Term 3 Lesson 1

22.9.2021

Welcome again, it is very nice to see you all. I would like us to share a bit, how we are, how we were and where we are right now in our process.

Buse: I am so happy to start with you all again. It’s been a long time, I feel like it was like one year since the last meeting. I moved to Istanbul, I left the village and I am in a big city now. So my body is trying to adapt. But I realized that after the workshop I observed I accept that I need to relate to someone.That’s why I came to the city, in order to relate. I am not doing the exercises a lot, but my body is good and ready to practise.

Elif: I am happy to touch again someone close, and after this long break. It doesn't feel like a long time as we have been intensely here. I was absorbing all this information. Luckily I could use the space, but sometimes it was just being here, doing the exercises alone. I feel the difference before and after. And after the connection to the ground doesn’t take any effort for me. I can tangible relate to this connection. I am looking forward to the challenges, and a bit scared.. maybe to the commitment that it will get intense. And how we will develop into leading someone not one time or two, but continuously. And it is already getting into my mind, there is a bit of fear, but it is a challenge, so I am looking forward to it.

Eliska: I had a really nice feeling after watching the videos, it was really nice because when I watched it and after I practised some movements in the studio, I felt that everybody was around me. I felt all your energy and it is really beautiful to be with you. My situation: my body is changing everyday. (Eliska shows her belly) Baby says hello. Now I feel really good. Practising this time is really important for me. I know more about what is happening inside of me and I feel what I need. I didn't do the exercises from the first term, but I do what I need now. I am happy to see you all again.

Steffen: I feel good and I rested today. I really had a good time during the workshop, it was intense and during the summer I practised mostly basic exercises like working with the ground, relaxing into the ground, it was a big need for me to be soft and slow and small. And now the group is coming together again, so it feels fresh to be challenged again. And on Sunday we saw each other with some of us in the performance of Tomas, and that was very nice and touching, the performance really touched my heart. I am thankful for having the chance to see this beautiful performance. Thank you.

Katrin: I felt very full after the workshop and very rich, and this is completely different to see you  on the screen again after working so close together. And over the summer I had physical issues in my body, the knee and lower back and the somatic practise helped me to heal these issues, so I practiced what my body needed, and not so  much all the exercises. And now I feel well in my body, but I have a little bad consciousness that I should have tried the other exercises, but I didn’t and I just enjoyed myself. And that feels great. And I am looking forward to the new term to have more input and have discipline again, and joyful :)

Yigit: it was wonderful after having the workshop to feel that the exercises we were doing at the workshop made sense to my body, and we had the opportunity to have the build up and how it is working, and what is working in relation with the body, having a relationship with my body basically, am I aligned or not, what does my body need, what does it want?  How my spine feels, and found out how to release my spine so that it makes sense in my body as a sensation. It triggered me to develop a daily routine, at least half and one hour to release to the floor. I am happy that with these exercises, I can integrate physicality to my daily life, because before I wasn’t. The more I have the relationship with my body, the more I get to know my body, I have the sensation that I am perceiving my surroundings from within, from my spine. I had the opportunity to practice these exercises by giving a workshop to a close circle of friends, and I saw where I am at. How I led, how I exist in a surrounding when I am holding a space. One of our session Beliz said one term: rooted lightness. This makes sense now to me, the more I release and relate to my spine, I feel rooted in my body in my skin. And this gives me a sensation of lightness.

Sabina: The workshop was challenging and amazing at the same time. After the workshop I had a translation of a book and I didnt practice at all and when I started again, I felt it was all still there, my body remembered all from the workshop. The main thing was the relationship to the floor, the ground. Letting go of the weight into the ground and each time I started my practice that this is the first thing I have to do. I can’t do anything without this one. Now I am in Prague, and I think the main thing is to find a work life balance. I am burnt out in my job. When I do the practice it is the moment when I feel alive.

