



Moving Through Fear to find Peace

It is said that Rosen Method Bodywork is about touching the body, contacting the feelings and freeing the spirit... I can confirm with confidence and first-hand experience that this is true.

by Maggie Wilde

In recent months I was invited to join eleven other participants on a 7-day intensive workshop called **Rosen Method Bodywork**. It took me on a personal journey through barriers that had held me frozen on a razor's edge of stress for most of my life. The week was filled with intense bodywork, breath awareness, movement and sharing circle. For anyone on a journey to find *Presence*, to find the part of you that *Knows* balance, relaxation and calm, then Rosen Method Bodywork provides the perfect environment for the journey. It can't do the work for you, you have to be willing to take that step, but it does provide a safe and loving opportunity to begin the journey.

The founder of Rosen Method Bodywork, Marion Rosen sees the diaphragm as the gateway to the unconscious and to deep relaxation. In the safety of a Rosen session focus is placed on changes in the diaphragm. As the breathing deepens and relaxes the practitioner draws attention to specific muscles or areas of the body through gentle touch. This deeply relaxing process can lead to shifts in awareness opening the doorway to personal insight. Once awareness is established you have the opportunity to release whatever pattern, stress or anxiety that has come to the surface.

At 21 years of age I was diagnosed with an auto-immune disease called Lupus. Stress for me, as for many people with the same symptoms, was high on the list of fears. When I stressed my symptoms would intensify. I feared placing myself in stressful situations that could exacerbate my symptoms. Over the years I had created an entirely new *unconscious* level of stress for myself — I had created an extreme stress caused by my *Fear of Stress!*

I had unconsciously allowed this fear to grow and hold me back. It had become my tool of procrastination and I avoided committing to anything outside my comfort zone. Needless to say for many years I stagnated,

procrastinated and found more and more excuses to run *from* things instead of moving *forward*.

The Rosen Intensive opened me to that awareness and helped me move through it. It provided a safe environment facilitated by very experienced trainers for me to step through to a place of insight and peace.



“...it is an opportunity for self-awareness and to explore through touch the many dimensions that exist in how we relate to people”

The facilitators for the intensive were Bill Samsel and Vicki Jones. Bill is a Rosen Method Bodywork Senior Teacher and Director of Teaching for the Cascadia Centre in Canada. Vicki is a Certified Rosen Method Practitioner and in training here in Australia to become a Certified Teacher. Combined they have over 30 years experience in the work. In fact Bill was one of the first practitioners to train with Marion Rosen beginning in 1980.

‘During an intensive a participant experiences the work in two ways’ says Bill Samsel. ‘First practicing the work as part of the practitioner training and second receiving the work for personal development. When receiving the work you can connect with experiences in your life that have been put on hold. In Rosen those experiences can be brought into awareness and felt in your body. From my personal journey with Rosen I’ve become more connected to my inner processes. more available to myself and in that way I’ve become more available to others. One of the greatest examples is that my wife of 35 years has experienced how much I’ve grown through the Rosen experience.’

Bill continues ‘If someone experiences Rosen it is an opportunity for self-awareness and to explore through touch the many dimensions that exist in how we relate to people. It is a place where people can truly experience receiving and giving touch in a very open and safe environment.’

Vicki Jones talked also of her personal journey through Rosen ‘Letting go is the word for me. It’s letting go of all of the useless stuff that I used to worry about. Anxieties in making decisions, always putting myself at the bottom of the list and not looking after myself. Through the experience of touch in Rosen I am now working *with* my body, I’m not *fighting against* it. I can listen to what my body needs and then nourish and honor that. Before Rosen I think my body was just the tool to get me around, I ignored it.’

When asked about using Rosen as a tool for personal development Vicki added ‘I look at the impact of this work on my clients. I find that some people have found it a little easier to make decisions in life, they’ll come to a crossroad and sometimes the clarity is there.

There are also people who come with physical pain and the awareness and emotional release through touch in Rosen can help alleviate that. This work brings people to a place where they can find out what’s important for them. It is an opportunity to look at the connection between how you *think* about things and how you *do* things and how that impacts on your body.

You can look at the impact of emotions and how those are carried around in your body. Rosen helps us connect back with those forgotten parts of ourselves and can help us move forward.’

Rosen Method Bodywork is well established throughout the world. It has branches and practitioners throughout America, in Canada and Europe including Norway, Switzerland, France, Finland, Denmark, Germany, Russia and Sweden. In Australia it has been making inroads for the past ten years.

For my part this intensive has left me feeling a sense of calm and understanding about where stress is held in my body and how it affects me. It helped me understand that my own fear caused the stress, which in turn caused the symptoms. But the only thing waiting on the other side of my fear was peace, relaxation and wholeness. The insights have enabled me to break the cycle of negative patterns from my past and move forward.

Since the intensive I have continued to process shifts in my awareness. As Bill Samsel says 'You continue processing long after the intensive ends. The work is a process.'

I have recently had the usual tests to monitor my 'Lupus.' My stress levels are down and the results show only minor indications in my system – much more manageable with diet and exercise. I feel different in my body, lighter, freer and I am more alert to sensations within my body as I experience emotions throughout the day.

But more importantly I am no longer afraid of stepping out of my comfort zone. Through the gentle touch of Rosen the awareness was brought to the surface and I was able to acknowledge my block and move through it. I can now ponder

all that I wish to achieve and feel an innate sense of calm and an eager desire to take action.

This was my personal experience of Rosen; each participant took away something unique for themselves. Part of the process during the week included daily 'sharing circles'. Each participant, (if they wished to) shared their experiences as the week progressed. In the act of sharing we unconsciously held keys for each other on our individual travels. The support in the group was inspiring and no matter how different our stories were, we were all striving for the same thing... to find self-love... an innate peace, the exquisiteness within each of us. We were all journeying to find the serenity behind our personal walls of fear.

We traveled at different speeds along the journey, we called our fears by different names but together we supported each other through. I send a humble thank you to those that shared their journey with me and played their part in listening to mine.

For those of you who are perhaps considering the Rosen journey for yourself as a tool to personal development or as a Practitioner in training, an Intensive is a beautifully choreographed

week that enables you through gentle touch to reach the beginning of the next stage of your journey - safely and with love.

And as Bill Samsel says 'It's really moving for me to see how strong the impact of this work is on people that I have worked with and on myself.'

'Yes' adds Vicki. 'When I give a Rosen session there is a loving energy present. You can feel a connection has been made and you're touched by the person and the person has been touched by you. There is something in you that opens and feels love and there is an overall sense of connection that has an immense impact.'

On top of everything else, the relaxation I experienced after each Rosen session can only be described as bliss.

For details of Local Practitioners, Practitioner Training, Introductory Workshops or the next 7-day Intensive, call Vicki Jones on 02 6683 4082 or visit www.rosenmethod.com.au



The Rosen participants share memories on the last day. Back row from left: Sue, Pip, Thomas, Tom, Kate. Middle Row: Rose, Vicki (facilitator), Diane, Priscilla. Front Row: Olga (all the way from Russia for the course), Sujani, Yours Truly, Bill (facilitator from California), Dorothy