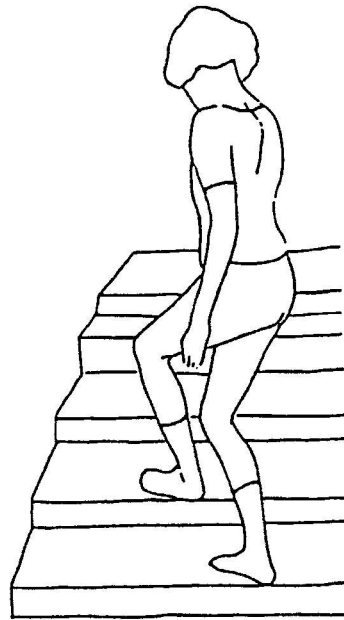


The tendency toward the spiral on stairs

- ▷ The principle of the diagonal can be of help to you in many varied situations. While standing you can achieve the rotation of the pelvis to the spine by bending one knee. You can facilitate prolonged standing by placing one foot on a raised stool. You can ease your back when lying on your stomach by dragging one knee along the surface of the bed closer to the pelvis, in a creeping motion. Work in the garden can be less exhausting to the back if you carry it out kneeling on one knee. It is possible to do all kinds of jobs in the kneeling position—even vacuum cleaning.
- ▷ The diagonal makes a significant difference when going up stairs. Try going up stairs by turning your front from the stair-line by 45 degrees. This angle, approximately, serves to bypass the difficulty inherent in frontal climbing. Your vertebrae, in the diagonal mode, can enjoy a gradual and varied twisting game, instead of a sharp emphasis always on the same spot.
- ▷ A critical moment for the lumbar hip area, when going up stairs, occurs when you raise your foot to carry the weight of the leg in the air while lifting it to the next step.
- ▷ Another critical moment for the lower back is when the foot behind needs to become a reliable axis for leverage. Each one of the joints on that side of the body is then required to sustain the sharp, increased pressure, and that immediately reveals any weak point.
- ▷ When you are willing to relate to the four winds of heaven as open space for your movement, and do not perceive yourself locked into your old frontal orbit, you can turn both your total self and your knees to one side, an echo of the undulation of primal swimming. This way

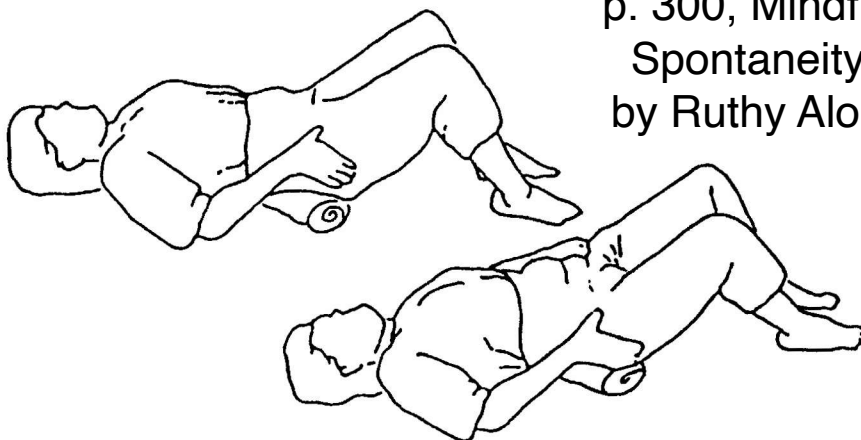


Going up and down steps within rotation

When you respect every nuance of well being, you allow the comfort of your spine and not the structure of the surroundings to determine the design of your movement.

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by
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Alon

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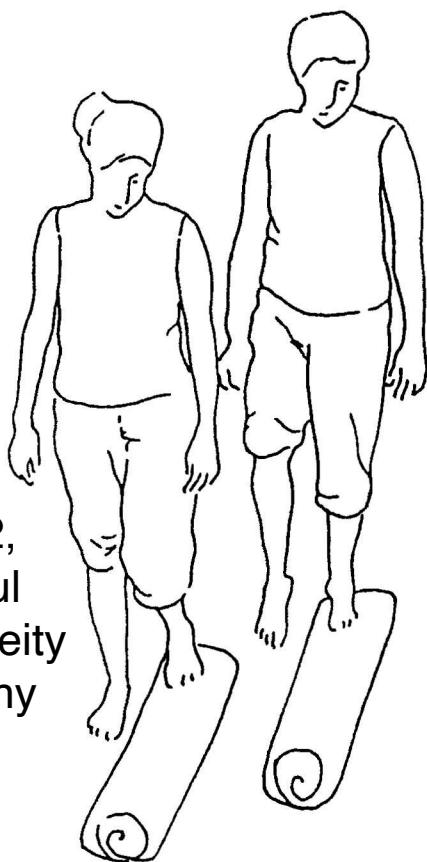
Support the vulnerable hip

A small rolled-up towel placed diagonally under the hurting hip provides it with restful support. The movement is being done by the free hip as you raise it from the floor ever so slowly and moderately several times, breathing all along and being sensitive to the response of the body. When you remove the towel, you may feel a surprising relief.

