodies system: The Mental Body, The Emotional Body, The Physical Body, and The Spirit Body. There is a great potential for healing in each body. This healing is independent of your life situations, but dependent on your level of awareness and how you choose to respond to these four types of experiences.

Your experience of the Four Bodies

- The Mental Body - You have a level of knowledge. To feel mentally stimulated you need to know how your mind, emotions, physical body and spirit work and consciously choose what you do with them.
- The Emotional Body - You have a level of feeling emotions. To feel emotionally alive, you need to be open to have your feelings.
- The Physical Body - You have a level of physical experience. To feel physically fit you need to learn to be aware of your Physical Body and choose to let it flow easily and move as it wants.
- The Spirit Body - You have a level of experience of being here. To feel spiritually fulfilled you need to have awareness and presence.

You are in the process of being alive and your thinking, feelings and physicality are continuously changing. You feel and are alive to the degree that your Four Bodies are present together, aligned or harmonized. The Four Bodies are naturally alive and flowing. They naturally gravitate towards each other and strive to align. However, your personal history can cause constrictions which create tension and misalignment between two or more of the bodies. The resistance to allowing yourself to experience yourself fully or be in alignment with all of your bodies keeps your bodies misaligned and dis-eased. This condition will persist until you choose to let go and heal your issues. Awareness, allowing and letting go are what is needed for the Four Bodies to heal. When one body releases its trauma, it starts gravitating toward the other bodies and aligns. When all the bodies are aligned, you are in perfect harmony.

The alignment of the Four Bodies

Unlimited Body is a holistic process which sees humans as whole persons experiencing themselves through Four Bodies. You are supposed to experience each of these Four Bodies equally much. If you experience any one of these more or less than any other of these Four Bodies all of the bodies will be affected.

When you think of a car that drives well you don't think of it as consisting of separate parts, but as soon as there is a problem it gets thought of as consisting of different parts. Likewise, you don't normally think of yourself as consisting of different parts, but that you are you. If something goes wrong, then you try to identify your problem by separating yourself into any number of subdivisions that you need to do to identify your problem.

The reason science dissects more and more and finds more and more problems is it tries to separate the person from the problem. Unfortunately, this causes the problem. Not having to be responsible for one's problems seems good initially, but it also stops the person from having the power to permanently change.

If you become a spectator of yourself, you can't heal because you actually are part of the process of creating the problem and you need to be a part of the solution to heal permanently.

Here is an example of comparing the Four Bodies to the four tires of a car. Regardless of how good your car is, if you drive it with any one tire over or under inflated all the other tires are affected, the steering is difficult and the car doesn't perform well. Suppose you bring this car to a car mechanic and he tries to fix the steering instead of the tire, the car won't function any better. Even if the mechanic identifies the tires as the problem, but works on the wrong tire, the car still won't drive any better. But if the specific problematic tire is identified and worked on, the car's performance is quickly improved.

The Four Bodies are like the four tires. If one is out of balance, it will affect the others. To have improvement in your well-being, the specific problematic body must be identified and addressed.

Your “use” of the Four Bodies affects your health

- If you are mostly thinking you overwork your Mental Body and have difficulty relating to the concrete world. On the other hand, not using your Mental Body leaves you as a spectator.
- If you live mainly in your Emotional Body you are emotionally dependent. And if you underutilize your Emotional Body you store unprocessed emotions that create physical illnesses.
- If you are basically only interested in your Physical Body you have a hard time experiencing your feelings and relating to others. And if you neglect your Physical Body you are not experiencing life with ease.
- If you primarily experience yourself through your Spirit Body you disassociate with this world. If you deny, neglect or misunderstand your Spirit Body, you feel isolated and alone in the world, and try to fill the void with physical, mental or emotional activity.

The Four Bodies are integrated and balanced when you see, experience, and nurture all Four Bodies simultaneously. With all Four Bodies evenly utilized to their optimum, you can drive down the road of life with less effort, handle life's potholes with proper support, and experience more ease and joy. You know you need to have your car tires checked now and then. This is considered normal. It should be considered equally important to check the use of your Four Bodies. By being aware of how the bodies are “keeping up”, you can continue to calibrate the bodies to optimum performance and support life's journey more easily.

The Integrated Four Bodies

When the Four Bodies are integrated there is the experience of the Oneness that just is the experience of the now. This integration is also referred to as God, Goddess, Love, Universal Consciousness and Universal Spirit.

The experience of the integration of the Four Bodies is:

- Bliss
- Manifestation
- Wisdom
- Nowness
- Ability to have action and intent
- Awareness
- Aliveness
- Beingness that is independent of the 3-dimensional world's laws.

The two sides of Oneness

Oneness, that is the one place that you come from and exist in, can be your one and whole experience or it can be separated into two different experiences, the experiencer and what is experienced. Like sitting in a theater, you can be absorbed in what is happening on the stage, but unaware of sitting amongst other people. You can on the other hand be aware of being in a theater, but unaware of the show. Being aware of being in the theater at the same time as experiencing the show gives you the fullest experience.

EXERCISE

Exploring being in the integrated Four Bodies

Sit in a relaxed position.

Become aware of what you are experiencing, right here and right now.

Become aware of "you" who is having the experience.

Notice if you separate what you are experiencing with who is having the experience, the other is lost.

This can easily be understood since you can't separate the experiencer and the experience and still refer to an existing experience.

The Four Bodies

The Mental Body

When the Mental Body is integrated with the Four Bodies your original perfect wisdom is free to know your experience.

But when this original wisdom experience is labeling, it transforms into the Mental Body. The Mental Body is also referred to as the Discerning Body or Thinking Body. When the Mental Body is separated, it forces a belief or labels and describes what is experienced instead of actually experiencing the experience.

