

Awaken The Dance Within™

by David Fuerstenau and Patti Steurer

This information accompanies a workshop being presented at the conference. The workshop offers a lively and inviting class/presentation format which can be used by any teacher or practitioner of any TFHS method for the purpose of introducing muscle testing, balancing, and themselves as practitioner/teacher to the general public, with the purpose of gaining exposure and clients/students eager to learn more about what muscle testing and TFHS have to offer.

The format being presented, the Somatic Integration Process, is movement based, fun and simple. It allows the exploration of belief systems, physical movement, or nearly any issue through the metaphor of movement, with the use of TFHS techniques and muscle testing to create breakthroughs. Participants all get a personal experience of the changes possible through TFHS, have a great time, and they end up with curiosity, excitement and eagerness to learn more about TFHS, muscle testing and themselves. At the end of a one-and-a-half or two hour experience, the teacher or practitioner can make the invitation to participants to explore TFHS possibilities by coming to them for sessions or attending classes.

The Somatic Integration Process is not focussed on a unique system of balance formats or corrections, but is an open framework in which many simple techniques from various TFHS systems can be used. Practitioners or teachers wishing to use this process can use most of their skills and tools within it. The only limiting factor is that participants do the Somatic Integration Process as a group, therefore those TFHS corrections or procedures that a group can do, such as Cook's posture, work well, and those which require time, hand modes, or being on a table for one-on-one work are less suitable.

The workshop will offer background information about and teach the Somatic Integration Process, which everyone will experience; give each participant the

opportunity to design their own format for a group exploration using the process; and be coached in their format design and understanding of the group process. One participant will have the opportunity to actually practice their format with the entire group, and receive feedback.

This workshop is appropriate for anyone with a skill level of Basic or higher, and it is helpful but not necessary to know how to teach someone to do a muscle test. We will not focus on how to teach muscle testing in this workshop.

The Somatic Integration Process

For Groups of People

A StarFire Method of Body Centered Self Development, ©1992, StarFire Institute

Step #1 Create an Integration Menu.

Include any TFHS integrating technique you want the group to learn. Also ask the group to contribute the techniques they use to integrate themselves that can be easily taught and done by everyone.

Step #2 Set The Stage.

Have each person take a drink of water. Put on some energetic music and cross crawl all around the room. Have each person massage their K-27 points (Brain Buttons) and the switching points (the beginning and end of Central and Governing meridians).

Step #3 Show the group the specific movement you are inviting them to explore.

You can create all kinds of movement explorations. The exploration can be designed to fit the group dynamics. You can create a movement exploration that opens awareness to a certain part of the body, a belief system, a desired outcome, etc. Be CREATIVE!

Step #4 Have the group do the movement exploration.

Have each person notice and express how they experienced the movement exploration.

“Does this movement feel effortless, or do you notice some stress in your body somewhere?”

“Does this movement feel like a warm comfortable running suit or like itchy wool?”

Do a paired sharing and/or a group sharing. Whatever they notice and express is acceptable.

Step #5 Integrate for the movement.

Form a circle and muscle check a representative for the group.

- a. “All parts of your being are ready, willing and able to be a representative for this group.”
- b. “All parts of all our beings are ready, willing and able to be represented by _____.”

c. Do the Movement for 5 seconds. (Muscle test switched-off.)

d. Menu — Muscle test which activities from the Integration Menu will integrate the group for the movement.

Continue to do the activities until the group muscle checks switched-on for the movement.

e. Do the Movement for 5 seconds. (Muscle test switched-on.)

Step #6 Have the group do the movement exploration again.

Notice the changes in each person. Encourage them to feel the difference in themselves and explore even deeper into the movement. Playfully have each person celebrate the shifts they feel in their body and mind.

Do a paired sharing having each person take 2 minutes to express what they have experienced.

Step #7 Closure: End with a circle in which everyone shares in some way.