



CI principles in bodywork

My focus for this lab was to look for CI principles that would enlarge our understanding of what bodywork is and improve our skills as bodyworkers/therapists. Furthermore I want to shake the rigid role distribution of an active person who gives the treatment and a passive person who is receiving it. I hope that the tone-dialogue provides a wider range of touch qualities and a co-creative approach gives more responsibility to the receiver.

Some other words were: Dialogical, non-intentional, risktaking communication.

And for the technical aspect: Full body touch, no regard for symmetry, improvised.

Setting used: We worked in couples for about 45 minutes. One person was giving the treatment/massage, one was receiving it. The receivers were encouraged to move (go along with the impulses, resist the pressure, change position ...) whenever they felt the need. The givers were encouraged to use their whole body instead of only the hands. After twenty minutes we had a short verbal exchange and we changed roles. For the rest of the time we exchanged our experiences in a larger circle (we were 8 persons). Here are some of the statements I collected during the exchange.

- *A feeling of growth and extension*

- *first I was frustrated because my partner resisted, then I lost that. I saw very powerful colours, it became a dance.*

- *I followed something, I don't know what it was. I saw colours again (red, purple), very beautiful. I was really labbing, it was hard, I was not in the mood of taking care. In CI I'm playing, the other person is taking care. It was hard also because she is so flexibel, she followed everything. I told her she can move, too but this was a trap, she was moving when I did not want it.*

- *I followed the idea not using the hands to get a different quality of touch. I was thinking a lot. The other way round, Aga is very intuitive. At one moment I wanted to turn. Sometimes people don't want to do anything. Here not. But I could also go to sleep.*

- *I liked the freedom, I could be with what I wanted in the moment.*

- *We know how to give weight but how do we take it away?*

- *When I think of a connection, the other person will be able to feel the connection, too.*

- *listening – observe – follow. I'm looking for connection with the body. I don't know what I should do first. I know nothing before I start.*

- *Giving and receiving is the same*

- *The healing power is in the meeting, not in the conception. I have the image that the tissue notices that there is somebody. I'm not giving, I'm listening.*

- *If trust can evolve then something good starts. I don't like the word healing, I prefer reorganisation. But the important part is coming into contact.*

- *I like that my partner wants to answer me. Are we aiming passiveness or readiness?*