

What is Pulsing?

'At the still point, there the dance is
But neither arrest nor movement '

(TS Eliot: Four Quartets)

The work comes to an end; a session of pulsing has just finished. The recipient lies at rest on a treatment couch, seemingly motionless. Yet when eventually they open their eyes, ask them what they are experiencing and you may hear them describe how their body, mind and inner being reverberate with the rhythmic rocking, the spiralling and stretching, nurturing and releasing effects of the work they've experienced. The movements, the reverberations continue, reaching deep inside while stretching out into time, comforting and freeing, reminding us of our innate ease and grace, soothing, nourishing and integrating. Every cell, organ and body system responds, resonating with the ebb and flow, transcending consciousness to reach a place where simply we let go.

The power of pulsing lies in its simplicity. Pulsing is non-invasive, enquiring, listening and accepting; offering support and asking permission. Instead of force and resistance, the movement invites the body-mind to painlessly release deeply held tensions, physical, emotional and energetic, the subconscious effects surpassing body-mind awareness. Like water, pulsing finds the path of least resistance, permeates deep inside, creating space where old patterns and dis-ease may be replaced by ease and flow, movement and flexibility.

Children, adults and animals all instinctively rock themselves and others, just as a baby is rocked before birth by the mother's movements and later in the arms of those who nurture.

In Pulsing this fundamental movement is created by working directly with the bones while the whole body is simultaneously gently lengthening, softly stretching, lifting and rotating, spiralling and elongating, reverberating to the body rhythms of both giver and receiver, exploring hidden places and creating infinite possibilities in reawakened spaces where change may happen.