

SOMATIC INITIATION OF THE REGENERATIVE PROCESSES

By Ateeka, founder of YogaSOMATICS and Somatic Bodywork

AN INHERENT CAPACITY FOR REGENERATION

What is often vaguely referred to as “healing” can more specifically be referred to as “the regenerative process”. Living beings have an inherent response towards life. Each one of us, without effort, is an “autonomous healer”. Without our conscious thought, our bodies regenerate themselves daily by calling upon undifferentiated matter in the cellular matrix to take form as differentiated (purpose specific) cells perpetuating the cycle of life. Fetuses “miraculously” grow to be infants and then adults through the completely natural process of regeneration.



Illness and disease arise when our natural capacity towards life, for regeneration, is impeded. Long-standing stressful situations and traumatic experiences stored in the body's tissues can compromise the adaptive and varied response of the bio-system needed to be in a vital and healthy state.

CREATE THE ENVIRONMENT

Our capacity for regeneration depends greatly upon the *environment* in which we create for ourselves to live in. Environment is more than the physical place that we happen to find ourselves in or a simple state of mind. Our *environment* is determined by how we, consciously or unconsciously, organize and interact with the electro-magnetic field that creates our “form”. It is ultimately a variable signature of our electrical and magnetic fields and is in constant flux as new elements are introduced and eliminated.

The regenerative process happens naturally in a bio-system in an *environment* of positive biological response characterized by pleasure and openness. Cells regenerate when the nervous system is in an open and unthreatened state of parasympathetic repose. This environment is physiologically recognized by a slower heart beat, relaxed respiration, undilated pupils, pink skin, active digestion, sweet breath and more.

The regenerative processes do not require great amounts of energy to function, but do require a positive and supportive *environment*. The vital energy needed for regeneration is inherent within the undifferentiated stem cells that eventually form new cells and biological matter and the process of regeneration rides its own momentum of creation.

When one is in an *environment* of threat or danger, the bio-system must allocate all of its available energy in defense of the aggressor. In this active state, the system's priority is to *survive* rather than *regenerate*. Regenerative processes temporarily take a back seat to an implicit defense response. This environment of defense is physiologically recognized by a rapid heartbeat, shallow respiration, dilated pupils, profuse perspiration, pallid skin, blood flow towards the body's limbs and away from digestive processes and more.

Unfortunately, the fast paced demands of today's world create great stress and tension for most people. Most often our bio-systems perceive this accelerated rhythm as an aggressor and we remain "on alert" more time than we are in repose. Most modern humans spend more energy and time in a depleting survival mode than in a regenerative rest mode.

We can choose to consciously and positively influence our *environment* by introducing new information and learning tools to adapt and creatively respond to new situations. Alternatively, we can remain in the negative implosion of a repetitive *environment* that is unable to adapt to new information and continues to draw only from past experience and cultural pre-dominance. In either case, it is ultimately our choice to change.

As teachers and practitioners, we can help to create an appropriate environment to activate our student's/client's regenerative process. We cannot "command" the body's tissues and processes to relax and let go, but instead, through our tools of YogaSOMATICS, Somatic Bodywork and other somatic methods, we create and contain a shifting of the organization of the client's electro-magnetic signature so that she may have a glance of previously unexperienced environments for health.

Our first objective is to create a positive, supportive and unthreatening environment during the sessions so that a secondary resistance is not induced in a process of resolving the primary difficulties. The intention is to



cultivate a new space for change, rather than eradicate a symptom. Symptoms are energetically very weak in comparison to the power and potential of vital life force, however can gain strength as they parasitically feed on any energy we give to them. For us as practitioners, symptoms can be effective indicators to understand what kind of environment we are intending for the client, but symptoms should not be the focus of our energy. We must approach our work with our humanness, with our hearts open and with our eyes on the wholeness of our client's potential for health for the work to be truly effective.

CYCLES

All life processes move in cycles. We can clearly observe cyclical rhythms in life all around us; within our bodies, in nature, in the seasons, in the grand movement of the cosmos. We call upon the wisdom of cycles to complexify our life experience and re-ignite the innate regenerative process where it may have been impeded.

Often through stress-induced trauma or compromise in the efficiency of our body- mind systems, the regenerative process becomes truncated and our capacity for autonomic regeneration is compromised. In this case, the use of *activations* will help to initiate a regenerative response and re-inform the system of its thriving healthy potential. Activations are simple somatic messages that introduce new information to a redundant system. In YogaSOMATICS and Somatic Bodywork these activations may be applied in the form of touch, sound, movement, breathing exercises, holding (containment), intention and guided sensory awareness.

In order to help the "unresponsive" system respond, activations are introduced in cycles. Based on the recipient's specific needs, the pre-determined activation will be applied at least 3 times with spaces of repose (recipient in a state of passive yet conscious attention) between the activations. After having dialogue with and by observing the somatic language of the client, the practitioner determines what kind of activation will be most useful in creating a different *environment* than his client is already living in.

As the tendency of the human nervous system is to create patterns, after a positive opening or shift in client's somatic environment, we often observe a "re-coil" where the bio-system reverts back to habitual tendencies and pre- conditioned patterns. These patterns may have been useful at the moment of initial stress but now that the body-mind is clearly out of danger, the patterns

are merely impediments in the path of growth and maturation. Think of a *cycle* in the form of a simultaneously ascending and descending spiral. Activations in applied cycles help us to ride the momentum of an ever-widening spiral of information to have a wider perception of the world around us and within us. Recoil instead repeatedly returns us to the same loop with redundant information and finite possibilities.