Aspects of the Mental Body

- It is the thinking.
- It is analyzing.
- Questioning.
- Information.
- It is confusion.
- It holds belief systems.
- It holds knowledge.
- Sometimes it is experienced as mind chatter.

- It doesn't feel emotions.
- It doesn't experience.

- It has no location in time and space.

Some people go into the Mental Body by gradually getting more and more into the location of their heads.

Diagnosing, naming an illness and the believing in dis-ease keeps the Mental Body in charge and/or in confusion. The possibility of healing is then obstructed. A person is cured only temporarily if he/she doesn't let go of the belief that the dis-ease is real. To release belief in a dis-ease it might be necessary to explore and logically dismantle the presumed "reality" of the dis-ease until its non-reality is understood.

Diagnosing is freezing a moment to become a future reality.

How to heal the Mental Body

Some people grow by calming their thinking and choosing to experience. Others become oblivious to the spiritual evolution of understanding and wanting to improve. These people can benefit from understanding why they are here on this planet.

- You understand the power of your thoughts - understanding and agreeing with the possibility of healing.
- You let go of needing to know.
- You look into the space between your thoughts.
- You claim your divinity.
- You experience unity.

It is best to let clients go through their process of change in a way that makes them feel safe. A practitioner helps by asking questions to find what a client is willing to heal.

The practitioner should not lecture a client to have a new understanding but discuss until client agrees to each progressive step of information.

PRACTICE

Releasing a dis-ease through the Mental Body - Dismantling a belief

Pair up.

Find a client's problem that is based on an illness, discomfort or diagnosis that is based on a belief, thought or diagnose.

The practitioner uses the Mental Body to create healing, by asking questions:
What do you want to change? What is the cause of your problem?

If the answer is a name or belief continue asking:

How do you know?

What is it going to take for you to have a change?

Is there anyone who has these symptoms without the disease?

Continue questioning and dismantling until the answer is an experience free of labeling.

Notice how the mind can block permanent healing and how healing can happen when the mind lets go of labeling and holding on to beliefs.

The Emotional Body

When the Emotional Body is integrated with the Four Bodies, you experience fulfillment independent of outside circumstances.

When the Mental Body judges or gets attached, it filters the description of the experience of Oneness into the separated Emotional Body. This is the first separated experience.

Aspects of the Emotional Body

- It is engaging.
 - It is the feeling of liking or disliking.
 - It is reactive to the outer world.
 - It is emotions: anger, sadness, happiness, etc. or holds on to emotions without expressing them.
 - It is separated from the Mental Body.
 - It exists only in relation to something else.
 - It is a response.
 - It is reaction.
 - It is an experience of a judgment or attachment.
 - It is experienced between you and the outer physical world as images in the mind or a dream state.
 - It is dependent on outside influences.
-
- It is not in present time, but filtering the perceptions through past experiences or projections of the future.
 - It doesn't have a physical sensation.
 - It doesn't have awareness.

Emotions have a strong pull on other people.

- You have to stop what you are doing when someone gets emotional.
- You can manipulate others and get what you want when you are emotional.
- You immediately go to rescue someone who is emotional.

Some people are afraid of emotions. They try to understand emotions and want to talk about them instead of feeling their emotions. Or they become confused when they choose to not recognize what they are feeling. They escape into their Mental Body to discuss it or into their Spirit Body to meditate or even into the Physical Body by physical exercise or special feeding.

Some people camouflage their emotions, acting in ways that hide how they really feel. They smile or act angry when, in truth, they are afraid. Others hide behind their emotions and pretend to be helpless. At the root of this camouflage is a judgment about their emotion that keeps people from being with and in their emotional experiences. Their judgments keep them from the feeling in the moment and from innocently claiming what they want and need.

Emotions are tricky because you have a favorite emotion that is easy to feel. When you feel this emotion, you tend to think that you are releasing, but you are actually hiding behind acting out, since it doesn't create a change. It has been and will be repeated again and again. Real healing happens when you feel the emotion that you are trying to avoid.

Your breathing changes when you accept your Emotional Body.

How to heal your Emotional Body

- You stop being dependent on the idea that outside influences are the cause of your emotions.
- You feel and release your emotions.
- You have compassion towards yourself and others.
- You accept that everything is perfect.

PRACTICE

Experience emotions as healing

Go inside your Emotional Body and identify and feel an emotion.

What emotion can you feel? _____

What is your experience of it? _____

What does it feel like? _____

How do you experience it? _____

Where is the experience? _____

Can you experience the present time at the same time? _____

Can you experience the present location at the same time? _____

Consider what emotion you are used to:

The emotion I am most comfortable with is _____

The emotion it would serve me to experience more of is _____

The Physical Body

When the Physical Body is integrated with the Four Bodies, you have the full experience of the inside and outside worlds. You feel free, light, alive and free of gravity.

When the Emotional Body avoids experiencing an emotion it transforms into the separated Physical Body. That is, the Emotional Body actually gets denser and becomes the Physical Body. Without emotional “stuckness”, there is no Physical Body. The physical manifestation is a dead-end path because eventually it has to return to where it came from.

Aspects of the Physical Body.

- It is separate from the rest of the universe.
 - Sometimes it is physical trauma.
 - It is a physical experience.
 - It is experienced in a location.
 - It is experienced at a certain time
 - It is the three-dimensional world.
 - It is the material world.
-
- It is without thoughts.
 - It has no emotions.
 - It is dependent on gravity.

The Physical Body grounds a separated Spirit Body.

The Physical Body wants to align with its blueprint, the Emotional Body. This can be seen in the experience of being fat, skinny or out of alignment. You don't normally like that, because you know something is wrong and it doesn't feel good. Sometimes this gets out of hand and you get a deformed body such as in mental illnesses. Some days you feel good looking and youthful and others not depending on your blueprint at the time.

