

Reading the Fascial system using Holistic Pulsing

When we offer Holistic Pulsing, we use all our senses to become attuned to our client and 'listening in' in as many ways as we can. As we refine our skills we begin to notice the subtle changes that happen within the client's body.

A big part of our listening in, is to the fascial system. This is like the gladwrap in the body that interconnects everything. It is the uninterrupted matrix (fluid that fills all the spaces in our body between the connective tissue of muscles, organs, arteries and veins, and acts like a highway moving around chemicals and cells that are involved with metabolic function, homeostasis regulation and our immune response) and dense connective tissue (the sheetlike fibrous tissue that wraps around tendons and ligaments to hold them in place). The fascia influences every action and function in the body. It is constantly adapting and responding to the body's needs.

The fascia is the largest sensory organ in the body. It acts like our internal internet. We tune in to this communication system through interoception - the sense that helps us feel and understand what is going on inside us by integrating all signals within the body, including autonomic functions like breathing and hormone levels. Homeostasis, or balance, is the goal of this feedback communication system. Examples are feeling hungry, hot, cold, thirsty, pain or pleasure. Proprioception, the sense of self-movement, force and body position is the other part of this communication system.

The fascia also acts to lubricate our body systems: "The human body is a hydraulic pump system and squeezing, twisting and contracting all deliver hydrations more deeply into our tissues. Our spinal canal and joints are central to this hydraulic system, as is fascia, our sponge-like connective tissue found throughout our bodies, in fact there's miles of it. Fascia has been discovered to be not only our connective tissue, holding us up and together like a crocheted sack, but a hidden irrigation system, a hidden electrical system, conducted by water, that sends cell-to-cell communication instantly. It's our inner internet. To work well, it must be fully hydrated." From: hydrationfoundation.org/guide-on-how-to-be-hydrated-move-your-water.

The fascial system is directly impacted by all the macro and micro traumas that are part of living life. These can include the bumps and bruises, stubbed toes and scraped knees to more serious physical traumas from accidents and abuse. The fascia is also impacted by our emotional traumas, both big and small. The memories of these traumas are stored in the body along with the energy from these traumas. Animals are very good at releasing the energy of trauma. Have you noticed how a bird shivers after a collision with a window? This is the body's way of releasing the energy of impact. Humans are not so good at releasing the energy from trauma and in fact are pretty good at suppressing this response. The energy from the impact therefore stays within the body and the fascial system is a perfect repository.

I often use the analogy of a spiders web to help me understand this impact on the whole body. Imagine a new spider's web. Beautifully formed, perfect.... until the first bug is caught. Delicious meal completed and the carcass is ditched and the web is repaired ready to catch the next meal. Only each time a bug is caught and the web is repaired, imperfections creep in to its structure. Tension, torsion (twisting) and compression can occur. **Biotensegrity is the balance between tension and compression in the body. It is our natural state of being. But these balanced dynamics are altered with life events that add more**

tension, torsion and compression into the body. Unlike a spider that can ditch a web that is no longer functioning well, we need to find ways to support the release of the tension, torsion and compression that builds up which alters our biotensegrity dynamics in the fascial system.

Holistic Pulsing is one way of enabling this release of both the stored tension and the release of the energy from the trauma. The gentle rhythmic rocking movement allows for the macro relaxation of muscles and the settling of all systems in the body. As this relaxation occurs microfascial unwinding is enabled if we listen closely and follow the body's movement.

As a practitioner we enter into a dance of follow/lead/nudge/follow. We listen in to where the tension is, we follow our intuition and we invite the body of our client to move to release anything stored within the systems. To enable this we need to have set up a safe space, be trusted, attuned and have entered into the two way flow with our client. We hold the intention of following the client body's lead and trust that their body's wisdom knows exactly what it needs to do to release what is being held, moving towards wholeness and back to the original "new web" that was their body before life's experiences impacted them. We need to hold an open awareness with no preconceived ideas of what we are going to do or what outcome we want. We trust what we notice and follow the lead. At times we may make a nudge (take the lead) to encourage release and softening. An example of this is to offer the suggestion of lengthening from the occipital which can encourage the held compressions along the body to let go and decompress, allowing for expansion once again. We need to be acutely aware of this letting go and move at the same speed of the body, tissues and fascia doing the letting go.

As all this "letting go" physically unfolds we are really being with our client at that mindbody interface. The stored macro and micro traumas hold within them the emotions, memories and subconscious decisions we made in order to survive and cope with the world we lived in at the time of the impacting event or trauma. There is an opportunity for conscious awareness, acceptance and an opportunity for understanding, for reframing, educating and updating the internal information and to develop healthier ways of being in the world.

"Microfascial Unwinding invites you to sense into the body, the tissues, restrictions, stored memories and body consciousness in an intimate and profound way, to support the client in a deep parasympathetic state for healing. This allows us to go beyond working on a physical level and invites us to work at the body mind and consciousness level of experience." Beth Beauchamp 2023.

Benefits of Myofascial release

- creates space
- enhances glide-ability between structures
- enhance parasympathetic nervous system response
- enhance function, decrease pain and rebalance body
- enhance lymphatics and other systems function

Benefits of microfascial unwinding

- release of tension, torsion and contraction within the fascial system

- release of the energy of trauma
- awareness of held memories and emotions
- potential for subconscious exploration and deep healing
- being with the MindBody connection
- increase communication and interoception

“When you touch one thing with deep awareness, you touch everything.” Lao Tzu

Article compiled by Myffie James from our HP wisdom and Beth Beauchamp’s workshop and notes offered at the 2023 HP NZ Guild gathering.

Check out Beth’s website <https://mfrworkshops.com> for more information on upcoming workshops on fascia.