Cultivating the spiral by means of the roller

- ▷ In times of severe pain, you can make meaningful progress with the aid of a small roller: a rolled-up towel will do, about 10 cm in diameter and 30-40 cm in length. When you place the roller under one half of the pelvis, it serves as an extension of the bed platform, effectively molding itself to the unique shape of that side of the lower back. Lying with one side of the pelvis elevated awakens in your total spine the response to the diagonal, which implies walking.
- ▷ Lie on your back with your knees bent and vertically standing. In order to place the roller under your more vulnerable side, turn to roll a little onto the opposite direction, until you have sufficient room to place the roller where the elevated buttock had been lying. Place the roller diagonally so that the end which is closer to the head supports the center of the pelvis at the level of the waistline, and the end which is closer to the feet is supporting the side of the pelvis at the level of the groin.

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An intentional limping—communicating with the back through the feet

Stepping with one foot on the rug and the other one on the floor alters the total postural organization. When you learn to assume the different posture within the favorable arrangement of the feet as well as the reversed one, you increase your adjustability and your freedom of movement.

The spiral in the complete context of walking

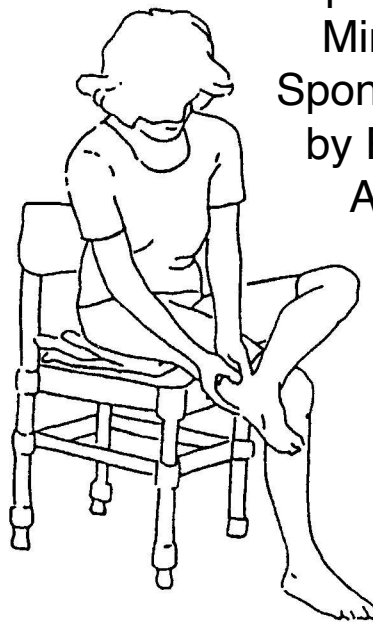
- ▷ The most fundamental confirmation of the diagonal arrangement is achieved when you apply it while walking.
- ▷ Roll up a rug into a long roller, and walk along its length with one foot stepping on the raised rug and the other foot stepping on the floor, sort of limping on purpose. Involve your total self in a rotation movement as you rise up on the roller, and reserve the rotation on coming down. For a few steps you may want to explore the rotation in the opposite direction. The more challenges you offer your organism to cope with, the more intelligent it becomes.
- ▷ Walk very slowly in tiny steps almost in place.
- ▷ Try one side, then another, and you may well discover that one side is easier for you than the other.
- ▷ Continue walking like this on the more comfortable side only. Walk forward, then backward, with the same foot continuing to step on the rug the whole time.
- ▷ After repeating this a few times, take a moment to sense the way in which you are standing, with both feet flat on the floor.
- ▷ Then try walking with the other foot on the rug. If it now feels easier, then continue walking with that foot on the rug. If, however, it feels as difficult as before, then leave that side. You may have to

sometimes addresses the dimension of pressure, and provides a person with the experience of actual pressure, not only to the various points of the foot but also the head, the vertebrae, the shoulders, the pelvis and the ribs, transmitting pressure throughout the entire skeleton in every possible way and direction. Every such application of pressure triggers a chain of responses and sets off a re-organization, as if the student were standing on the head, the spine or any other area where pressure is applied, and accordingly adjusts the alignment. You could say, then, that one aspect of Functional Integration is the multi-reflexology to the entire organism.

Auto Reflexology

You, yourself, can utilize the microcosmic system of the organism to move towards a more ideal functioning, by applying pressure on the sole of the foot. Even if you aren't expert in the various connections between specific zones in the foot and their corresponding body functions, you can assume that any area in which you sense a significant tenderness that can't be justified merely by the pressure calls for a reminder to adjust to pressure. The tenderness testifies to the neglect of the particular area of the foot, from the point of view of its utilization, and its capacity to sustain pressure. Most likely, it corresponds to a malfunction in some other part of the body. With your own hand you are capable of providing the foot with its missing experience, and training it to sustain the pressure of bearing weight, by actually pressing on it, and thus affecting the deficient function associated with it.

- ▷ To apply the pressure, you can use your hand, or an appropriate tool, or the heel of your other foot, as will later be explained. Sometimes the relief brought to the back is so dramatic that the pain can immediately disappear. Irritating aches, that over the years have become a permanent part of your life, can suddenly give way to a sensation of emptiness, almost as if something were missing there.



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**Pressure on the heel—
activating the heel-lower back
neurological connection**
*Giving the heel, in a sitting
position, an experience of sustain-
ing pressure elicits in the brain an
organizational pattern of
standing in which the lower back
has to balance the posture and
rounds out spontaneously.*