

THE “TEASING” TECHNIQUE

The purpose of all of the somatic transformations is to awaken you to your muscular system. This process involves both awareness and control.

It is typical of human beings to have only crudely developed control of the effort or speed of a movement. Hence, the meaning of the word, “gentle”, is nebulous for many of us and equated with “weakness” by others.

It is also typical that people have only a vague sense of how to move to reach (or use) certain muscles.

Finally, by using too much force or effort, people fail to sense the subtle tensions that maintain habitual postures. Too much force produces too much sensation, which drowns out the subtler sensations of habitual postures.

The Teasing technique accomplishes three purposes. It:

- enables you to locate areas of your muscular system with precision movements that engage more and more of the body.
- develops finer control over effort and speed of movement.
- enables you to release patterns of tension that are otherwise beyond reach of your awareness.

You can use this technique with any of the explorations given here. There is also a special section on movement patterns for which The Teasing Technique is particularly applicable.

The technique has three stages:

1. Locate a place where you have tension or discomfort.
2. Learn how to move to tighten that place deliberately.
3. In a series of contractions, tighten and relax at a gradually decreasing level of intensity until you experience a postural release.

More detailed instructions follow, immediately below.

The “Teasing” Technique

1. Locate a place where you have discomfort you would like to erase.
2. Tighten the area and notice how you move.
3. Relax the effort.
4. Tighten and release repeatedly until you can feel the sensation increase and decrease.
5. With each cycle of tightening and releasing, notice what body parts move and deliberately add them to the action of tightening and releasing.
You will notice that your ability to tighten gets considerably stronger.
6. When you are capable of a strong contraction, contract and hold.
Notice the amount of effort you are exerting.
7. Release and then re-tighten less, though enough to feel the area distinctly.
8. *Slowly* release the area, maintaining continuous awareness of the decreasing tension.
9. Repeat tightening and releasing and decreasing levels of effort until you experience a postural release.

SUGGESTION: Use this technique for “Opening the Dark Vise”, Breathing section, page 21.