Activations in cycles aid in softening the effect of recoil and continuously re-inform the bio-system of new possibilities for healthy living through its inherent regenerative capacities. Cycles *re-inform* rather than *re-inforce*. We as practitioners do not impose an outcome of the activations. We trust in the innate intelligence of our client's bio-system to receive the cycled activations and complexify them internally in the way most effective for that situation. Through the support and trust of the practitioner, the client's system will perceive that the activations that they are receiving is intended to help rather than aggress. In this way the system begins to accept the change and adapt to new situations as it complexifies its possibilities for autonomous healing.

Eventually, to help the client create true change in her life, she is taught how to use activations and cycles independently and perceive and integrate the new information on her own. In this way, the client becomes empowered to create her own positive environment with her system responding with a positive biological response and existing traumas no longer play out or recreate themselves in new situations.

PLEASURE IS NOURISHING

We encourage all activations to happen in an atmosphere of pleasure, trust and collaboration. Pleasure is the opposite of stress and sets the tone for the regenerative processes to re-engage naturally. The parasympathetic nervous system and immune networks are activated by pleasurable, contained sensations. In a pleasure state, we slow down, cells renew, breathing

becomes more ample and relaxed, we notice and enjoy more, and all life processes become more efficient. Pleasure is inherent in the cellular and systemic regenerative processes.

Change, even from a redundant or unhealthy environment to a more positive one can be a stressor to the bio-system if not made with the intention of creating a pleasurable experience. Pleasure creates an energetic container for negative *environments* to



be dissolved without a perceived threat and instead allow the bio-system to be re-informed with new possibilities and a positive biological response in the process of the change. The client understands that we are here as help and support and any energy that she would have habitually used for defense can instead eventually be recycled into her regenerative process.

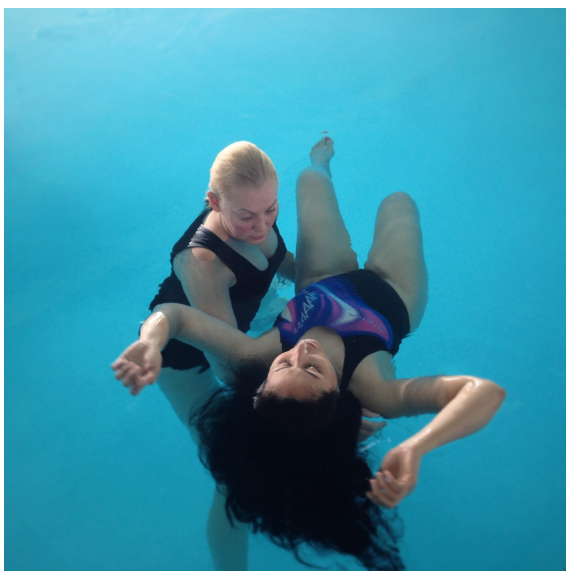
It is important to understand that pleasure is not “excitement” as is commonly inferred. A stimulating experience can be “sensually pleasurable”, yet activates the sympathetic nervous system in a positive and energizing way. However, for the regenerative processes and parasympathetic nervous system mode of repose to be engaged, pleasure is experienced like a wide, vast, expansive sensation of wellbeing, of being in the flow of life.

As we understand and apply the psycho-somatic importance of pleasure in our sessions, not only does our client receive increased benefit, but our energy and creativity as practitioners becomes more ample.

SOMATIC BODYWORK & yogaSOMATICS

YogaSOMATICS and Somatic Bodywork are ideal practices for re-initiating the regenerative processes.

The *containment* of YogaSOMATICS and Somatic Bodywork create a safe place where the client can experiment with changing her environmental field with the physical and energetic support of the teacher or practitioner. In Somatic Bodywork, holds and cradles give the opportunity to return to a nurturing neutral environment, like a mother’s womb, where all creation begins.



In YogaSOMATICS in water (AquaYogaSoma), the warm water further enhances this environment of simultaneous containment and creation as well as offering a constant sensorial pleasure to the skin. The diversity of the body’s relationship with gravity that is experienced in the water gives new opportunities for efficiently changing the matrix of the electro-magnetic field and opening to new *environment* options.

Both YogaSOMATICS and Somatic Bodywork have the potential as processes of deep listening to our client’s inner movement that she may or may not

perceive. As we “follow movement” (another principle of these practices) we help the client to slow down and perceive her wholeness and potentiality. Following the client’s inner movement rather than simply doing a sequence honors her own rhythm and helps to develop a relationship of trust and collaboration between practitioner and client. Again, the client will perceive that we are truly here to listen and support, rather than to impose a preconceived idea of what is required for her healing. As we “follow” and “explore” perceived movement born out of activations, the inherent bio- intelligence of the client’s system is given the priority.

After activations and movements and explorations, all action eventually returns to the void, to the “great quiet, to the unknown. YogaSOMATICS and Somatic Bodywork observe these moments of stillness with quiet holds or restful integrations. These still moments create coherence and connection between the practitioner/teacher and the client and return both to the “place” of creation, where the everyday miracle of regenerative processes re-ignite naturally without effort and with ease.

YogaSOMATICS and Somatic Bodywork are not the only practices that activate the processes of regeneration, but when practiced with non-repetitive, sensitive presence, can be highly effective catalysts for change for health, wholeness and happiness.

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