

PAIN VS. PAIN

The overwhelming reputation of this work is that it is PAINFUL; if people have heard of Dr. Rolf's Work, they have heard that it hurts.

Keeping in mind the educational nature of Structural Integration, it's worth noting that it is hard to remain open to a learning experience when one is withdrawing in pain. The experience of pain is very subjective—pressure that would send one person through the roof will hardly register with another.

There is, however, a difference between the pain of injury and the pain of Structural Integration. When you twist an ankle on a lumpy field, the ankle throbs and remains angry for several hours or even days. When your practitioner is attempting to free up the tissue that has scarred and thickened from that same injury, you may revisit some of that pain. The difference is that once your practitioner removes the pressure, the pain stops, and often there is a feeling of lightness or freedom in the area.

In the interest of communication and understanding, I've included a chart that we can use to keep your series enlightening and positive. The best range for achievement in this work is probably four to seven on the scale at right. Feel free to volunteer a number at any time during your sessions if I neglect to ask, or for that matter to simply say "ouch!" or "stop!"

Pain	10	"Get your hands off of me or I'll slug you!"
	9	"Ouch!"
	8	Over the line. Withdrawing or fighting back.
New Territory	7	"That is about the limit of what I want to know."
	6	"Distinctly uncomfortable, but I can still be present."
	5	"That's beginning to challenge me."
Comfort	4	"Still just fine, though deeper."
	3	Light pressure
	2	
	1	Aura tickling.

Any feedback you can offer is welcome. A clear dialogue is vital to the work. The more I know about how you're feeling, the better I can understand and address your specific needs. This process is one we go through together, nothing gets done without you!

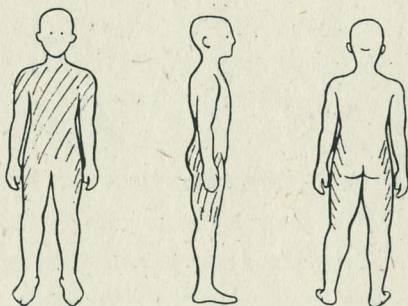
THE BASIC TEN SERIES

The Rolf Method of Structural Integration has been composed as a series of ten sessions. Each session has its own smaller goals within the broader goals of Structural Integration, and every hour builds on the previous work. I thought you might like to have some idea of what to expect from your session each time, so that you can prepare yourself and/or ask informed questions beforehand.

ONE

The first hour is a superficial one, an exploration meant to ease the outer sleeve of fascia from patterns of strain and the downward effects of gravity.

The areas of the body where we will be focusing are mainly the thorax and the outer hips, making space for your breath and unpinning your outer "suit" of its buckles and crimps.

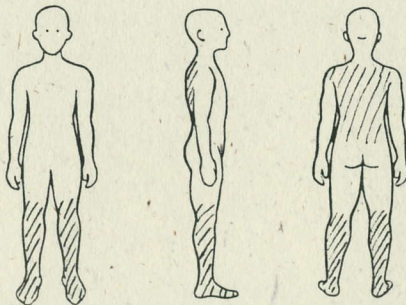


This session feels great, people usually leave feeling uplifted and light.

TWO

Session two concentrates mostly on your lower legs and feet.

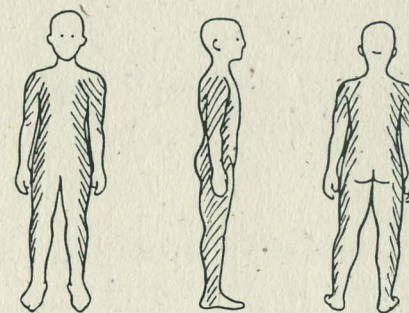
Here we are giving you a solid foundation from which to receive the rest of the work.



If you are thinking of buying yourself a new pair of shoes, wait until after this session because you may quite literally gain a new pair of feet!

THREE

In this session the focus is on giving you sides, making sure that structures that belong in the front are in front, and those that belong in the back are in back.



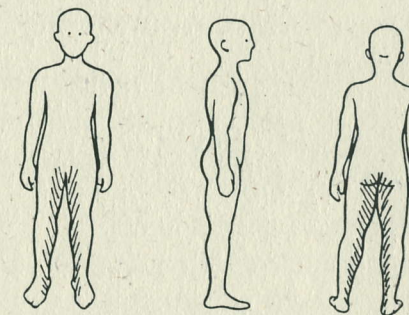
This is the last of the superficial sessions, and we will primarily be working along the sides of the body, lengthening and opening.

