



New PERSPECTIVES

A Quarterly Bulletin about Rolfing and Somatic Awareness

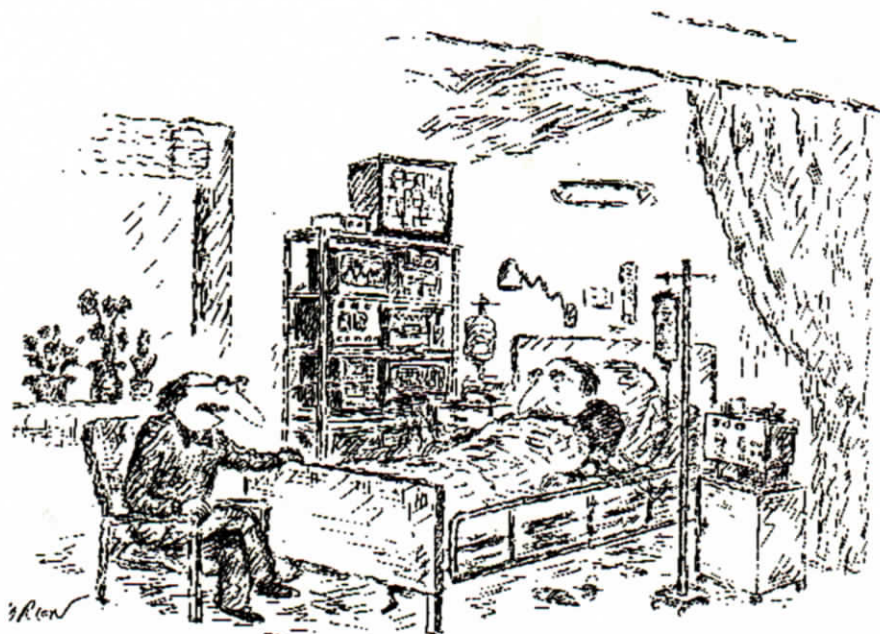
Spring/Summer 1989

Advanced Rolfing: Activating Core Energy

by David Laden
Advanced Certified Rolfer

On April 28th I returned from a six-week advanced studies program at the Rolf Institute in Boulder, Colorado. The Rolf Institute is the school that Dr. Rolf founded for the purpose of training and certifying Rolfers, doing research into the long term benefits of Rolfing, spreading a knowledge of Rolfing and its benefits to the society-at-large, and as an institute for advanced training for Certified Rolfers throughout their careers. Those Rolfers who have prepared certain prerequisites and who have completed an intensive six-week advanced training are known as Advanced Certified Rolfers. It is my privilege to now have this advanced certification.

One of the major objectives of this training was to learn a very specific way of working with people who desire to continue their Rolfing process after they have done the ten-session basic series and possibly some "post-ten" work. The Advanced Series which I have just learned is a natural continuation of basic Rolfing. However, now we are working with people whose bodies are relatively sophisticated, who realize the importance of the body's freedom for their personal growth, and who are highly motivated and inner-directed. Advanced Rolfing



"Milt, I'm beginning to think that your illness is a disharmony of life energy."

was developed by Dr. Rolf as an opportunity for these people to take another big step in their personal evolution.

The Advanced Series is a partnership. As the Rolfer works, the Rolfee participates by using movements and positions that activate what we call "core structure" or "the line." These terms refer to the most intrinsic layer of muscles and fascia in the body. The positioning of the body and the intrinsic movement by the Rolfee in these positions effects deep change. It is an exciting experience where the Rolfee is always inwardly seeking to activate his own core and,

most importantly, to take *control* of this level of his body and being.

Let me summarize what the sessions are like. The first session focuses on the head and neck, getting space, length and balance and relating these structures to the core of the body. The position for the first session is generally on the back.

The second session uses a very dynamic position called the Z position. It is designed to free congestion around the pelvic floor, sacrum and coccyx while integrating these with the intrinsic level of the legs, feet and abdomen.

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Advanced Rolwing

In the third session the Rolfer works with the Rolfee in a fetal position, called the C position, which allows the unwinding of deep spinal rotations and activates movement and energy on the front surface of the spine.

The last two sessions get the Rolfee up into the gravity field where the goal is to integrate the movement of the pelvic and shoulder girdles with the core spinal movements. The fourth session uses a seated position called the L position where the Rolfee works with subtle movements of the pelvis and spine, and the joints of the arms and legs.