Lina: Very nice to see all of you again. I also really enjoyed seeing you live during the workshop, to dive deeper. I was reading through the notes, and everything came back, just by reading I felt amazing in the body. I didn’t have a good routine, because of travelling. But I have been mainly laying down, releasing, and the meeting of the hands and the skin, and how this creates and makes me feel my body again, this meeting, that all the cells are open to receive and give. And also recently feeling more my pelvis and how the movement is starting from there. I connected a lot with the spine. I would like to continue with this more. I was guiding two different friends. Guiding a little bit and doing some exercises, which was nice.

Tomas: I want to thank you people who came for the show, it was a great support. Thank you very much. While listening to you I was trying to gather my thoughts. It was amazing to listen and recall this week we had. It was a very deep experience. I think it really lightened up a lot of things, and the life and work issues started to come more and more and it was difficult to handle the practise the way I wished for. It turned out to practise being fast, being conscious and not to forget about the three centres, to bring the consciousness. Even though  I didn’t have the time to have one hour, which seems like a rich thing, it was more like either travelling somewhere and having this checking sensation, or trying to include things in my other work, dance issues.. like nestling, I am starting to soften the body to sit into the spine. I tried to do. I missed the quality, to have the discipline and to work on this somatic dialogue somehow increased certain quality of life. And I start to feel when I haven't practised that much, the lack of that. Something was activated, the soft connective tissues had been working for half a year and then they felt a bit abandoned suddenly during the summer. And II feel ooohh I need practice. It was interesting to observe this, that there is this need in my body to continue or to get back in discipline, and to balance work and the study… so that’s what happened to me. Now I am in the highest point of the working duties, and my body is full of stress, and it is difficult to find joy and softness these days. It feels tight a bit.

Nisan: I am right now I am feeling that I am more grounded than ever. I am kind of arranging my life according to this practice, and for the first time in my life I am ready to give up on things that block me to do so. I got in touch with my body throughout the summer, so that I don’t put too much pressure on myself.I did the things that I wanted and stayed in my body while doing them. Physically I feel more spacious in my body and feel the tiny muscles and tiny movements, more calibration, I feel the spaces that I didn’t feel before, even senseless space, and they are activated now and they are working together, andI feel comfortable. Even though I am very stressed in my life, running around handling lots of things, even within this I feel comfortable.

That’s fantastic to hear from you all. And it shows how well we are tuned. What you have all stayed prepares for the starting point of today's lecture.

Before we go into the subject of today’s lecture I would like to say a few things in general about this ‘interesting’ subject of this term. And say the most important things which we will repeat again and again.

Just like the fact, that after such a long lime, as Yigit said, how important it is to feel himself, that this is like to feel the physicality. So when we hear this, it seems so obvious now right? How can we live without feeling ourselves?

Well a lot of people live without feeling themselves. But it is also very striking, that something that is so obvious for us now... we can say it with confidence...and yet it took a lot of time and a lot of work, to be able to feel oneself. It is a commitment, it is a lifetime commitment to live and to be able to feel yourself. To live in awareness. It also brings the ability to exclude certain things from our life that prevent us from feeling ourselves.

There is another necessity for this work, if we want to become facilitators. The necessity of exploring the touch. Of finding the courage and the openness to see where it can lead us.

We will go into looking at not only the pleasant aspects of the touch, which we all have experienced already, but also at the uncomfortable aspects, the unknown ones.

I have no idea how to lead you, for me it is also an enigma for now. And of course as I am just another learner as you I have my doubts also. I am not quite sure if there is a solution to this issue of the touch and the taboos. But I know somehow deep down inside of me, and also from experiences, that there are ways of simplifying this issue.  And when we go to unknown things, I like to come back to the possibility of becoming simple, not forgetting that simplicity is a great way to start our growth. just like the small, soft and slow, and simple.

