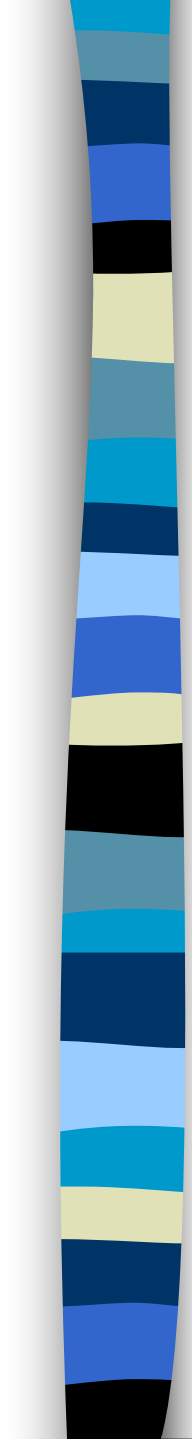


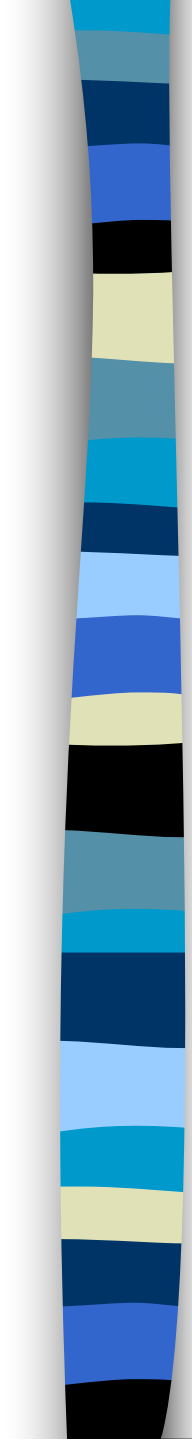
92a Deep Massage:
Working at Interface
and
the Seven Dimensions of Touch



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



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

Class Reminders

■ **Assessments:**

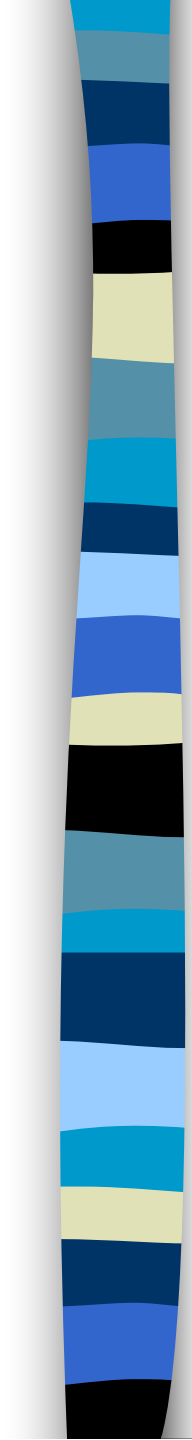
- 96b Deep Massage Touch Assessment
Packet A:81-82; 89-90

■ **Quizzes:**

- 94a Kinesiology Quiz - **75 questions in 60 minutes**
 - See syllabus for list of muscles to review

■ **Preparation for upcoming classes:**

- 92b Deep Massage: Technique Review and Practice – Posterior
 - Lauterstein: Chapters 7, 9, and 11.
 - Lauterstein: Pages 140-142 and 166-171.
- 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

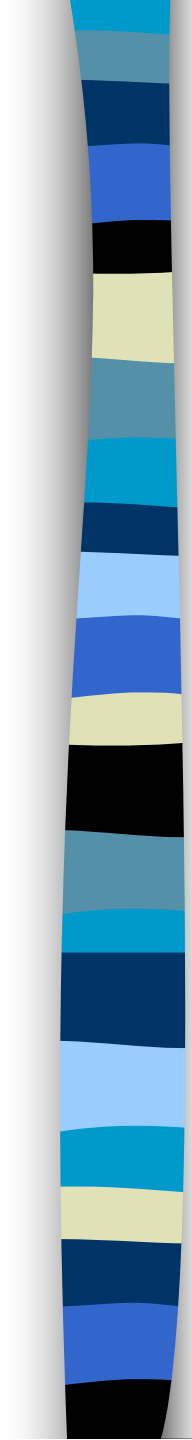
- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

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

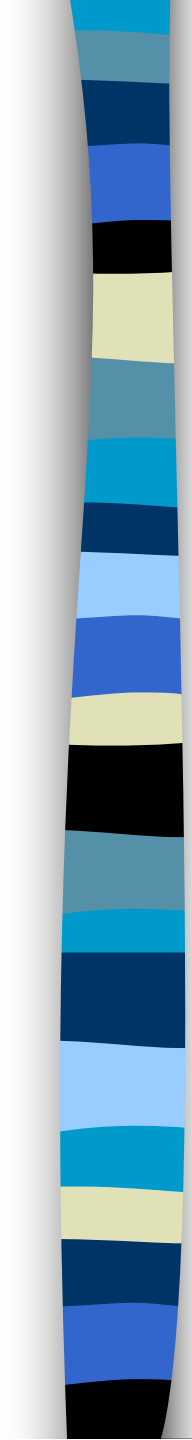
You will receive one verbal warning, then you'll have to leave the room.

