92a Deep Massage:
Working at Interface
and
the Seven Dimensions of Touch

## 92a Deep Massage: Working at Interface and the Seven Dimensions of Touch Class Outline

5 minutes Attendance, Breath of Arrival, and Reminders

10 minutes Lecture:

25 minutes Lecture:

15 minutes Active study skills:

60 minutes Total

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#### Class Outline

#### **Quizzes:**

- 93a Kinesiology Quiz (rectus abdominis, diaphragm, pectoralis major, deltoid, biceps, brachialis, triceps)
- 94a Kinesiology Quiz (scalenes, frontalis, temporalis, masseter)

#### **Touch Assessment:**

- 97b Deep Massage: Touch Assessment
- Bring your grading sheet for evaluation A: 89

#### Preparation for upcoming classes:

- 93a Kinesiology: Palpation Anterior Torso and Arms
- 93b Deep Massage: Technique Demo and Practice Anterior Torso and Arms
  - Lauterstein: Chapters 13 and 15.

#### Classroom Rules

#### **Punctuality** - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

#### The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

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### Touch is Multi-Dimensional

• The structural/physical world is three-dimensional – length, breadth, width.

 Massage that contacts energy as well as structure therefore will contact more than just three dimensions.

• From our faculty's experiences receiving student massage's/PTS's we eventually identified seven dimensions required for highest quality of touch.

### Seven Dimensions of Touch

- Contact
- Movement
- Breath
- Graceful verticality
- Heart
- Understanding
- Alchemy

## Contact: the first dimension of touch

- High quality of touch from the very start from the first "point" or "area" of contact.
- Touch with mindfulness organized awareness = good "psychomechanics" plus good "bodymechanics."
- Working with attention at interface.
- Touching with "highest personal regard."

## Movement: the second dimension of touch

- Quality of touch is linked to how and where we move after the initial point of area of contact
- Important to know anatomy
- Massage strokes, as in swimming, are done in a water medium (we are mostly water). Cultivate this healthy visualization!
- Introduce curves into your motion ("additional vectors" of the fulcrum). This shows curiosity and respects the curved nature of water and the body.
- Use depth, tempo, and direction to create meaningful movement in and through the client's bodymind.

## Breath: the third dimension of touch

- Breath adds the feeling of volume, the experience of our threedimensionality.
- It is the energetic origin of our touch, not our hands.
- Breathing can modulate the autonomic nervous of both therapist and client.
- Breath gives us access to important and relaxing natural rhythms.
- Re-spiration involves spirit. Using your breath and observing your client's breathing gives you a window to the spirit.

## Graceful Verticality: the fourth dimension of touch

- Both structural and energetic models of the body identify us as being vertically organized.
- Graceful verticality harnesses the flow of energy through the body between "heaven and earth."
- With grace, you will have easier access to gravity use the gentle force of gravity in your work, not your muscular efforting.
- The power of grace Ida Rolf said, "Gravity is the therapist." However, it is equally true that "Grace is the therapist."

### Heart: the fifth dimension of touch

Work with an open heart as much as possible.

• Be brave! People are wild. Be *courageous* ("coeur" is French for heart).

 "Heaven and earth meet in the heart. It is their destiny and place of rendezvous." – Father Claude Larre (French acupuncturist and Jesuit priest)

Our arms and hands are natural expressors of the heart.

## Understanding: the sixth dimension of touch

- The role of mind in bodywork.
- People need care; they also need to be understood.
- Brilliantly take a history.
- Allow time to understand someone every person is an endless depth.
- Show you are committed to understanding by allowing time for response.
- Healing is communication, a non-verbal dialogue, a call and response.
- Every session is an improvisation.

# Alchemy: the seventh dimension of touch

- Recognize the limits of speed
- Slow down
- Stop
- Rest
- Help them choose a new path
  - What turning point(s) are they at in their lives? How can you help them with massage?
- Allow nature to take its course
- Though we may honestly desire a transformative energetic-structural experience for our client, this dimension is "out of our hands".
- When you cultivate clarity with respect to the previous six dimensions contacting well, moving beautifully, fully breathing, gracefully vertical, caring and understanding you have done everything you can to potentiate change.

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