

TouchWorks

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

Will you play now?

Daily I read stories about decisions and actions that impact the lives of billions of people. I am outraged, saddened and often dismayed. On occasion I feel vindicated, righteous and arrogant, but to no avail. In this lifetime of increasing complexity, the globe seems to spin in ever-smaller circles as if closing in on me. I find it threatening. Indeed, I am confronted by the impact of the decisions and actions of a few global personalities on my life and on the lives of others.

In a moment of fear, I panic. I give in to being a helpless victim and feel powerless to make a difference. I hear the chorus of voices, crying out and raging with

me in disbelief at the wrongs done, the pain endured and the damage inflicted.

From a distant corner of my awareness comes a small voice, "Will you play now?" Angry, noisy voices break in to push the small voice aside and quickly gain my agreement for past wrongs and vengeful thoughts. Paralyzed by my own anger, rage and resentment, I withdraw stunned and silenced.

Will you play now? My breath stops short as I hear the words. This time I am stung with irritation at the interruption. Shaking my head forcefully, I demand of no one in particular, "Who could play in the middle of this?" I am upset and at the point of breaking. A profound sadness washes over me.

My body relaxed & the fear disappeared

The other day, I sat watching Marion Rosen work. She moved with confidence, childlike curiosity and wonder about the stranger's body stretched out on the massage table in front of her. She acknowledged his generosity for participating in the bodywork demonstration at the Berkeley Rosen Center's Introduction to her lifework.

The man was tall and muscular. I studied his arched back and stiff legs. The image

seemed in sharp contrast to the soft, flannel-like material of his trousers. The idea lingered in my mind. My body tensed bringing me back to the moment. I wasn't afraid, but I was present to fear.

Marion didn't talk about fear. She talked about where the breath moved freely and about making contact with the tension held in the man's muscles. As her hands explored the tight musculature of his back, I watched his body relax. What had been an unmoving statue began to breathe with life. Startled, I shifted from one leg to the other. My heart was racing and I was reminded of treading water. My body relaxed. The fear disappeared.

Watching Marion work with the stranger lying on the table, I experienced the difference between fear that creates a loss of power and fear that creates spontaneous release and the possibility of taking action that makes a difference. When Marion stepped away from the table, I was left with grace and ease and the unrelenting power of her joy in life. □

"Will you play now?" the voice echoes once again in the silence. Suddenly, my outrage, the chorus of voices, my irritation, unspoken disappointment and my sadness vanish without a trace. I take a deep breath and consider playing.

Closing my eyes, I remember

As a client and Intern of Rosen Method bodywork, I have come to appreciate my childhood fascination with water.

Treading water was a survival skill that
(Continued on other side)

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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.

TouchWorks is distributed free of charge to qualified individuals interested in Rosen Method Bodywork and Massage. Please take a moment to fill in the information below and mail the completed form to Pamela Seawell, Rosen Method Bodywork and Massage. Mailing Address: 120 Village Square, Suite 98, Orinda, CA 94563.

Rosen Method Bodywork & Massage

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10.03



Call me. I am interested in making an appointment.

Keep in touch. Let me know about your special offers & events.

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

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

Will you play now?

(Continued from other side)

we all had to learn at the local swimming pool. However, I also spent countless, unexplained hours playing with the buoyancy of the water, weighing the heaviness of my legs and arms against the clear pool water.

I was fascinated. The water was there, and yet, not there. I could move swiftly through the water when I wanted and it gave way easily. I could lie back to gaze at the endless sky confident that the water would keep me afloat.

For me, the water was non-invasive and supportive like Rosen Method. It gave me wholehearted support for what I was up to, recognized my limitations and allowed me to learn what I needed to

learn to play life. Without question the water matched my movements one for one with playful resistance – giving way at times and pressing in on me at other times. It was the resistance itself that informed me and helped me locate myself in space and time. In those moments of play, I discovered movement and the possibility of moving any direction I chose at a moment's notice. It was my choice. I had the power. No matter what, the water was there to support me.

I also discovered my limitations. Dream as I might that I was a fish – reality, and my lungpower put a limit on how long could I stay under water. Fear, and the urgency to breathe brought me quickly to the surface. From there, I could dive, flip, float, swim away, or... tread water.

Away from the local swimming pool and in the cold, turbulent waters of the Pacific Ocean, the rough waves and powerful undertow always reminded me of my responsibility in playing the game. I knew I could rely on treading water when the unexpected brought forth fear. Relaxed and confident, I explored the unknown and unfamiliar for new possibilities. □

[Pam Seawell, September 2003]

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