How to heal your Physical Body

- You align your Physical Body with your Emotional Body's blueprint through Natural Yoga.
- You choose to feel all your emotions.

The Spirit Body

The Spirit Body also referred to as Subtle Body, Soul, Energy Body and Prana Body. When the Spirit Body is integrated with the Four Bodies you experience total awareness.

The Spirit Body is created from filtering Oneness through the other three bodies, which you do when you choose to not be here in any of the other three bodies.

The Spirit Body is our life force and is not a spiritual body, which is a belief.

A separated Spirit Body comes about from not liking physical pain or what is happening in one's life but instead choosing, consciously or unconsciously, to leave.

Aspects of the Spirit Body:

- It is being spaced out.
- It is unawareness.
- It is having "nobody home".
- It is being ungrounded.
- It is being aloof.
- It is able to change location.
- It can be a tilted experience.

- It is having no thoughts.
- It is having no emotions.
- It is having no physical sensations.
- It cannot be found, only experienced.

The Spirit Body is grounded in the Physical Body. But when the Spirit Body is separated and disconnected from the Physical Body, it has no control of what it will experience. Therefore, in order to be healed, the Spirit Body needs to return to the Physical Body so it can undo the decisions that caused the illness or trauma. Phantom pains are an example of experiencing the Spirit Body independently of the Physical Body.

You can see the level of presence the Spirit Body has in the Physical Body by observing how much Physical Body you are actually able to see. When in physical manifestation, the Spirit Body exists parallel to all nerves of the Physical Body, but is not the nerves.

When the Spirit Body completely separates from the Physical Body the Physical Body dies.

How to heal your Spirit Body

- Gain more awareness. This can be done through meditation.
- You choose to be here more.
- You actually physically touch your Spirit Body through Safe Touch to align the Spirit Body with the other bodies; you adjust the form and location of the Spirit Body back into and align it with its physical counterpart, releasing the trauma that created the misalignment to begin with.

EXERCISE

Experiencing your Spirit Body

Sit comfortably.

Become aware of your whole self.

Let your Spirit Body go outside your Physical Body quickly, and then let it back in again.

Notice how your Spirit Body can move and have an experience without connecting with the Physical Body.

Let your Spirit Body go outside your Physical Body and touch a tight part of your Physical Body.

Notice how this area of your Physical Body changes and heals.

EXERCISE

Becoming familiar with your different bodies

Choose to alternatively be in one of the Four Bodies.

“Stand up in your Emotional Body and sit down again.”

“Stand up in your Mental Body and sit down again.”

“Stand up in your Physical Body and sit down again.”

“Stand up in your Spirit Body and sit down again.”

“Stand up in your integrated Four Bodies and sit down again.”

EXERCISE

Observing with which body you connect with others

Look at others, one at a time, from each of your different bodies.

(They don't have to look at you at the same time.)

If you are thinking, understanding or judging you are looking from your Mental Body.

If you have pleasant or unpleasant feelings you are looking from your Emotional Body.

If you have physical sensations you are looking from your Physical Body.

If you are unable to see another you are looking from your Spirit Body?

Notice what you perceive and what comes to your attention inside yourself:

Look at others and observe what comes to your attention about them:

Do you see them think?

Do you notice them having feelings?

Do you see their Physical Body when you look at them?

Look at another. If this person looks and connects with you at the same time you are experiencing the same body.

EXERCISE

Practice being in the different bodies

Be only in your Mental Body and notice what this looks and feels like.
Thinking and judging.

Be only in your Emotional Body and notice what this looks and feels like
relating with the outside world.
Reactive or dependent.

Be only in your Physical Body and notice what this looks and feels like.
Feeling separate and heavy in gravity.

Be only in your Spirit Body and notice what this looks and feels like.
Nobody home. Being somewhere else.

Be in all your bodies at the same time and notice what this looks and feels like.
Having awareness, knowing, being light and alive and aware of your physical universe.

Each person practices being in each of his/her different bodies.
Others guess which body the person is practicing to be in.

EXERCISE

Experiencing the effectiveness of Safe Touch, while the practitioner applies the different combinations of the Four Bodies

Pair up and have client lie on a healing table while the practitioner places his/her hands-on top of and under the client's shoulder.

The client focuses on being in all the Four Bodies and receiving healing.

The practitioner practices being in one of the Four Bodies at a time, while being aware of how much healing the client experience.

Touch with your Mental Body.

Talk technically to your client about diagnosing the shoulder.

Think of things, such as your grocery list or a memory.

Think of the most positive thing you can imagine.

Notice how your thinking has an effect on healing.

Touch with your Emotional Body.

Imagine and feel upset about something that has happened to you.

Imagine and feel happy about something you have accomplished.

Notice how your emotions have an effect on healing.

Touch with your Physical Body.

Actively move your client's tissue.

Palpate your client's tissue.

Move the tissue faster than the tissue moves by itself.

Move the tissue in another direction than it moves by itself.

Tighten and relax your jaw, knees and neck.

Move your legs, your head and your shoulders.

Notice how being physical has an effect on healing.

Touch being in your Spirit Body.

Withdraw your Spirit Body from your hands.

Lose contact with your touch by not being present.

Lose contact with your touch by daydreaming and fantasizing about your hobby.

Think of the heart pouring awareness into your client through your hands.

Think of the spirit hands spreading deeper into your client's Physical Body.

Imagine that you can touch one of your hands with the other hand through your partner's body.

Notice how your awareness has an effect on healing.

Choose to touch with all your bodies present simultaneously.

Follow your partner's tissue's inherent movements.

Disengage.

Notice how the practitioner being integrated in the Four Bodies has an effect on healing.