92a Deep Massage:
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L-37



Seven Dimensions of Touch

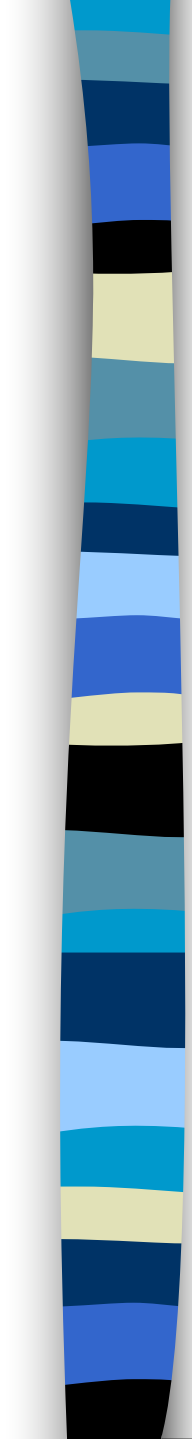
1. Contact
2. Movement
3. Breath
4. Graceful verticality
5. Heart
6. Understanding
7. Alchemy



Contact: the first dimension of touch

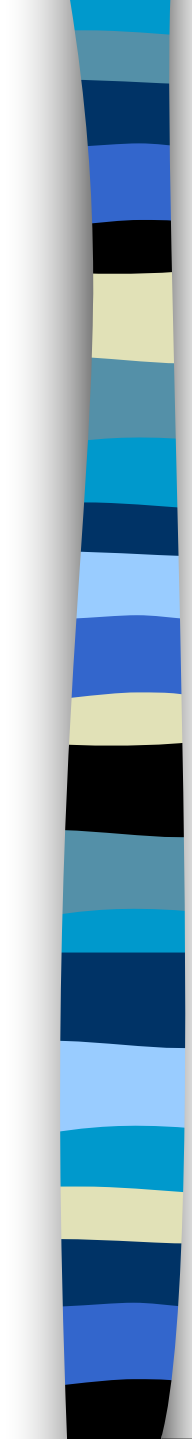
Review from Intro class –

- 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.”



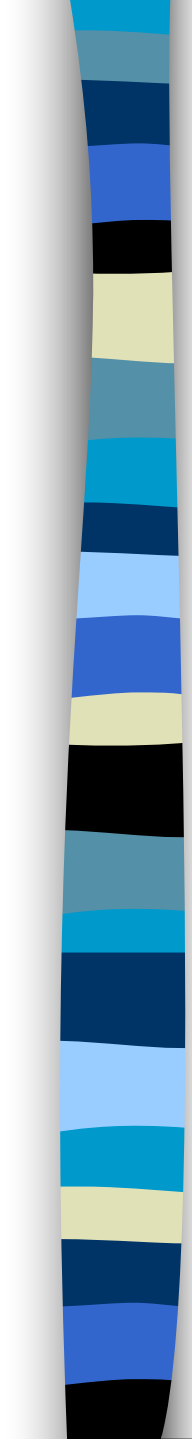
Movement: the second dimension of touch

- 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.



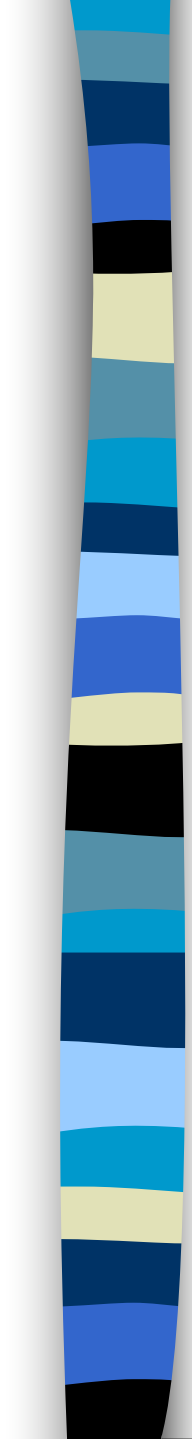
Breath: the third dimension of touch

- Breath adds the feeling of volume, the experience of our three-dimensionality.
- 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.



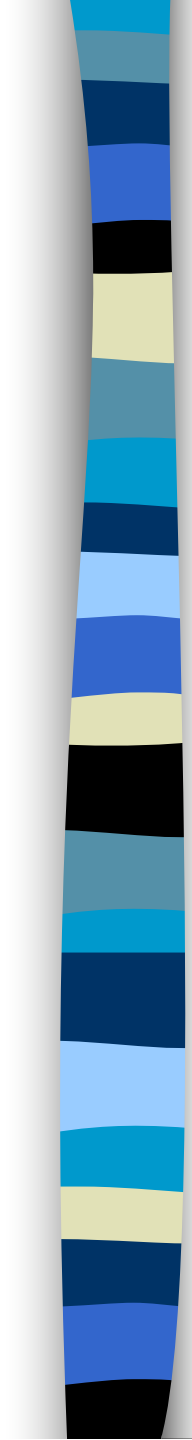
Graceful Verticality: the fourth dimension of touch

- 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.”



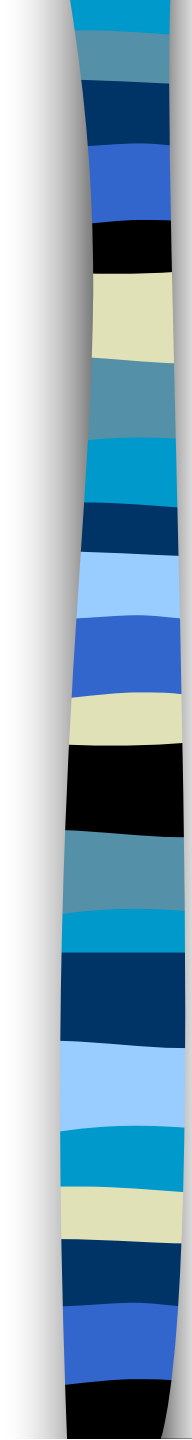
Heart: the fifth dimension of touch

- 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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