

THE “FEATHERING” TECHNIQUE

Typically, people use much more effort to do a movement than is necessary by involving muscles that are unnecessary for the movement. Such inefficient movement contributes strain to movement and to living. The Learning Explorations found in this Guidebook provide ideal opportunities to develop more efficient, easier movement. One technique to do so is called, “feathering”. It’s called that because you use it to locate the edges of restrictions to movement with the delicacy of a feather.

In a nutshell, it works this way: When doing certain movements, you will notice that as you reach a certain position (unique to you), you must apply more effort to continue moving. You have encountered a **restriction** to movement -- a restriction created, in many cases, by tension held somewhere in the body, usually without awareness and in an unsuspected area. At that point in the exploration, do the “feathering” technique.

The “Feathering” Technique

1. Back off from the position of restriction, then slowly resume movement toward the restriction and *notice the exact position at which you first sense it.*
2. *Back off, again.* Reapproach, again sensing the edge of the restriction with the delicacy of a feather.

Repeat until you have a clear sense of where you first encounter restriction.

3. Now, find the edge and pause. Scan the whole body for tension, the tension of effort.
4. Relax anything you find that is more than needed to do the simple movement you intend.

At that point, the restriction to movement will have disappeared or moved. Continue the movement past the point at which you stopped to do the “feathering” technique, as your newfound freedom permits.