EXERCISE

Experiencing the effectiveness of Safe Touch, while the client applies the different combinations of the Four Bodies

Pair up and have client lie on a healing table while the practitioner places his/her hands-on top of and under the client's shoulder.

The practitioner focuses on being in all the Four Bodies and supporting healing. The client chooses to be in one of the Four Bodies at a time, while being aware of how much healing they experience.

Client, choose to be in the Mental Body.
Talk technically about diagnosing your shoulder.
Think of things, such as a grocery list or a memory.
Think of the most positive thing you can imagine.
Notice how your thinking has an effect on healing.

Be in your Emotional Body.
You can speak out loud or just imagine these experiences.
Feel upset about something that has happened to you.
Feel happy about something you have accomplished.

Notice how emotions have an effect on healing.

Be in your Physical Body.
Move or itch different parts of your Physical Body.
Tighten and relax your, knees and neck.
Lie extremely still, rigid, tight and stiff.
Notice how being physical has an effect on healing.

Be in your Spirit Body.
Lose your awareness of your Physical Body.
Lose contact with the touch and being here by going unconscious or sleeping.
Lose contact of being here by daydreaming and having fantasizes about your hobby.
Pour awareness into the Physical Body.
Notice how awareness has an effect on healing.

Choose to have all your Four Bodies present simultaneously.
Become extremely present and aware.
Continue until all the Four Bodies are present together and then disengage.

Notice how the client being integrated in the Four Bodies has an effect on healing.

The relationship between the Four Bodies and Unlimited Body Safe Touch

Until now you have had good results with Unlimited Body. You have focused on the movement of the tissue and the Physical Body. When you have had good results, all the Four Bodies were involved, even though you were not aware of that. Allowing the Four Bodies to be present together or align is what makes Unlimited Body most effective. Now you are learning how to consciously use all the Four Bodies in the Unlimited Body Touch.

An effective practitioner is not a spectator, but is engaged and involved. This happens naturally if the practitioner is very aware of him/herself and the client.

Monitoring the Four Bodies

You can be most effective in your session by consciously choosing the following and always monitoring which body your client is in.

- ◆ Be present in all your Four Bodies simultaneously: Be mentally understanding, emotionally alive and physically fit with your spirit present and aware.
- ◆ Match the body that your client is presently in.
- ◆ Favor one of your Four Bodies to inspire your client to choose to experience that body more.

Matching as a way to Integrate the Four Bodies

To inspire people to be themselves is the best way to support their healing. The strongest inspiration uses the body people are presently in. Natural healing happens when there is no resistance. For example, when we follow the tissue in Safe Touch, it is allowed to move more. Allowing the tissue to move and allowing people to be who they are inspires them to heal and be more alive.

The easiest path to healing is to address the misaligned body.

The preferred way to support a session is allowing the client to be and do what he/she wants: talking or being quiet, tensing the body or being relaxed, being or not being emotional, etc.

The practitioner matches, mirrors, emphasizes and follows the client through all means of communication and interaction. The main way of being an inspiration is through mirroring the postures of one of the Four Bodies, especially during the first session(s) and when the client is very weak or strong in one of the bodies.

If a client goes into his/her Spirit Body and stops being present you can match this by being very present and aware.

When you match the body, your client is in you will move back and forth between the different bodies as your client moves between his/her different bodies.

Matching the body, the client is currently in

The MENTAL BODY is out of alignment when people don't know what they want, when they have a misunderstanding of how their body works, or when they believe their disease is real or belief that they have to prevent future problems and create future health now. For example, a client clings to a diagnosis and believes that pills are the cure-all.

When the client is in the Mental Body the practitioner can support the client's healing through education about how the body functions most effectively. This can result in permanent change and the possibility to continually correct any further problems.

The hands-on on the Mental Body supports the client to understand their Physical Body.

The EMOTIONAL BODY is out of alignment when people have too few emotions and don't accept them, or when they are overwhelmed with too many emotions. For examples, a client may be out of control emotionally or emotionally blocked.

The practitioner can help heal this condition through creating an environment where emotions are welcome; taking the physical posture that mirrors the emotion. This creates an emotional release of physical problems with the client feeling more alive.

The hands-on on the Emotional Body supports the client's Physical Body to find the Emotional Body's posture or movement.

The PHYSICAL BODY is out of alignment when people have tissue that is tight, inflexible or out of balance or when they experience pain and discomfort. For example: A client experiences physical pain and illnesses.

The practitioner can support the client's healing through creating a physical balance, freedom of movement, and relaxed tissue. This releases pain and disease, and helps the client feel more emotions.

The hands-on on the Physical Body are the techniques taught in the previous five workshops.

The SPIRIT BODY is out of alignment when people are unaware, unconscious, daydreaming or not really present. For example, a client may feel tilted, experience one part of their body less than another or just not wanting to experience life.

The practitioner adds more awareness by focusing on expanding the experience of the present moment, thus touching the Spirit Body. This results in feeling more present and centered.

The hands-on on the Spirit Body supports the client's tilted experience to align or unawareness to be present in the here and now.

PRACTICE

Healing through matching a disposition

Pair up and exchange an Unlimited Body session, focusing on matching. Since the practitioner and the client do this session together, communicate a lot throughout the session.

Practitioner *follows* the client's moving back and forth between the different bodies.

Mental Body

Work with the Mental Body by communicating information when the client knows or doesn't know how the physical body is supposed to work or believes that his/her disease is real.

Start by asking what the client would like to have as a result of working together. For example, "What do you want?" "How can you achieve that?"

Explore the client's understanding of how his/her body is related to the issue. The practitioner mentally agrees or disagrees.

Educate the client about how their physical body is supposed to function. For example, the physical body shows how we feel. The more movement we have the healthier we are.

Support the client in understanding, accepting and allowing himself/herself to relax and be free.

