**Term01**

**Lesson05**

I hope that you have had a good week with your pelvis and your legs.

Today we will go to the chest and the arms. And it is a sensitive area. Now we have the grounding and the pelvis, and we feel in contact with our power and it has given us a lot of security and ground. And this is very good, and now we can go up. We have the ground that holds the upper part. We talked about that and some of you also said that it is something that is holding the upper body.

The chest is a very sensitive area, and because it is so sensitive we will start with the touch. Because the touch is also very sensitive. In order to access the chest we will access it through the sensitivity of the touch. We will tune to it like this.

The first exercise is to think about the touch, today, something new about the touch. We will let the hands touch each other, they will touch and be interrogative, then you continue to touch the arm, the shoulder and then the chest, sternum, upper rib cage, shoulder girdly, neck and the head, the face...and you try not to have your hands free. The hands should always be on the body somehow. There has to be a circulation happening between the centre and the periphery. it should always be together. Always somehow towards yourself, and being near, really exploring the sensation of not only the sensation of the hand that is touching but also the part of the body that is being touched, and what is coming from the inside toward the meeting. You may do it with the music or in silence.

Now you have time to continue a bit if you like and then write what you feel when you connect to the touch.

Next exercise, you will just explore moving from your chest and letting the arms connect to the chest, in any position you wish (sitting, lying, standing), and you just let your chest speak to you and you listen to it.

Please write now about this experience.

Now one more exercise and in standing position. You will be standing with your feet in parallel position, open to the width of your hips, nicely parallel. You will keep your hands alongside your hips or legs, they will move but not lift off from your skin, they will be alive not active but actively following. you will let your chest move and speak, as well as your shoulder joints, shoulder blades, neck and head. the arms can slide up on the sides, but do not detach them. And you will explore and let yourself be led by your chest volume, your shoulders and shoulder blades, and they can take you wherever you want.

And now please write about your experience. And what is different now.

One more exercise, and this time you will be in standing position with your feet together. You will connect to your three centres and especially your chest, but you will keep your chest still but active. You will leave your hands by your side, start moving from your fingertips, then the hand, wrist, elbows, shoulder, clavicle shoulder blade, and then the chest. So you will make the journey from the periphery to the centre. and all this while you will keep the chest very quiet and will work with your arms connected to the chest but not from the chest tpo the arms but from periphery to the chest.  Your arms are acting and the rest of the body quiet but not frozen.

Thank you and please write again please.

We will now do more exercise, and this time you will be in a standing position, parallel. Please first anchor yourself in your pelvis, and then let your chest and arms dance as you want right now. The chest and rams are the leaders and everything else follows. it doesn’t mean that you shouldn’t move the pelvis, but it should move as a consequence of what happens in the chest. The movement really happens in the chest and the arms. From the periphery to the centre and from the centre to the periphery at the same time. the story of your chest and your arms together.

Perfect. You have 2 minutes to write.

Take a little break.

First of all thank you very much for the generous work that you have shown, it is of great value. And I wish that you will experience this also with your clients just the way I am experiencing it with you. you have moved me to tears, I have been crying all along. Thank you.

Now we have just started to approach the chest, and we have just started to inhabit the arms and the hands. It is such an area that we will probably never be able to explore. We will probably explore it until we die. Because it is one of those areas in the body where not only we relate to ourselves but also through which we relate to the world.

We already know that the chest is the centre of emotions, or likeBuse said it is her human centre, or the heart centre...and the arms symbolically show how we relate to the world. Some of us have very talented hands and arms, some have the necessary (cut, hold, eat, cook, take, push away…) and some master them.

If we look at it philosophically, the arms and hands are also a way how we communicate. We use them as gestures, they are a great part of our communication, gestures, just like mimics. Maybe the gestures are even richer. They are also the gates, like in the feet. Hands are gates where we can receive and give. And this is one of the main areas where 90% of the touch is happening. Because we touch with the hands, and somehow the hands are directly connected to our thinking, and to our speech to our vision. it is really the way we relate to the world. That’s why it's so moving, when you connect the arms to the chest and let your chest use the arms like a vessel to convey and communicate pure emotion.

And that’s why it is so moving and very powerful. The chest area is very sensitive and when we work with people, there is no good way of how to start or approach this area.

Although everyone knows how to use their arms, when it comes to moving the arms in space without any apparent reason, it is going to be very difficult for many people, and maybe even you are experiencing it. Because it all of the sudden makes you focus, because your body starts to communicate.

The chest, because it is such a let's say not so obvious place, when we start to work with the chest. One way could be the wayI have led you now. Starting from the touch. because the touch gives safety, and then the chest without the arms, then with the shoulders and shoulder girdles, because it give you a certain mobility, and the you take away the chest and you move the periphery, so you connect to the hands and arms (without coordination), and then you put it all together.

Another way to approach it is connecting to it through your mind. the hand and arms are connected to the word, to the word, the gestures, it is connected directly to the hands (remember we once did the exercise with the hands and head and the facial mimics), so they are a good gang together…

Sothis way is to connect through  thinking, by inviting to say: **what do you feel when you connect to the chest and the arms? Or, what do you think when you connect  to the chest and to the arms?**

These two different words have a subtle difference but they lead to the same place (think and feel).

And once you invite the person to write or draw, it is something that helps the client to focus on that area and bring the mind to that area of the body. It is also a good way to practise it yourself, like this you make the connection and it improves your expression. And it widens your associations, meaning and intellectual side of the body. (**It helps us to be more and more courageous in expressing what we feel, and thus in manifesting our action according to our inner true feelings and thoughts.)**

When we work with the chest and the arms, it is like we really have a chance to show who we are and how we are. And it becomes something beautiful to look at. The chest can communicate a lot of things about the person. Just even in the posture as you know. But also in movement, when you start listening to that area, you really get in contact with a space that takes you into a completely different world of your own, and this is a world in which you will be travelling a lot, it is a world through which you will connect to your clients, and you will work a lot with your hands. It is the area we need to be familiar with the most.

Your comments….(please listen to it in the recording.)