

The Alchemy of Integral Touch

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Abstract:

The muscles and tissues of your face wear the accumulation of your emotional interaction with your life's experiences. How you feel about what happens in your life, especially the stresses and traumas, are locked into all the muscles and energy systems of your body and show most obviously in the face. Facial Harmony reconnects you with your innate way of being which then becomes a natural expression of your daily life. This natural radiance emanates from inside and shines on your face lighting up your eyes with the quality of what you are experiencing inside.

So often with all that is expected of us in 21st century living, we depend on a learned knowledge that we have accumulated through education. Although this is indeed valuable, there is a stronger and deeper wisdom lying in the heart.

From the moment we take our first breath we are responding to the field around us. As babies we enter this world in innocence and openness. We are pulsations of light and life force held together in patterns of fractals and neutrinos and all kinds of geometries whilst the point of awareness (the physical form) is immersed in gravity.

In the openness of our newly arrived state, the autonomic system is uninhibited and highly active whilst the baby charges and discharges energy.

At the same time in this pre-cognitive state the baby is looking to experience loving communion with the Mother. As much as any parent would want to give that to their

child it is so often not available. You can only give that which you have to give. The parents are doing their best to juggle many different aspects of life and in this juggling their essence is subsumed beneath the worries of life.

Yet they do their best to offer warmth, food and gentle rocking, whilst suffering from their own anxiety and despairing of how to make the baby more comfortable. Often their ability to give any kind of gentleness is not available, as sharing feelings was not part of their conditioning; the parents are unavailable to themselves!

Simply, they do the duty that is expected of them at the time, but are not able to be present in their heart or provide the love that the child so desperately longs for.

The baby experiences the lack of availability of presence, essence and love as a wall of contraction. The baby hits the wall of contraction in the parent; in these moments

the system of the infant also contracts and a tension is created.

“The new science of epigenetics illuminates how our mind (perceptions, attitudes and emotions) shapes biology and behavior. Throughout infancy, our primary perceptions of life were programmed with cultural beliefs. Since perceptions shape behavior and gene activity, cultural beliefs become biology.” —Bruce Lipton

The power and projection of cultural beliefs impacts our cells. Whether these beliefs are delivered verbally or non-verbally, they shape the condition of our inner worlds.

***“The sole governing factor of the particle is the field.”
—Albert Einstein***

The openness of the child is sorely impacted by the walls of contraction that it meets in its environment. Although we know that the autonomic system is most well known for the fight or flight syndrome, it is the frozen layers of tension that live on into adulthood. As children we cannot fight or flee. Like a deer caught in the headlights we freeze. This is the start of our socialization!

Then comes language and we learn more about what is appropriate and what is inappropriate for our survival. And the tension builds as we contract some more. These contractions cut us off from our aliveness.

We are now in survival mode. We are only living to the point of the contraction.

We have learned that the fullness of our energy is unacceptable.

When the child explodes in glee they are chastised for being ‘too much,’ ‘too loud.’ When they are playing quietly the parent comes to see what they are doing, the child feels this suspicion and slowly there is a lack of trust in their own experience of life.

In the pre-cognitive symbiotic stages the baby picks up on the unspoken and unresolved frequencies of the parents, is most powerfully influenced by what the mother is experiencing and enters in to negative merging with the mother.

The baby is seeking to be held in love and presence and again and again the baby is immersed in the wounded-nests of the parents. It is this negative merging, which appears in our relationships later in life. In place of trust in our basic needs, we shut down and learn to cut off from what we want.

We long for closeness and intimacy but we do not trust it. The absence of it in our childhood sets up barriers of distrust and isolation. As our needs for closeness were not met we learn to become ashamed of our need for closeness. As soon as someone gets too close we hit these barriers and we again enter into negative merging with our loved ones. Here we have the basis for the dance of intimacy.

These barriers of tension are held in place through shame, blame and guilt. Our aliveness is compromised by the inner judge, which replaces our basic trust.

We learn from those pre-cognitive stages that we cannot trust life. The inner judge or ‘the super-ego’ as Freud named it, is the

internalized voices of our authority figures! We all know this voice but its subtleties take time to uncover. This false prophet is driving our lives by constantly measuring, comparing and acting like guidance. The inner judge attacks our inner most core. It either puts us down ('you are not good enough') or it puts us up and fills us with grandiosity ('you are the only one who knows anything!') It fills us with hope that we will succeed because of our achievements.

The judge knows the depth of our wounds and the fears of our ego deficiencies and shames us for them. Shame is felt in the body as a visceral response. Guilt and blame are cognitive functions. The frozen tension creates isolation and a lack of feeling, or lack of subtle feeling depending on the strength of defenses.

The super-ego resists all contact with essence. The resistance that we feel comes from our ego's need to defend against the attacks of the judge and to keep us away from the wounds that the judge decides are unmanageable. This was true as a child but is not longer true as an adult.

Facial Harmony—through gentle touch applied to the muscles of the face—releases these frozen traumas held in the body. The face muscles are deeply involved with behavior and socialization. As we create a safe holding environment, the body starts to relax and unwind from these patterns. The mind gradually lets go and we are once more able to contact our aliveness. As we open to our inner world the layers of frozen tension dissolve.

The subtlety of the sessions draws our attention to the judge as "The False Prophet" and slowly we stop engaging with this mechanism. In its

place true guidance arrives. Guidance arises in you as a body of consciousness from the field itself.

Moment to moment access to guidance is blocked through generations of conditioned belief. We have been conditioned to rely on outside authorities. Included in this conditioning is the belief that rational thought is more valuable than the wisdom held within our feelings.

Awareness of the subtlety of feelings, attention to the sensations in the body and listening to the quality of our thoughts are the foundations of our inner guidance system. Awakening to these subtle experiences buried beneath layers of dense conditioning leads us to trust in the true nature of life as a supportive experience.

Facial Harmony releases the being from the bonds of density held within the patterns of frozen tension. The hands on process supports the body/mind to unwind from the entanglement of negative merging that was set in place in early childhood.

Now we become available to the subtlety of the true 'voice' of our experience. In contact with our essence, faith and trust in our inner experience is resurrected and validated. We come to know ourselves as spacious beings, no longer gripped with frozen unconscious patterns or controlled by the voice of the inner critic.

Through the process of gentle touch and heart-full inquiry your true radiance arrives on your face. The eyes of the soul shine out from within the field of infinite intelligence--relaxed, rejuvenated and restored.

Life is once more supporting and creating life!

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Deepest thanks to the field itself from where all experience and wisdom flows forth.

About the Author:

Tanmayo Lana Lawson as the founder of “Facial Harmony” has traveled the planet promoting this gentle and powerfully transforming treatment.

Brought up in Scotland, she lived for 20 years in Australia; her origins are deeply rooted in Celtic Mysticism and she embodies a love of soul-full living. Her spiritual journey has taken her around the planet many times to many sacred places and to many gifted teachers.

In her 25years in the wellness industry Tanmayo has studied and trained in many different disciplines, Body Work, Myofacial Release, Bowen Technique, Kinesiology,

Applied Physiology, Three In One Concepts, Myers Briggs Typology Indicator, and Enneagram (with Faisal Muquaddam and Dr Claudio Naranjo), Tarot, and many aspects of the esoteric sciences.

Introduced to the work of the ‘Inner Judge’ in 1993 with John Bradshaw, Tanmayo has continued to study how this mechanism of mind, with it’s many masks and manifestations, operates as the primary source of discontent in the human experience.