

## Movement as Medicine

Living systems heal themselves. The body and psyche can be helped or hindered by external influences, but healing can only come from *within*. The relationship between therapist and client is a setting of trust and intention for this inner healing to happen. The movements of a session are as *affirmations*, open doors through which a client chooses to move forward. The healing dance then, is the interaction between therapist and client, between compassion and fear, between movement and entropy. The movements could be understood as *revelations* to the body, showing what freedom and ease are possible, resonating in the body-mind the lost "*pattern of perfection*" it carries. The dance then is between the *subliminal message* within the movements and the deeper levels of awareness of the receiver.

Belief in the healing power of movement is the basis of this technique. If movement is medicine, then it must be *dosed* carefully. This entails allowing the right movement to arise at the right moment, in the right rhythm, for the right duration. Intervals of stillness naturally form a part of this dosing concept. In our development and in daily living, parts of us become energetically isolated or distorted. The Shiatsu terms of kyo and jitsu, denoting conditions of depletion and stagnation could apply to the total person as well. Movement, or dance, has the power to re-energize, to break through blockages, to reconnect and balance, to restore a sense of wholeness. The power of dance can shift many conditions.

The therapist is on the lookout for reactions indicating *key movements*. Sighs, moans, smiles, laughter and tears are all moving in the same direction, back to wholeness. Whatever movements evoke them are significant, shedding light on the mystery of self-distortion. A key movement may also arise from the receiver. In this case our responsibility is to take note and to honor it. By giving it time to play out and even encouraging it, the motivation behind the movement may surface into awareness.

In Healing Dance sessions, the reaction of pleasure has often to do with the experience of beauty. It is beautiful to partake of grace, power, gentleness, freedom, weightlessness and sensitivity in what could be termed passive "*received*" *dance*. The receiver experiences herself as Beauty, and Beauty is a manifestation of the Divine. In the presence of Beauty we are exhilarated, quickened, uplifted. Receivers not uncommonly ascend to higher states of consciousness, re-opening a seldom used channel to a state of *bliss*. In the Indian spiritual tradition, bliss is understood as the natural state of consciousness. "Satchitanand" means "truth is the consciousness of bliss". Remembering bliss as our true state of being is a powerful lesson; we need not only learn through suffering and pain. The experience of even a moment of bliss can trigger a reaction to its loss in our lives. A person needs a certain degree of security, however, before painful feelings can surface. The experience of a bliss state can be enough to allow their spontaneous appearance.