

OWEN JAMES

Enter a healing space

The Line

I entered the Natural History Museum in New York City to view an exhibit of skeletons of the stages of human evolution. There were a series of skeletons from ape to early man to modern man and then room, purposefully left in the showcase for a more modern man yet to come. From the apes C curve to the human S curve that we find so difficult to maintain in a balanced ease.

Ida Rolf taught a view of the whole human; balanced in gravity physically, emotionally and spiritually. She used the term “A more human use of the human being” -- an exploration through gravity as a constant force to be used consciously or randomly -- the choice being one’s own.

The process of Rolfing© is a conscience process of helping to make present in one’s awareness the possibility of rising to a call that already exists. I hear so often from clients how what they now feel and experience feels right. Where does this feeling of right come from?

Dr. Rolf taught that education “**Educere**” from the Latin meaning to bring out or lead forth. She was trained as a scientist and trained herself in the esoteric arts. So this “leading out” meant to her, through the unwrapping of the layers of facial memory, through the freeing of one’s posture: Posture, a characterization of one’s emotional need to portray both one’s memories of joy and also pain and suffering through expression in the body. This freedom allows the structure to emerge. To find in this organized releasing of the facial body, and the complex physiological inclusion of all the working parts, a person could move ever slightly more forward in evolution. She believed that the next human would know how to live gracefully in this ever constant force of gravity.

What are other aspects that God gave us as humans? We each have a body type, ectomorph, mesomorph and endomorph and with each body type we also have a temperament that gives us a way of viewing and acting out our life through this great temple – The Human Body.

Carl Yung adds another aspect rising the terms **introverted** and **extroverted**. John Upledger has described people as living in extension or flexion. This being just a few examples of how, when someone comes for help, hearing a call to ease some stress, be it pain in the body, mind or soul. How do we as a practitioner, access the right tools to truly work with the whole person?

We of course start with what we have learned, practice that until we see, know that what we know has certain limitations. Some people get better and some may take much more time. One of my interests is to see from a larger perspective that which opens the door to more complex, or what may seem as more complex view of the human that comes for help and often guidance. Again, my role is to assist in leading out or exploration of pursuing life to greater health.

To further explore the idea of Line, we work with the abstract concept of core and sleeve. We know everything is connected, and any intrusion into a person's order will create some change through the whole. Therefore, our intention when beginning a session is to stay in tune with the whole as we alter the various sum of the parts. That is how Dr. Rolf unfolded the 10 session series. Constantly watching the body and what physical manipulation would result in an alteration or new balance of the whole. Her process was far from random and took many years to develop a cohesive order that could be taught. Always the goal was a more organized body in gravity with a released core and integrated through the whole system. This led her to also develop a movement system to work with the facilitation of the learning during and after the 10 session series.