Emotional Body

Work with the Emotional Body when the client is emotionally engaged.

Emotionally communicate with the client by relating to how he/she feels. Try to feel the same as the client and find the posture that mirrors the emotion.

Offer support by encouraging the tissue to relax in the position it wants and for emotions to come out.

Sometimes just sitting, listening, feeling and communicating can create a release. Sometimes the practitioner can mirror the physical posture to match the emotion that supports the release and/or apply Natural Yoga.

The practitioner is a cheerleader for the client to be very present and accepting his/her real emotions.

Physical Body

Work with the Physical Body when the client has a physical problem.

Physically do the hands-on Safe Touch work to release tissue contractions.

Ask the client questions to help discover and experience physical sensations. For example: What is tight? What is the temperature? How does the touch feel?

Spirit Body

Work with the Spirit Body when the client isn't very present, is daydreaming, trying to be positive or feels tilted.

Place your hands over the client body and contact the Spirit Body in your hands, until a pressure is felt.

Feel the Spirit Body dance between your hands.

Then approach the client, contacting his/her Spirit Body.

Try to pull the client's Spirit Body into alignment with his/her Physical Body.

If the client goes astral traveling and unconscious of their Physical Body, make him/her aware of this.

The Ultimate and Relative truths

Your universe is simultaneously experienced in two ways. In one way it appears to be very real in time and space. In another way the experience of your universe seems unexplainable. So, at the same time as you experience your universe, it doesn't really have any substance. It is possible to experience something that doesn't exist. For example, when you dream your experiences feel very real but yet, when you wake up in the morning what you experienced never really happened. Even though your universe is not substantially real it can bring you experiences because of your interpretation of it. As long as you dream you need to create good dreams. Your dreams reveal your tendencies from your daily life. By choosing a daily life that you like to experience you create pleasant dreams at the same time as being unattached to them, your dreams will be fascinating to you.

When you experience any of your Four Bodies separately you experience your Relative Reality. When you experience all of your Four Bodies integrated you experience the Ultimate Reality. The highest state is where you experience your Relative Reality and the Ultimate Reality simultaneously.

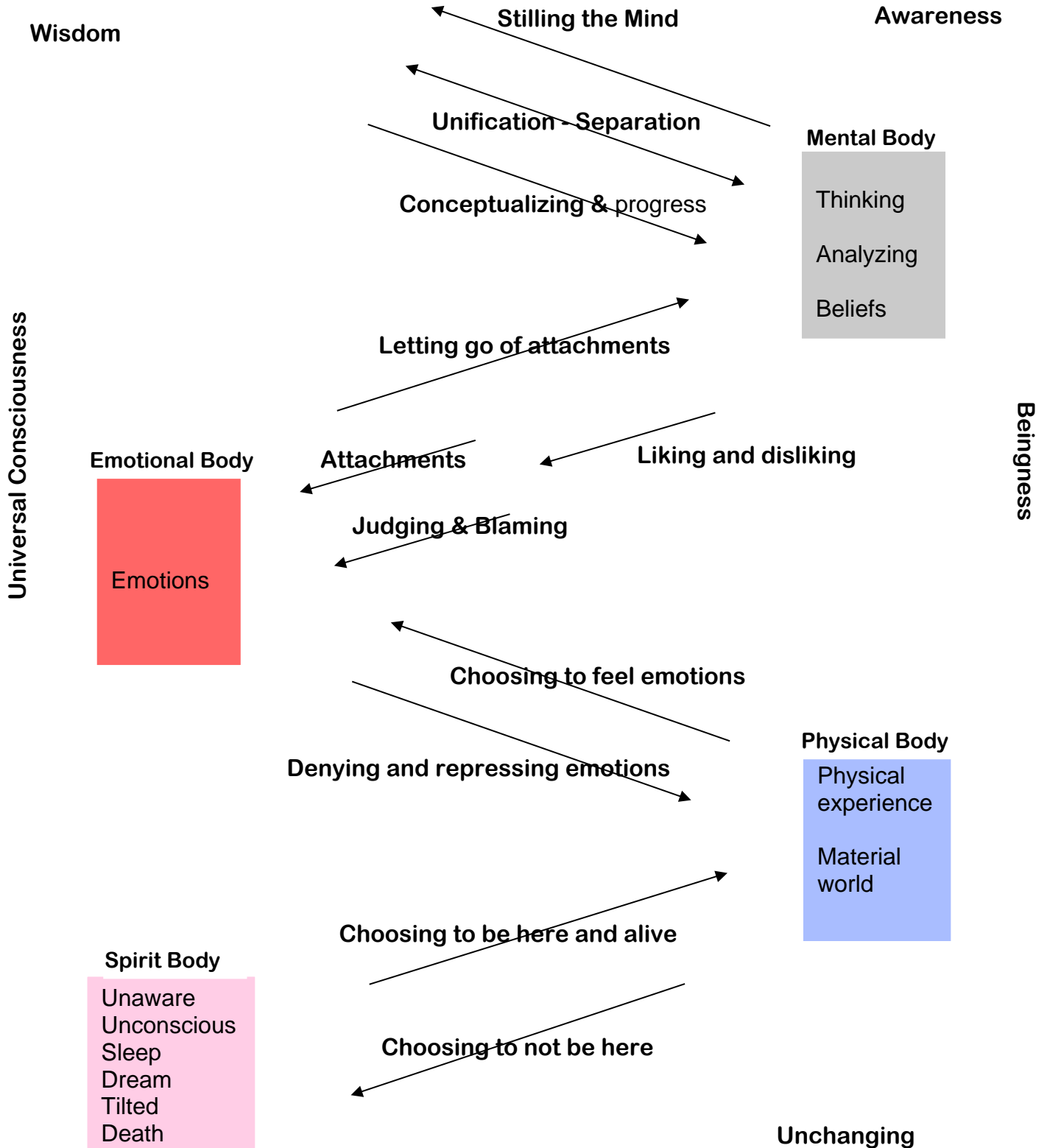
The sequence that your Four Bodies are created