The fifth session uses many positions—lying, kneeling, sitting, and standing—to extend and expand the intrinsic core line and help the Rolfee live and move from this dynamic yet peaceful place.

This description is oversimplified, but gives you an idea of how the Rolfee is the primary doer while keeping his or her focus at a deep level.

When this core level is free and moving there is a big shift in energy, a big shift in one's feeling of self. I say this out of my own experience, both as Rolfer and Rolfee.

During our training I received the Advanced Series myself. The changes in my own body are remarkable. My once chronically bowed legs are now almost totally straight. It is such a pleasure to walk and run almost without effort. Not only that, but my lower back feels much stronger and my head feels light and balanced. Emotionally, I feel more easy going, yet anchored.

The Advanced Rolwing Series, unlike Basic Rolwing, is designed to be repeatable. Each time a person does the Advanced Series, it takes them to a higher level of integration. It is an ever-available resource.

Rolwing—basic, post-ten, and advance—is a way of cooperating with the evolutionary process of life. The goal of Rolwing is to lift the body up and give it support from within, to get it grounded and feeling capable, to get it moving gracefully, well-related to the world. It is amazing to see the changes people make in their lives as deep

patterns of tension gradually release and unwind, allowing the body and personality to unfold.

Rolwing is based in physiology, psychology and the science of Man that has been with us for thousands of years in every culture. Dr. Rolf was a pioneer in resurrecting ancient science and making it relevant for modern times, when the need of modern people is so great.

Rolwing addresses this need in a most direct way. There is so much freedom, both physical and psychological, that can be achieved through this process. I hope that you will take the opportunity to benefit personally from this work. If you would like more information on basic or advanced Rolwing, feel free to call me.

To those friends who have already completed their basic work, I invite you to do the Advanced Series. It would be my great pleasure to work with you again.

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Bibliography

Resources of related interest:

- Ida Rolf Talks* Ida P. Rolf, Ph.D. /Rosemary Feitis
Rolwing, The Integration of Human Structures Ida P. Rolf, Ph.D.
Diamond Heart A.H. Almaas
Stalking the Wild Pendulum Itzak Bentov
The Metamorphic Technique Gaston St. Pierre/Debbie Boater
Autobiography of a Yogi Paramahansa Yogananda
Radionics and the Subtle Anatomy of Man David Tansley, D.C.
Dialogue with Death Eknath Easwaran
Inner Bridges Fritz Smith, M.D.
Somatic Reality Stanley Keleman
The Power of Balance Brian W. Fahey, Ph.D.

New PERSPECTIVES

New Perspectives is a quarterly bulletin about Rolwing and Somatic Awareness. It is published by David Laden, Advanced Certified Rolfer, 301 S. Bedford Street, Suite 5, Madison, WI 53703, 608-257-7212.

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 Graphic design/
 composition Artifax, Desktop Publishing

Gravity and Grace: The Inner Work of Rolfing

by David Laden
Advanced Certified Rolfer

The following is an abridged version of a talk I gave at a seminar in June 1988. The seminar was sponsored by the Physical Therapy Department of Meriter Hospital in Madison, Wisconsin. The focus of the seminar, which included four presenters over an entire weekend, was the interrelatedness of body and mind in the treatment of the whole person.

Good morning. It is a pleasure to be here with you in this environment of exploration. I hope that in this seminar there will be more questions raised than answers given—questions that will inspire us to further investigate and discover the beauty of who we are, and the universe of love in whose body we are all cells. So it is good to be here with you, fellow explorers of the inward territory.

Dr. Ida P. Rolf died in 1979 at the age of 83. She was most definitely an explorer of humankind, and a discoverer of truths and techniques which are helping us to evolve our hearts, minds and bodies. One of Dr. Rolf's most significant statements was, "Rolfers are not therapists striking at the pattern of disease, we are specialists in Health." Let us explore this statement for in it is the essence of what we are here to learn.

Rolfing is one expression of the new paradigm that is arising in the evolution of our culture. Biomolecular medicine, biomechanical medicine does not provide a full definition of what it means to be a human being and with its focus on disease, certainly does not give us even a working definition of what it might mean to be healthy—health being more than the absence of disease.

