

Unwinding Muscles Participant Handout

(same handout for Unwinding Muscles Supine,
Unwinding Muscles Prone & Sidelying, and
Unwinding the Atlas & Axis)

Prerequisite: Melting Muscles

Why Prerequisite?

- It is only fair to the others in the Unwinding class who deserve partners who already feel muscles melting.
- Your brain needs time and experience with melting muscles, so that melting doesn't require your full attention. It is like Keith Code says in the Soft Science of Motorcycle Roadracing, your attention is like a pie chart. If you use all of your slices of pie just to stay on the motorcycle, you won't have any left over to focus on the nuances. To excel, you need to practice enough to make most of the tasks automatic so that you have a higher percentage of your awareness available for the things that really deserve your attention. The same with unwinding. If you need most of your attention pie just to get the muscles to melt, you won't have any attention left to perceive unwinding.
- we will be melting with one hand, and unwinding with the other. It is assumed you know what to do with the melting hand already.
- it is assumed you have memorized the muscle actions that were covered in the same Melting Muscles class. For example, if you are in Unwinding the Atlas and Axis, it is assumed you remember the action and palpation of the Obliquus Capitis Inferior muscle.

Why Unwind Muscles?

- Unwinding is even more effective than Melting.
 - muscles that wouldn't begin to melt, now begin
 - muscles that wouldn't melt much, now melt more completely
 - likely the brain will even more quickly release its guarding
 - likely the results last even longer
 - why is unwinding even more effective?
 - moving at these speeds with guidance from the subconscious brain, you are not only below the radar, you are completely invisible to the conscious brain's guard triggers.
 - you have taken over one important function of the cerebellum that never rests: muscle motion at cranial speeds. Its job done, it can take a much-needed break.
 - the brain now knows that you know what it does. You're like an insider, someone who fluently speaks the language when nobody else does. You're kin.
 - its like the Vulcan Mind Melt: your hands are no longer yours, they are hers, doing things for her. Her muscles are no longer hers, they are yours, doing as your brain commands. Two are one.
- Even more relaxing to give. You are in a meditative state for an hour!
- You feel refreshed after a session, with calm energy, as if you had been painting for an hour.
- You can do this kind of gentle work until the day you die, no need to retire
- You'll gain a reputation, have people seeking you out..
- People will relax and release not only muscle tension, which is only a symptom of inner conflict, but they will begin to unwind the deeper, causative issues.
- You feel more and more confident that your work is effective.

- You are more convincing to the recipient, and she feels more confident that her brain is truly unwinding and releasing its tensions and causes of tension. You were a witness and you can testify to her changes.

Aims:

1. Assessment which way the body “wants” to move, showing you its tension
 - a. This is a mechanical technique not intuitive not energy..
 - b. Recognize the body can only “show” while it is being supported with solid contact— if your unwinding hand loses contact with solid bone, no longer are you sensing actual motion. You still could be sensing energy, which may still give you good feedback, but that would be a different technique.
 - c. the “wanting” to move is caused by the brain contracting certain muscles more than others. This shows you which muscles are more guarded.
 - d. participants able to assess muscles by sensing the very slow muscle contraction imbalances
 - e. participants able to quickly assess and go straight to those muscles that are most in need of assistance today.
2. Resolution –
 - a. participants knowing if the brain really “wants” to return toward neutral,
 - b. when it wants to begin,
 - c. how far it is willing to go,
 - d. how much tension it is willing to release, and
 - e. how fast it is willing to release it.
3. Practitioner Qualities for Unwinding Muscles:
 - a. Patient: When her head or limb really doesn’t want to return to neutral yet, and the time is up, it is more healing for her brain, for us to take our hands off without returning her to neutral. We patiently acknowledge her pace, which develops her trust for next time.
 - b. Nonjudgmental: Her tensions pulling her away from neutral are not *bad*. Her returns to neutral are not *good*. After all, the body created tension in the first place to serve her. Releasing too quickly would be a dis-service.
 - c. Presence.
 - d. the Process of Being with her is more important than the Performance of reaching certain goals or measures.
 - e. Force-Free; teaches the brain that we value its choices..
 - f. in fact, sometimes the brain is actually testing us to see if we will hurry, or judge, if we are patient and present. It tests us because it wants a quality therapeutic partner, if it’s really going to go forward.
4. (Kinesiology) Memorizing which muscles must be contracting more, when the head or body “wants” to go into various actions;
 - a. we’ve memorized muscle actions so we know which muscle to palpate for any action that presents
 - b. we are so confident with our actions that we can improvise when we see combinations of 2 or 3 motions at once..
5. Experiencing what it feels like to receive Unwinding
6. Ability to do muscle work at the same time feeling cranial motion..
 - a. Ability to use pounds of force, with one hand, while sensing ounces of motion with the other
 - b. during motion, maintaining awareness of muscle melting
 - c. Form your own opinion from your own experience, on this statement; *changes in muscle contraction account for (or at least coincide with) changes in motion*
7. Improvising your own new hand positions

8. practitioner unites both halves of her brain:
 - a. her two hands doing different types of tasks, and switching hands frequently
 - b. right brain feels motion in the now, while your
 - c. left brain calculates which muscles must be shortened.
9. Ability to follow cranial muscle motion into the safest, most comfortable position
10. Ability to recognize when guarding has reduced to less than the opposing antagonist muscles
11. Demonstrate experience with speed, pacing, realistic expectations for treatment.
12. Increasing ability to explain to recipient:
 - a. brain processes (like guarding, contraction, rhythms, conditions for relinquishing guarding)
13. Understanding more about healing relationship:
 - a. relationship qualities (like providing safety, agreeing with the brain, presence, patience, nonjudgment, ...)
14. How playful jostling assists connection with cranial motion

(Not all of these aims are expected to be accomplished the first time the student attends the workshop. All Melting Muscles® and Unwinding Muscles classes offer an unlimited repeat, paying not full tuition but \$25 per day, space permitting. Repeaters do not receive certificates nor CE credit hours. Repeating allows you to hone your skills and to help others along the process.)

An Example of Muscle Unwinding:

- a) Standing at the foot of the table, with the person supine, you put your hands on the feet. You feel the toes go together (pigeon toed) for a time, then you feel the toes go apart (duck footed) for a time.
- b) Soon you feel that one foot is rotating outwardly more than the other, more than would be normal.
- c) What muscle could be doing this, you wonder. Ahh, the piriformis and the other five deep lateral rotators of the hip.
- d) You step around to the side of the table. You reach under the sheet and press your fingers up into the indicated muscles. Yep, they feel tight all right.
- e) Your other hand rotates the hip outwardly, making the duck foot even more pronounced. You wait for melting.
- f) You also sense the leg wanting to rotate outwardly further. You help it by pulling the top of the leg toward you. Then you sense it wanting to rotate inwardly, you help it. But it doesn't want to go all the way back to neutral, so you wait patiently, focusing on the muscle.
- g) Now the leg rotates inwardly, in fact further than neutral and stays pigeon toed. You then think, what muscle could be doing this? Ahh, the TFL.
- h) You take your hand out from under the hip, and now you press and melt the TFL.
- i) Your other hand senses the leg wanting to rotate outwardly, back to neutral. You sense the TFL melting quickly.
- j) All resolved? You sense the leg rotates inwardly and outwardly in a cycle, so you conclude your work here is done.