To simplify means also to be able to recognize the discomfort, to be able to recognize irritation and frustration. Because in the first place we need to clarify for ourselves what is going on in us iduring the touch and during the absence of the touch. And we need to be able as facilitators within this group to be able to verbalise it. This is something absolutely necessary. I don’t know more about this, but I know that this is necessary. Whatever taboo we touch, we need to overcome it / heal it. It doesn’t matter if we will not be successful in this but we have to try it and do it. Because if we don’t, this foggy, unknown part can have very unwanted consequences. And they will come to confront us in unexpected moments, and they will, we will have to confront them. So the sooner the better.

We can deal with any kind of limits as facilitators, for example, you don’t have to be perfect in movement, we can deal with movement limits. We can deal with musicality limits. But we cannot deal with touching and feeling limits.

So, whatever our limits are, we need to be able to recognize them, name them, verbalise them and be able to go through them and even better to overcome them.

If we don’t deal with it ourselves, we cannot recognize it in the client, and cannot have the subtle sensation, if it is the good moment for the client to work with the touch. This is the base, from which you’ll know how to touch your client, when to touch him/her, in which situation to use the touch, what kind of touch you’ll need to exercise. That’s the ultimate touch: I as a facilitator will touch my client.

That is what we are working towards.

But before that, as you have experienced, there are different levels to the touch: the self touching, and then the sort of disguised aspects of the touch: the contact: me and my body, my contact with myself, my body’s contact with the floor, with the air, with the space. And it is really nice that you have all somehow had the necessity, after this intense workshop, to connect with the floor.

That is true. This is the base: the floor work, the work with the gravity, the way we relate to the floor. It is the strongest aspect of this work. Easier said than done.

I know that everyday my relationship to the floor changes, depending on the previous day and activity that I have had. Depending on my emotional state, my capacity to surrender, or nestle into myself, to accept and to feel myself. It may sound simple, but it is much more complicated than it may sound. In fact we can never come close enough to the floor, no matter how much we try. It is an open end.

Let’s start with this. How about if we take a moment to really connect with the floor. You just need to be lying on the floor.

Improv: I would like to invite you to unite with the floor, on a deeper level than you have done the last time. We can never be close enough, there is always a way to get closer. I would like you to start from the inner caressing idea, the inner caressing of our inner structures of your body. So from this inner caressing idea I would like you to move to the caressing of the floor with your surface. Activating your skin and staying connected to different kinds of pressure caused by the weight of your different body parts.  I let you sink into that, explore it. Have a good journey.

I will ask you to turn your attention to me, but don’t worry I will send you back to your lover :) I will send you back to the floor.

When I work on the floor, how much do I become aware of the floor through touching it with my body. Of course it goes without saying that we are lying on the floor and feeling the floor, but where is our awareness? Is our awareness in the movement towards the floor or is our awareness on the part that is touching the floor, and therefore surrendering to the floor and from there opening our awareness into the space of the volume of our body. That part that is not touching for example and is touching the air.

How do I perceive when my body parts touch? How does it affect my perception? Do I use this touch effectively? In general how does it affect my awareness, the proprioception, the capacity to feel what is going on in my body physically. And when I work with this, how does my relationship to the floor change then.

So I would like you to do this exercise again, becoming a little bit more active and exploring through the sliding and the contact of your surface, different parts of your surface, letting go of the weight and from there bringing your awareness to the rest of your body, starting from the contact. Is this clear? It is very abstract… A little bit more using the sliding and a little bit more moving, so that you have the skin caressing the floor, and at the same time giving yourself the opportunity to feel the volume, from the touch… and just observe what is happening in your body.

J*ust after the improv, while everyone is still in the last position:* Just take a moment to stay where you are and become aware of all the parts that are touching the ground and from there you reach into the volume of your body and you take a moment to become aware of the volume of your body. And then the awareness of your skin that is not touching the floor but is touching the space. Just take a moment to feel this immense landscape in yourself.