FOUR

The fourth hour is thought of as the deepest hour, not because of the amount of pressure applied, but because in this session we begin to address the active core of the body.

The work takes place on the insides of the legs from the heel of the foot to the base of the pelvis.

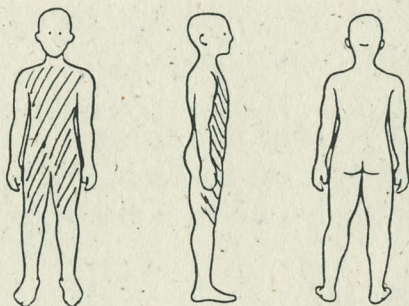
In some cultures the pelvis is seen as the seat of the soul, and indeed, it is central to the establishment of balance in the body. Structures here are responsible for balancing the whole upper body as the legs and feet attempt to negotiate the uneven surface of the earth. When



When the pelvis is able to swing easily in the "sling" of connective tissue that suspends it between the tops of the legs, there is a strong and resilient base from which the structures of the back can rise and in which the viscera can rest. Essentially, every session in the Rolfing series is geared toward the pelvis, to establish its horizontality and mobility, but it is in the fourth, fifth, and sixth hours that we really focus the tangible work around the pelvis.

FIVE

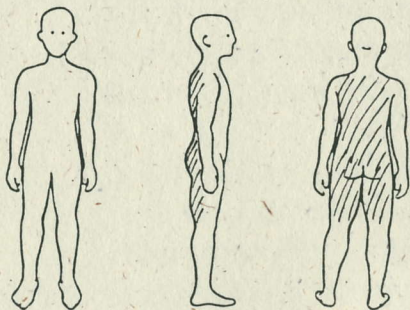
This session is basically a continuation of number four. We will primarily be working on the deeper muscles of the abdomen, again attempting to free the pelvis of any restrictions.



SIX

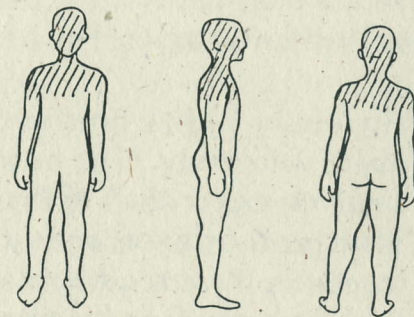
Sixth hour work rounds out the focus on the pelvis, this time approaching from the lower back and sacrum (tailbone).

It is a good idea to receive sessions four, five, and six relatively close together because they are all so interrelated. In this stage, you may end up feeling pretty unbalanced in between your appointments since you are smack in the middle of a singularly intense process.



SEVEN

In session seven, the object is to "put the head on," so to speak. This hour we work on balancing your neck and head on the spine, freeing restrictions in the fascia of the shoulders, neck, skull and face.



Yes, the face! This is another notorious Rolfing story, "She went up my nose and in my mouth!" The work around the face is extremely gentle and careful, and latex gloves are worn by the practitioner for mouth and nose work. If you prefer, you can choose to let me guide your own gloved finger in to do the work, or you can refuse the work entirely. I would recommend that you give it a try; the time spent here is minimal and the results can be fairly amazing. You never know how much pressure there is inside your head until you have it suddenly relieved.

Regardless, the bulk of the action takes place in the more comfortable structures of the neck and shoulders, and this is another session from which people tend to float.

EIGHT, NINE and TEN

The final three sessions are devoted to integration. The hard work has basically been done now, and eight and nine are primarily available to pick up work in any particularly stubborn areas still clinging to their tough old patterns.

Tenth hour work is all about creating a body that moves as one unit, with ease and freedom. We focus a lot more on connecting, perhaps doing more movement work than in any of the previous sessions.

Hopefully by this time you will have learned a lot about your body. The basic ten series is, to me, a fascinating exploration of the shell that we call "me." Structural Integration is a beginning; a Rolfed body responds more readily to change ever after. The work that we have done together will continue to manifest itself over the months and years to come.

GRAVITY, SPACE AND TIME

are said to be sessions eleven, twelve, and thirteen.