Oneness is always present. Oneness is also aware of itself, which is how your Four Bodies are created. When Oneness knows that there is something being aware and something to be aware of it is perceiving the highest truth of the Relative Reality and the Ultimate Reality coexisting. The experience that there is something outside awareness is the separation of Oneness to the subject-object Relative Reality and the start of the Mental Body. The Mental Body is the door to creating the illusory world. It is also the final door to returning back to origin and Oneness. When the Mental Body judges what it sees, it transforms into the Emotional Body. When the Emotional Body becomes blocked, it transforms into the Physical Body. When physical experience is too painful or resisted, the Spirit Body separates from the Physical Body through sleep, dreams, daydreams, fantasies or death. From here a person has to return to a Physical Body to attempt to undo this illusory creation.

Every step of blocking creates solidification into denser and denser body experiences. Releasing an issue, makes you lighter in one body. This also puts you in contact with your next blocked body until you release the Mental Body block.

The Progressive Relationship of the Four Bodies

When the desired state of Oneness is disrupted the Four Bodies separate and healing becomes needed. Just as the misalignment of the Four Bodies progresses in a particular pattern, the healing takes place in the reverse of this pattern



The sequence of how your Four Bodies get pulled out of alignment

Oneness is experienced when your Four Bodies are integrated and aligned. Things can happen that disrupt this state and cause misalignment of one or more of your Four Bodies. Following are examples of how this might happen:

You first start to observe outer phenomena, instead of staying with the pure experience. These “outer phenomena” are seen as having their own characteristic, which is labeling.

The creation of your Mental Body - You forget that you are both your inner and outer worlds and believe that your outer phenomena are separate from you.

The creation of your Emotional Body - You are informed that you are not loved. Response - You think, “I am not loved.” “I am separated from that which can love me.” “Someone outside me is depriving me of my love.” “I feel the emotion of anger or hurt.” Concurrently, Oneness forgets the truth about bliss, by making a judgment or attachment and thus creating your Emotional Body.

The creation of your Physical Body - Your Physical Body is hit. Response - You think, “I am hit.” “I am separate from what hit me.” “I don’t like being hit.” “I don’t want to feel this emotion of feeling frustrated about being hit.” Thus, a physical symptom is developed. Concurrently, the awareness and bliss of Oneness splits into subject object. Thus, misalignment of your Physical Body takes place.

The creation of your unintegrated Spirit Body - You are unaware of your present moment. Response - You think, “It is unpleasant to be here.” “I am separated from what is pleasant.” “I am deprived of a pleasant experience.” “I am feeling frustration.” “I feel sick.” “I don’t want to be here.” Concurrently Oneness becomes unaware and creates a separated Spirit Body.

The usual sequence of creating a physical disease

At first a physical trauma is an integrated experience. Then the person labels the experience by thinking “I don’t like this - I am traumatized”. This takes the person out from the actual experience and into a thought. Such a thought is a judgment which channels the experience through the thought and into an emotion. If the emotion is not felt, it solidifies into a Physical Body. If the physical experience is negated the person leaves the physical experience by going unconscious or dying.

The Sequence of how your Four Bodies are aligned

We do not receive a complete permanent healing and go back to our original untainted Oneness by addressing only one of the Four Bodies. Aligning the Four Bodies we must experience the body we are in and acknowledge the body above the one with the current symptom. In this sense the healing goes backwards through the order the Four Bodies were created.

- The Spirit Body that has chosen out of a physical experience is aligned through awareness of itself and then accepting the physical experience.
- The Physical Body that has blocked an emotion needs to be released by accepting the physical and then experience the emotion.
- The Emotional Body that has judged an event is released when we experience the emotion and then let go of the judgment.
- The Mental Body that has lost its knowledge of the now needs wisdom and then settles down into having the awareness of the now.

The healing session

To have an effective Unlimited Body session, we start with the body that has the symptom and release it through going to the body above. This process continues, addressing each trauma through the body above, until Oneness is reached.

Sometimes there are layers of misalignments and healing happens by going both up and down to the different bodies. For example, body pain is released when we remember that we have an un-experienced emotion. The Mental Body is informed that we are safe which then allows the Emotional Body to experience the feeling. The Emotional Body then lets the Physical Body release the pain. Through approaches like this we experience how interrelated our bodies are. Understanding this progressive relationship is very important in working with healing.

If we get tired as practitioners, we are probably working on the wrong body or we may be touching something very powerful on ourselves.

If a physical symptom suddenly appears when you are doing an Unlimited Body session it is not a new problem. It is a problem that was uncovered from the unconscious Spirit Body.

The progressive healing path through the Four Bodies

Understanding why your normal approach to healing doesn't work can save you a lot of time and trouble. When you first get involved in a healing, you apply a certain healing approach and usually notice an immediate change. Experiencing this change gives you the belief that your method of healing works. As you continue to use your healing method you notice that your healing progress has stopped and that you need to continuously do something to not revert back to the original problem. Then you usually are either faithful to your first method with a lot of restrictions and limitations how you must live, or you discount your first healing and think it was just an illusion. The mis-thinking is -- not understanding that when one aspect of a problem is released there may still be remaining levels of the problem. If your symptom is still there, then you have other levels of the problem to release. There is usually a progressive release of the different levels of a problem. When one level is released the next level is revealed. The last healing approach can no longer affect the situation, because it was designed for a different level of the problem. A new approach is necessary to tackle the new level of the problem.

Optimum healing needs a change of approach every time there is an improvement.

