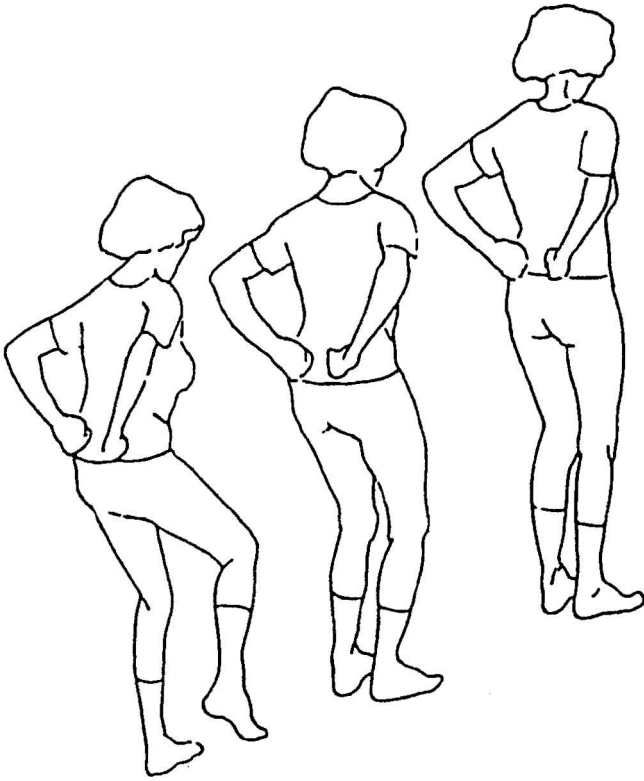


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by Ruthy Alon (grey cover)
Mobilizing your lower back within support

- ▷ Clench your hands into fists, and place their snail-like facets next to the back wall of the pelvis on either side of the sacrum. You can use your thumbs or the knuckles of your index fingers to pull along the tissues from below, going upwards, and hold them slightly raised. Support them in an area just a bit lower than the focus of sensitivity.
- ▷ By gathering and moving them closer to the sensitive area, you neutralize the tension and give it a sense of relief. This support provides the sensitive area with increased muscle length and thus allows it to maneuver its movements through tissues that are not as tense or as limited as they used to be.
- ▷ Stand with your hands supporting your lower back with your fists. allow your ankles to flex and your knees to slide forward. Remind you pelvis that it has permission to suspend by its own weight. Explore to what extent your shoulders can relinquish their tension.
- ▷ Invite the area that you are supporting to thrust itself backward, into your hands. Concentrate on protruding and rounding outward the area being held, as if it were trying to push the hands away from it. Do this slowly and gently, not all at once, and remembering to breathe. The movements can be so slight as to be barely perceptible. Sense their significance from within rather than making them observable on the outside. In your mind's eye, follow the movements and see how the vertebrae slowly shift towards cancellation of the lower back's concavity, and align themselves in a more directly continuous line between the back and the pelvis. Feel how instead of two separate parts colliding at a tension-ridden angle, a quiet unified continuation has been created. Avoid sharp and stressful movement. Only the subtle round and smooth undulation will have a chance to be identified in the organism with the forgotten wave of natural moving. The quality here is of a primary importance. Let your breathing be free while you shift from one organization to another, guiding you to harmonious adjustments.
- ▷ Try the opposite option as well. Each time your back returns to its original position, continue increasing the concavity, as if the spine

***Fists behind the pelvis—
enhancing the protection of
the back***

A slight dragging of the tissues from down upwards reinforces the tendency of the pain to contract the back. When the nervous system observes that something else is doing for it the protection it needs, it ceases to invest in the contraction and the length of the back is released.



were trying to escape the touch of the hands and migrate inward towards the front of the body. Listen to that sensation while breathing.

- ▷ Continue guiding the back gently from a slightly greater in-curve to a slightly greater out-curve. Each time you thrust the lower back backwards, rounding it out, lift one foot off the floor, alternating. Raise one heel and allow the knee to bend slightly, and in this position, round out the back as if you intend to begin sitting down on a chair.
- ▷ After a while do it with the other foot.
- ▷ Eventually alternate, as if walking. Continue walking on the spot in this manner and softly sink into the beginning of the sitting-down movement each time one foot comes up. There is no need to exaggerate

the mobilization of the spine. Make the smallest movement that creates a change in the sensation of the tissues under your fingers.

- ▷ Very slowly, lighten the hold of your hands until you totally remove them; continue pushing the same area of your back backwards, even though it receives no directing touch from your hands. Feel whether or not some budding of a new orientation begins to emerge and the movement now knows its direction by itself. Ask yourself if it has become clearer to you how to activate certain vertebrae that previously were out of your control

- ▷ If the task of canceling the concavity of the back through voluntary choice is still unclear in your consciousness, once again use your hands and pinch the tissues in that area. Allow yourself to use your hands for as long as you need their help. Make them a hothouse for the growth of your independent competence. The day will come when you will no longer need them for this task. After you provide your nervous system with the conditions in which it can learn this idea, you will know how to mobilize a specific vertebra into a more sensible alignment just by the hint of a thought. You will be capable of bringing relief to your tired back while walking, standing or sitting on a chair, through movements so intimately fine that they don't look like exercise at all.