Our new paradigm (really an ancient one being rediscovered) takes as its governing principle that we are not mechanical objects, we are whole spiritual beings endowed with a personality and physical vehicle inherently capable of expressing the love, compassion and creative will which is our divine inheritance. Our personalities are uniquely individual and irreplaceable, but hidden from us, yearning to be realized, is the core of our being which is transpersonal, collective, essential—the Source of Life itself which is the very Dynamo of our individual lives. Call it whatever makes you comfortable—the Soul, the Self, God, Spirit, Father or Mother—this is the great river of life within us whose waters connect us with all created things, that make us one with all.

We are not just body parts, as industrial age medicine would have us believe. The Personality with its vehicles, the body and the mind, and the spiritual Self are absolutely intercon-

Truth is within ourselves; it takes no rise
From outward things, whate'er you may believe.

There is an inmost center in us all,
Where truth abides in fullness; and around,
Wall upon wall, the gross flesh hems it in,
This perfect, clear conception . . .
Which is Truth.

A baffling and perverting carnal mesh
Binds it, and makes all error; and to KNOW
Rather consists in opening out a way
Whence the imprisoned splendor may escape,
Than in effecting entry for a light
Supposed to be without.

Robert Browning

nected and interrelated. The great human drama is to integrate all the aspects of our Being so that we become Whole. When we are whole, then we are healthy. The "pattern of health" is Wholeness. We are all on the journey together toward wholeness, consciously or not.

So let's redefine Health. We, as persons, are meant to be healthy and happy. It is our natural state! We can have radiant energy and real joy in life when our lives reflect the virtues of our essential nature. If we are not aligned with our essential Self then the soil is prepared for disease and distress. Disease and distress cannot take root in a person whose Essential Energy is uninhibited. All healing involves the freeing of this Essential Energy from the overlying screen of physical toxicity, psychological conditioning and spiritual indifference. Healing is the process of the personality, the body and mind, realigning with the Energy of the

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Spiritual Self. In this ideal condition of peace there is balance. There can be no distress of mind nor disease of body. We live in a sea of tremendous Energy. When we are able to untangle ourselves from our conditioning—wrong physical and mental habits—then we are filled with the energies of love, happiness, success, health and creativity.

So what do all these ideas have to do with Rolfing? When we work with a client in Rolfing, we are reenergizing the personality level of his or her being. We are waking up dormant energy asleep within the system. The body is the organ of direct experience. We are working with a person's direct experience of life—the organic, bioenergetic, feeling aspect of the personality, the most basic level of fundamental energy.

When the tremendous energy of our gravitational field environment is allowed to nourish the individual and when the individual is in alignment with the vertical flow of this dynamic energy source, greater health of body and mind is experienced. Health equals Energy Flow.

The myofascial network of the body is part of the overall Mind of the person. In Rolfing, we work to bring the whole structure to a higher level of order and integration, a higher level of energy. We work with the myofascial expression, the structural map of the personality—organizing and integrating the myofascial planes so that the body structure, the whole pattern of energy which is the individual, is more closely aligned with its intended natural architecture and thus able to receive the nourishing, healing energies of the Earth's Field.

Remember—the personality in disease or distress is in conflict with its true nature. The body structure expresses this inner conflict through all its patterns of tension (energy blocks) and postural distortions: shortenings, contractions, rotations, thickenings, rigidities, general disorganization and lack of proper relatedness between the body segments. We look at someone and say he or she has poor posture as if the body structure were separate from the personality.

Dr. Rolf spoke of her work not as therapy but as Education—education in the literal sense of the Greek root word,

“educare,” to evoke—evoke the inherent potential of people to reach out and live in a more loving, peaceful and creative way. Rolfing is an opportunity for people to open up, have more freedom, to extricate themselves from self-limiting patterns which cause unhappiness and frustration. Rolfers are not trying to fix problems. We are educating the personality as manifested in the body structure, coaxing a more capable, peaceful person to emerge.

Future Issues

- **Rolfing and the demands of the workplace**
- **The art of sitting**
- **How Rolfing works—physiology of myofascial changes**
- **Rolfing, field theory and the new physics**
- **Emotional freedom, intimacy, and the energies of the body**
- **New computer imaging system shows structural effects of Rolfing**

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