

CEP Annual Conference 2014



The emergence of feeling in osteopathic manual listening

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PRACTICAL SESSION

FEEL THE BODY IN MIRROR

AND

LEARN TO TREAT AN CUPBOARD !

FEEL THE BODY IN MIRROR IMAGE



- Standing or sitting, grasp the arms or legs of your partner
- Create silence in your mind and listen



- When you have a sense of your own body “Bodily felt sense”, visualize the body of your partner like a cupboard
- Mirror the body of your partner



- Feel how this body image emerges in your mind
- Is this cupboard symmetric ?

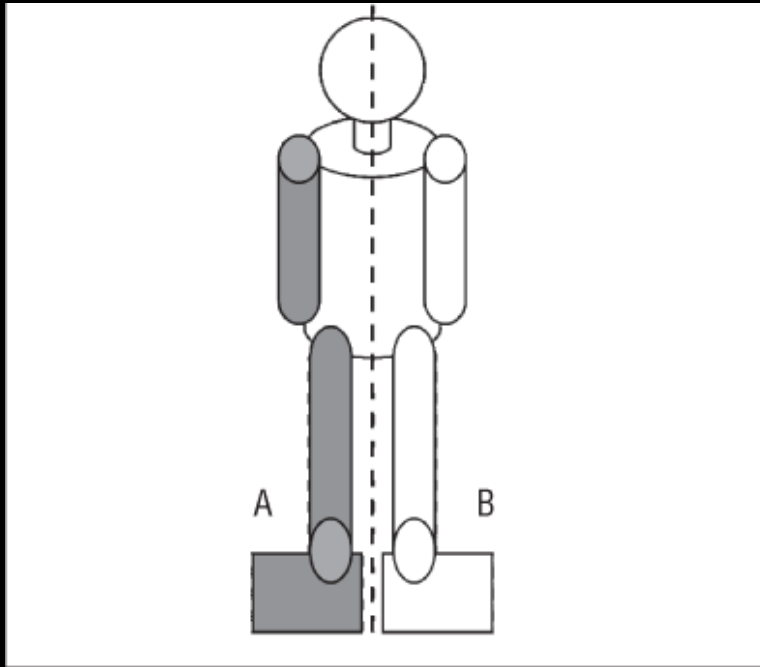


- As you are observing; perceive shelves up to the shoulders, diaphragm and pelvis, are they symmetrical or distorted ?



- is this cupboard stable on these 4 feet?

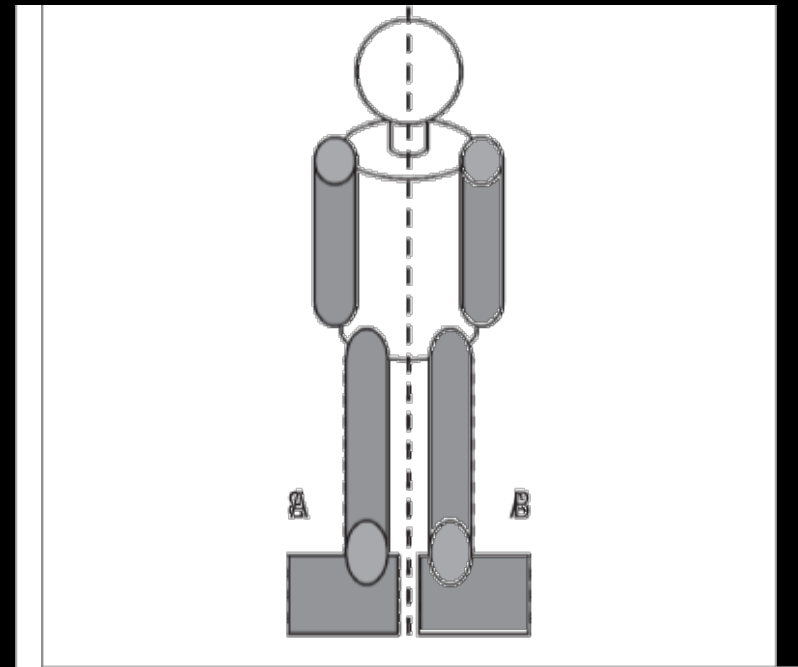
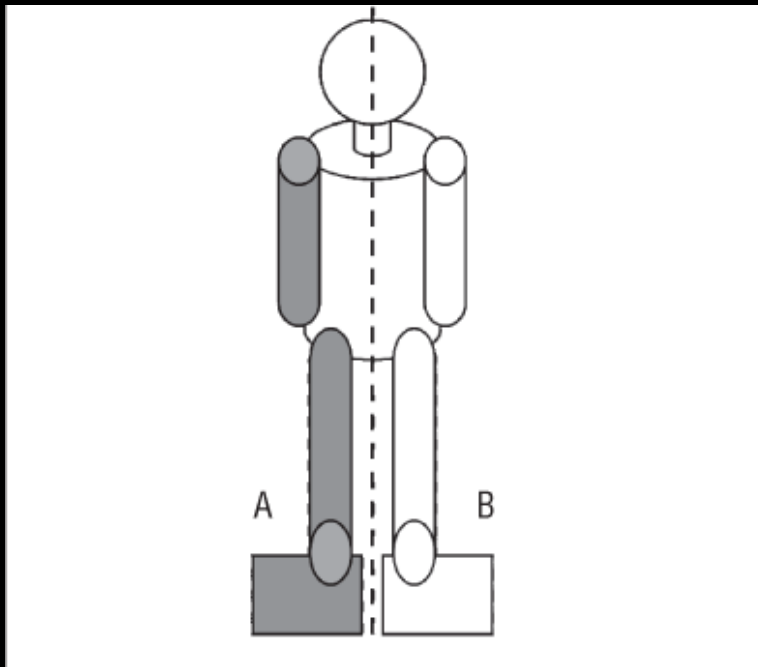
TRANSPOSITION OF FEELING



Feel in your own :healthier. The more relaxed and more alive.

TRANSPOSITION OF FEELING

Transpose the healthier and more relaxed feeling in the leg or arm of your partner on to the other side



TRANSPOSITION OF FEELING



- Feel your bodily reactions,
- Feel the change in your breathing,
- Feel the body balancing

ARE YOU READY FOR A CUPBOARD
THERAPY ?



FEEL THE BODY IN MIRROR



- Standing or sitting, grasp the arms or legs of your partner
- Create silence in your mind and listen



- When you have a sense of your own body “Bodily felt sense”, visualize the body of your partner like a cupboard
- Mirror the body of your partner

Transpose the healthier and more relaxed feeling in the leg or arm of your partner on to the other side





- Do you feel that the symmetry of your partner's cupboard has changed ?
- What has your cupboard partner felt ?

Thank you for your attention
as well as Renée Magritte and Pr Maurice Bensoussan
for the Cupboard and transposition ideas !

