

TouchWorks

Vol.1, No.2
June 2003

A COLLECTION OF NOTES ON ROSEN METHOD BODYWORK AND OTHER TRANSFORMATIONAL IDEAS

Life is good

A carved figurine of an African elephant came into view as I followed the words of my Rosen practitioner. "Open your eyes slowly and look around," he said. "Take in where you are. Notice the sensations occurring in your body."

I focused in on the elephant. The peaceful, playful images inspired by the silhouetted elephant on the shelf were rudely displaced by the churning, angry sensation in the left side of my body. I felt myself recoil in horror as the two began to merge. I shut my eyes to stop the action.

In the darkness, I easily found my way to the familiar numb space deep within and I looked around. The elephant was gone. The sensation was gone.

The elephant appeared instantly

I became aware of my practitioner's hands cradling my left shoulder and neck and remembered his words, "open your eyes slowly". I opened my eyes again – a tiny slit. The elephant appeared instantly in-between the blur of my eyelashes. It was magical. I could disappear the elephant and have him reappear in the blink of an eye. I liked the elephant. I scanned

About the author

Since 1996, Pamela Seawell's work has focused on transformation, personal growth and development. Pam is a Rosen Method Bodywork Intern and practices massage and bodywork in Oakland, CA.

Pam also has over 25 years of experience in communication arts, publishing and computer technologies and a commitment to empower and enable individuals to discover themselves at the source of creative expression, vitality and well-being.

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the other figurines on the shelf above me. I noted the sunlight and relaxed into an echo in my mind, "life is good."

I felt my breath change

My practitioner's touch brought my attention to the sensation still nagging at me from the inside. I resisted. I knew it was a nasty, tangled, destructive feeling and now I wanted to protect the elephant from its impact. I stiffened. The practitioner's steady hands matched my resistance and I let go. I felt my breath change. As I surrendered to the feelings, a warm tear formed at the corner of each eye and I felt a wash of emotion coursing through my upper body.

I took a breath just to make sure I could. The elephant figurine had become a symbol of what is possible in life. As I lay there, I could almost see the conflict in my body working itself into consciousness. I let it be. My newfound desire to nurture the elephant – and all of life – gave me the courage to recognize the heavy feelings that had been trapped unconsciously in my body.

Becoming an observer of my own experience

The miracle of Rosen Method is that it gives us direct access to exploring the body's wisdom and invites the creation of new possibilities.

I lay face-down on the familiar massage table. For a few moments it seemed like my awareness was set on "null and void" and I grew anxious. Was life somehow gone from this body? The idea caught my breath short. Seconds later, I became aware of a distinct sensation throughout my lower back. It stretched from mid-rib all the way down to the end of my spine. It was a curious sensation and I struggled to name it. Was it burning? tender? There was a slight feeling of bloating with the tenderness and it had the area sensitive to my practitioner's gentle touch. I thought of the childhood bruises I inflicted on my legs, arms and body as I threw myself with abandon from bicycles and tree branches. I recognized the experience; it was bruised.

Her voice was curious, matter-of-fact and invited my response

Time passed and I let myself experience a range of unfamiliar emotions. Images of backyards, family members and neighborhood kids came and went. I was flirting with anguish, despair and loneliness when a muscle underneath my shoulder blade released and sent a powerful sensation through my back and up the right side. "What just happened?" I heard my practitioner's voice from somewhere above me. Her voice was curious, matter-of-fact and invited my response. I

(Continued on other side)

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I would like more information about Rosen Method, please call.

Please send a copy of *TouchWorks* to my associate.

Becoming an observer

(Continued from other side)

focused on the spot inside me where I'd felt the sensation; it felt empty.

"Somebody hurt me", I mumbled softly, "...and... life was over. Everything was gone... no, everything I thought I had ...was gone. I just gave up."

There was nothing dramatic about my revelation. It emerged in the moment in response to a simple question. It emerged

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as the physical sensation playing through my body met the curiosity and attention of my Rosen practitioner and became a conscious thought.

Something shifted deep inside me

Why do I share this bit of personal history with you? This experience in a Rosen session was powerful and simple. A formative, if disempowering, idea along with my resistance to experiencing the feelings associated with that idea disappeared. Rosen Method gave me an opportunity to capture in present time, and release, something that had had me trapped in the past. During the session, I moved transparently from sensations felt in the present time to an experience in my distant past to address the question

posed to me by my practitioner. I was deeply relaxed. The signal that something shifted came from deep inside me and was communicated to my practitioner through touch. In that moment, I became an observer of my own experience and could let it go.

Only now as I write, am I present to the miracle of the morning's session. It is with gratitude that I acknowledge Marion Rosen and all the teachers and students worldwide who have committed themselves to the practice of Rosen Method Bodywork and Movement.

Rosen bodywork gives us direct access to the body and its associated unconscious thoughts and thus, to the source of our experience of living. That is a miracle.



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