Thank you and slowly come back in front of your screens please. I must say that your relationship to the floor has dramatically changed and is beautiful to see, I think the door is open now, for you to explore more and more. When I say that we can never be close enough, I really mean it. Everyday the work with the floor allows us also to re-define closeness. And closeness is something that changes everyday for us. You can also replace this word with openness, or availability, or accessibility. I'll let you complete the other variants…

So I am sure that your sensuality has augmented now, it is a little bit more than it was, take a moment to feel how are your fluids, your saliva, your spine..I am sure that everything is a bit different, and maybe your stress level has lowered.

Usually when I start with a client, I usually spend 3-4 lessons just with this exercise. It is a powerful way to give a very good base to your client, and I have to admit it is a new discovery for me...not this exercise but the fact that I am doing it with them for the first 4-5 lessons. I usually used to try out different things in the first 5 lessons in order to discover my client, but actually in the late period I have discovered that when I do only this exercise, relating to the ground, explaining inner caressing and surface caressing, and when I spend 3-4 lessons only on this we advance then so much faster in all other aspects. It is the most effective thing I have experienced so far in this method.

Now a couple of notes to this exercise, but you are going to create your own notes of course…

The contact of my body with the floor enables me to land into the inner space sensation of my body. And this is something I really want to have. It is like a very clear reference of the ground that I can become aware of.

We always say feel the ground, surrender to the ground, surrender to gravity, but  what does it really mean? They are really only words. But by doing this over and over again, guiding with the right words with the right timing, I can really grasp what this feels like. this reference of the ground and it is a clear one, the clearest one that exists.

And therefore I can start to grow away from the floor. Which means movement. Thus I have more security in space and I can start taking risks. That means, make a step and make a roll and see what happens with my weight. The sensation of my body contacting or touching the floor is also a clear reference for me that I can return to it, in order to rest or resource myself.

This is also good to remember, we are not only moving away from it or going there into it, but there is always the possibility to return.

The idea of returning is something beautiful for me… because it has the movement inside, the movement of turning, the movement of going away and coming back, and it is also like going back home. Returning home, returning to your body, and your body returning to the floor.

This way of working with the awareness can be a very effective method to help the client to explore further floor work. Floor work is very important.

Never let your client dance in the vertical before you are sure that the trust is there. The floor is a real resource and it is a real security for us. When we have the security we can take risks, and we should encourage them to take risks, but we have to make sure the person is secure, and then we seduce them to take risks.

I would like you to do this exercise one more time, but this time elaborating this sensation of moving away from the floor. I can become aware of this clear reference and grow away from the floor, reaching into the floor, growing away and opening the space inside of the body, and then returning to the floor.

Beautiful..

It is lovely to see you dance, it is inspiring for me to observe the depth of your movements…

Just a technical note for us to know: it is always good to keep in mind that sliding is a powerful tool to work on the floor. We need to keep in mind to remind clients to come dressed in proper clothes so that they can slide. It makes a big difference in the reference we get when we cannot slide. Sliding is an important quality. It is the most comfortable way of finding the softness and the sensuality of our movement. Once we have it completely embodied and have a good connection to our sensuality, then nothing stops us from doing it on any surface:  carpet, sand, earth, rock…

The softness comes very naturally right after this exercise? All of you are actively soft right now and we need this active softness to feel and find that ‘neutral’ state of being, which we were talking about. So that we can choose to touch or to touch in order to feel or listen to someone. And the right floor work prepares our body so that we can use the touch. It is also important for us to do this exercise regularly, preferably once a day when you are working with people.

It is a very nice way of starting a session and I invite the client to do the first prayer, I say that I will do it with them, both with the eyes closed. It is a nice way to also feel your client on the floor. And the more you will be doing this your perception will widen, as if your perception will go beyond the skin and you will be able to feel what your client is doing and what is emanating from your client.

It is important to feel how our body reacts to the floor everyday and how we allow gravity to rock us like a cradle. It is important to relate to gravity on a daily basis. You can also experiment with it in the evening before you go to sleep. It’ll change the quality of your sleep.

How does the touch affect the facilitator's position and his or her relation to the floor? To feel how your body reacts when you are touching someone… The first step is how our body feels while touching the floor and followed by how our body feels when we are touching someone.