RESPONSIBILITY

There is a certain amount of responsibility that you assume when you begin a Structural Integration series.

It is important that you see this as a process that you will follow through until completion. Once you begin your series, you will be in a state of transformation until session ten is over. If you know that it may be awhile between appointments, let me know so that we can adjust our work accordingly. Sessions one, three, and seven are good stopping places if, for whatever reason, you find that you need a break in your series.

Realize, too, that this work is something we do together, I will be working **with** you, not **on** you. You will be asked to participate and to extend yourself, to embrace change and find ways to discover your Line in daily life. What I'm trying to say is that the massage model of just laying there and soaking it all up does not work well with Structural Integration.

CONTINUING WORK

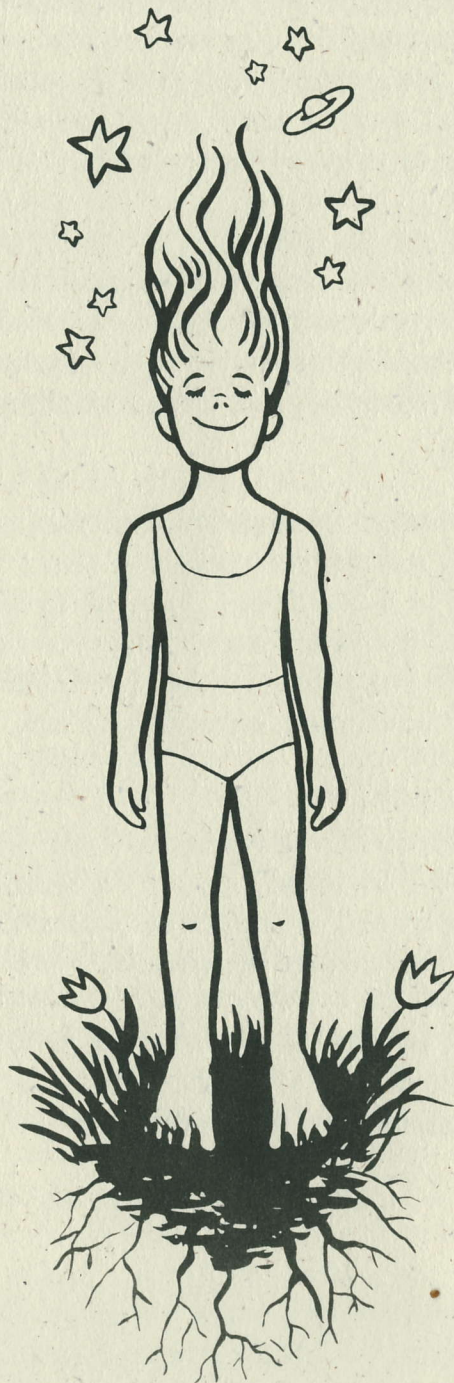
It is generally recommended that you wait for about six months before having any more Structural Integration done. (You may want to come in sooner if you get into an accident of some kind, depending on the nature and severity of the injury.)

The work will stick with you, but since we continue to go out in the world and bash ourselves around, it is a good idea to come in for a "touch-up" now and then. You will probably know when you need to come in for Rolting and when a good, stress-busting massage will do.

Advanced work is available. There is a series of one to five sessions designed to take the client to the next higher level of integration. Though at this point I am not qualified to offer it myself, I would be happy to provide you with the names of local practitioners who are certified for advanced Structural Integration sessions.

ON YOUR OWN

There are many active things you can do to try to further embody this work: Aston Patterning, yoga, Rolting Movement Integration, Feldenkrais work, Pilates, the Alexander technique... Seattle is filled with resources for exploring your potential. I will be actively seeking out references for self-study for myself and you. Feel free to check my bookshelves or ask me about any of these options.



SOME FINAL WORDS

Hopefully your curiosity has now been somewhat satisfied, and at the same time further elevated. I am certainly available for more discussion of these ideas, and also for beginning a ten-series of your own.

* RATES

one Session

\$

if you buy 3 at once

\$

if you buy all 10
at once

\$

*NOTES ~

MY TRAINING

was received at the Guild for Structural Integration, based in Boulder, CO. They can be reached on the internet at:

<http://www.rolfguild.org>

or on the telephone at:

1-800-447-0150

or even through good old fashioned mail service:

GSI

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