The healing through the different levels of a problem is what is described as the progressive path through the Four Bodies. First, the method used affects the first level of the problem, which is the problem, blocked in one of the Four Bodies. As the problem dissolves the next level of the problem is revealed as being in "the body above". Any further problem is blocked in "the body above" the one healed.

Changing the healing approach does not invalidate the first method of healing. It rather acknowledges the wholeness of the human being and the importance of a holistic approach. Continued improvement necessitates a change and the addressing and healing of the body that is next in the progression of the Four Bodies. Unlimited Body changes its method of working by switching between the Four Bodies. This way complete healing is facilitated.

Using the wrong body to heal causes at least only temporary healing

Often people work on what appears to be the problem, but it is actually the ego's way of misdirecting the issue and avoiding a possible change. Also, consciously or unconsciously people avoid working on the issue that can actually bring a change, tending to focus on an area of life that perpetuates the problem. Working with the Four Bodies and understanding their progressive relationship gives us a broader outlook on our sessions in order to focus directly on our client's actual problem to get a permanent result. For example: physical symptoms are not released through understanding, but through trusting feelings. Emotional blockage is not healed through physical manipulation, but through letting go of judgments.

Finding which bodies need the most change

If we can recognize which body we are in most of the time and what results that brings, we learn which body we need to favor more to get the results we want.

If we recognize which body we do not want to be in, the body we want to avoid, we have a good indication of which body we need to be more in.

EXERCISE

Exploring which body is avoided and which is favored

Each participant takes turn walking in front of the other students.

Everyone observes which body the walking student favors and which he/she avoids the most.

The walking student says:

The body I spend the most time in is.....

The body it would serve me to spend more time in is....

Other students share their observations if they

Working with the body above the one the client is in

When a client feels safe or verbally asks for a new type of support, the practitioner can draw the client's attention to the body above the one that has the symptom and carries the blockage. So, first the practitioner observes which body is out of alignment and then the practitioner goes to the body above to inspire the client there so s/he can release the blockage. This is not an analytical process, but a tuning into a present time interaction.

The practitioner accomplishes this by being in and working from the body above the one the client is in and by changing to the body above the one the client has gone to when the client "races off" to other bodies for healing or avoidance.

- If the client has a tendency to go unconscious and let his/her Spirit Body leave, the practitioner works from the Physical Body doing a physical application, such as asking them to open their eyes, doing Natural Yoga, or anything that makes him/her feel the Physical Body more.
- If the client is in the Physical Body, the practitioner works from the Emotional Body inspiring the client to feel his/her emotions. For example, a client that complains about having a cold, which is a physical problem, is supported to feel the sadness and the unexpressed tears that cause the cold.
- If the client is in the Emotional Body, the practitioner works from the Mental Body inspiring the client to understand the cause of the emotion and how the healing process works.
- If the client is in the Mental Body, the practitioner works from Oneness awareness. For example, a client that says, "fix me", support him/her to broaden his/her awareness.

Many clients come for sessions with the intent to release a symptom. These may not be interested in going to the body above to get permanent healing. With these clients a practitioner can only help them as far as they want. So every session may not include going to the body above.

PRACTICE

Bringing your client to the body above

A participant does a session with another participant, working with the body above the one with the symptom.

As the client moves from body to body the practitioner also moves to the one above the one the client just moved to.

When the client is spaced out, the practitioner works with the client to be more physically oriented.

When the client has physical symptoms, the practitioner works with inspiring the client to allow emotions.

When the client is emotional, the practitioner educates the client how emotions work.

When the client is confused or stuck in a destructive belief system, the practitioner teaches the client how to relax their thinking and be aware of the present moment.

The optimal way to conduct a session

To be an effective practitioner you must alternate throughout the session between supporting the client to feel safe, going into the same body they are in, and inspiring them to release by being in the body above.

Whenever working with any or all of the Four Bodies, practitioners need to communicate in every way, including verbally. This is like dancing. The practitioner balances the client, sometimes offering support in the same body and sometimes going to another body.

When the client needs more safety, the practitioner matches the body the client is in and when the client feels safe and inspired the practitioner goes to the body above the one the client is in.

When the client feels supported, go to the body above.

When the client does not feel supported, go to the body the client is in.

These experiences take place as the practitioner and client follow each issue progressively through the bodies.

During the most effective Unlimited Body sessions the client has a physical experience, feels emotions, gains understanding, and grows in awareness.

The Mental Body is the first to separate and the last to be integrated. After the Mental Body is integrated, there is a full engagement of all the Four Bodies.

PRACTICE

Performing a session through matching and/or being in the body above the client is in

A participant does a complete session with another participant, starting with finding a goal, working hands-on and observing results.

The practitioner keeps awareness of all of his/her Four Bodies.

The practitioner is aware of each of the client's Four Bodies noticing which of the client's Four Bodies is present, which is imbalanced and which is being affected.

Communicate: "What is your belief about this?" (Mental Body).
 "What is your feeling about this?" (Emotional Body).
 "What is your body experiencing?" (Physical Body).
 "What are you aware of?" (Spirit Body).

Practitioner observes which way you are choosing to work with your client this time. Are you following the client into their story, ideas and sharing, or are you choosing to work on the body above the one they are focusing on?

Integrating the Four Bodies

Main Points

The Four Bodies being integrated means that you are mentally stimulated, emotionally open, have free physical movements and are aware.

Permanent healing means that you have released dis-ease and you know how to avoid taking on dis-ease.

When the Four Bodies are healed they naturally gravitate towards each other.

If you can recognize which body you are experiencing most of the time, you know which of the other bodies you need to experience more.

As a practitioner you become more effective when you are more aware of the Four Bodies.

When a client is very strong in one of the bodies, they need to experience that as the next step of their healing.

When a client is asking for help, their healing takes place in the body above.

My experience and understanding of Integrating the Four Bodies!

Report on your workshop experience and exchange sessions. Write legibly or this is of no use.
Make a copy and mail or give this to your producer.

Name _____ Date _____

Something I have learned about Integrating the Four Bodies _____

Something I have experienced with integrating the Four Bodies _____

Something I want to learn more about integrating the Four Bodies _____

How Integrating the Four Bodies affects me _____

Exchange a session where you match your bodies with your client's bodies.

What I experienced and what bodies I noticed my client was in _____

What I learned and experienced when I received _____

Exchange a session where you work in the body above the body your client is in.

What I experienced and what bodies I noticed I was in _____

What I learned and experienced when I received _____

What is different in my life as a result of integrating the Six Gifts to Successful Healing into my life: (Be specific) _____

Completion

MEDITATION

Sit in a relaxed position.
Become exquisitely aware of your whole body, both inside and out.
Let your spirit bathe in the eternal spirit.

Let them play together beyond time and place.
Experience yourself as being one with everything.
Gently see the world from the focus of your center.

When we approach the end of Your Six Gifts to Successful Healing we begin to experience our relationship to completion. All events have a completion. Becoming aware of how we complete is an essential component in how we feel and how healthy we are.

You need to complete your projects to really let them go and be able to have full attention on your new beginnings.

Attitudes towards completion:

- Some people feel that completion is an exciting initiation into a new world and look forward to exploring new horizons.
- Others feel dislike for completion and fear they are going to lose something by completing. They are looking back at what is no more and choose to believe they cannot take all they have learned with them.
- Others feel separation, abandonment, and betrayal, being left out or forgotten.

The biggest challenge to completion is to feel it and experience all the emotions that come with completion. Intense shared experiences, such as Your Six Gifts to Successful Healing, love and intimacy, are high levels of connections. Separation on these levels can trigger our past experiences of leaving.

Many people feel completion is something to avoid and have many ways of sabotaging the process.

- ◆ Creating anger through trivial or major upsets makes it easier to leave those who we are connected with.
- ◆ Leaving early and starting the next project before the end of the last. This is to avoid experiencing the completion and its success.
- ◆ Sometimes we like only the beginnings and recreate them again and again, by not following through to the end of the projects and not completing all the workshops.
- ◆ Another way is to avoid sharing their new energy and happiness and their treasure with the world, by not using any of the things learned and experienced.

You can make this completion into a happy new beginning.

Our learning continues through more studies, exercises of what you have learned and your experiences in real time and in the world.

You can share this with the world. Let the waves of your passion touch other people.

EXERCISE

Completion

All students walk around and in turn stand in front of the other students.
Stand quiet for a little while and connect with the other student.

Then each student says in turn, while the other listens.

Some of these comments will be releasing the past and some will be sharing acknowledgments.

The first person says:

“A way you have inspired me through the Unlimited Body workshop Series is”

“A way I have seen you grow through this Unlimited Body workshop series is”

The receiving person acknowledges the communication.

The first person says again:

“A way I have changed through this Unlimited Body workshop series is....”

The receiving person acknowledges the communication again.

Then switch roles and complete with this person.

Then move to the another student and do this exercise again.

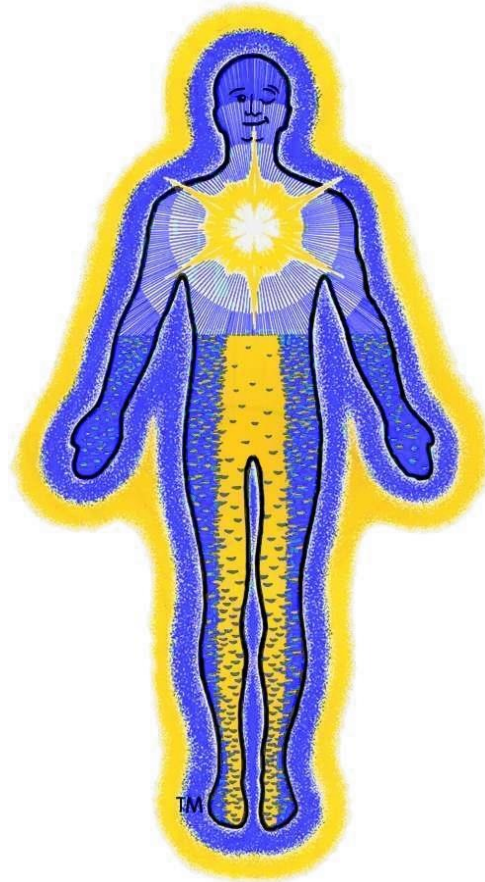
Now You Can Enjoy and Inspire Successful Healing!

The advantage of discovering Unlimited Body further

Many people choose to participate in Your Six Gifts to Successful Healing workshop series more than once. The usual experience they have when they participate in the Six Gifts to Successful Healing the first time is that they experience a tremendous learning and growth. The second time through they become very aware of the results they have on others. The third time through, the participants who are interested in sharing Unlimited Body in group settings learn group dynamics and have the healing provided by the group setting.

Becoming a Practitioner

If you want to become certified as an Unlimited Body practitioner, you must successfully complete Your Six Gifts to Successful Healing workshop series; complete the twenty four homework exchange sessions with another workshop participant, including a report on these; receive 2 Unlimited Body sessions from a Unlimited Body Senior Practitioner or above; complete the Unlimited Body Practitioner Training; know this workbook; do two Teaching Sessions (in which you work on a teacher while getting constructive support); and finally be sponsored by an Unlimited Body Teacher.



**This Manual
inspires you
to practical effective
healing sessions
for yourself and others and
to learn to live in
permanent health and
happiness!**