It will help us in keeping the touch always active and soft, and this will condition our body. You have experienced this in the workshop. It is not always easy to maintain the level of alertness, activeness and softness while we are listening to someone.

This work helps us also to follow with our mind the sensation that is happening inside of the body. It is important to stay present in this. It will give you a lot of information about your client. And it is also fascinating to do that. To let your mind accompany the sensation.

Recognising what is happening inside of you while you are touching and in between your hands, will help you  to channel your body to open, so that the information and the emotion can flow through you and get out through your feet or your back. You will have ways of evacuating the information or the emotion. We will come back to this, don’t worry.

And you have all experienced it in the workshop, so when you will be going through this lesson later on and while doing your homework, you will remember how at one moment you were connected to that feeling in between your hands and how this was channeling through your body and going through your legs. Usually we can feel this information going through our torso, and send it out through the sit bones, or further down to send it through the legs and evacuate it through the soles of our feet.

I would like you to experiment with this during the week: just one exercise: how do you connect to the floor through the surface of your body touching the floor and what is happening to your awareness. So all the questions I have mentioned are for you to discover and find your answers how it is for you in your life.

Let’s take a moment to give time now to ourselves, maybe you have some questions or comments or repeat something…

I have a question: this softness of your being, when you were on the floor, the way you were moving, the way you were exploring the exercise, also made you reveal something, uncover something. And could it be a kind of a taboo? Could this way of revealing oneself of getting in touch with one's sensual softness, could it be somehow intimidating? Or what could it touch in us? I would like you to meditate on this a bit.

Nisan: When I used to move with the idea of softness in my mind, it wasn’t the physical one. When I let my body get soft with the floor on a physical level, it is different than the idea, and taboos reveal an image of myself. And when I see this.. then I get distant from myself and feel disturbed that it is revealed.  But when I let it happen, I feel I am receiving it back, and I can accept it and I feel I am melting through it, and it makes me feel strong and powerful and embrace those sides that I have been distant to. Also every time I get surprised how much potential and diversity there is to this.

Berrak: very good. When we talk about the taboos from now on, I would like you to try to become concrete and personal, that means not being general. Let’s really try. It is not easy but that is the challenge of this term.

Nisan: Do you mean we can talk about the images that appear in my mind? experiences? And this is why I get distant from them…

Berrak: Yes let’s make this effort together to be able to name these taboos, we all have them. You can take your time.

Eliska: I would like to share what happened during the first prayer, when I connected with myself and embraced the ground, I tried to feel the ground, before I felt a lot the belly and the womb in tension, and a lot of tension under the pelvic floor, and when I connected with the ground and the baby rotated in my womb and the tension was released and less, it was amazing. And I think that the ground and the connection is really important for us and for me now in my pregnancy.

Berrak: if we can allow the holding to dissolve it is very healing for us, and then if we can combine it with the activation… like this tiny little play, the little capricious play we do with gravity. It is alive.. this very alive relationship that each one of us has to create with the floor, and it is a source of deep relaxation, active relaxation. In order to move we need to be relaxed, we cannot move in tension we will break.

Katrin: I felt no taboo, but I felt this longing to have more, more of the pleasure...diving into the inner space, just diving deeper and deeper, and I feel the restrictions in our daily life that don't allow us to do that. And the joy, when I practise this and feel the joy then I am more and more motivated to do that. It feels like I can recover when I do that, or recharge my batteries, which is not so easy in the day to day life, with all these demands from the outside, and the floor just takes it.

Nisan: When I do somatic dialogue I also feel that and it always makes me sad why so many people cannot live this way, it makes me want to cry over this,  it is so nice and natural and yet we are so far away from this.

Berrak: I completely relate to that, but there is no other way, but if you wish next time we can get together, drink some wine and cry together.

Yigit: this is how I move from this sensation of longing and being sad. And I can go back there again and again. The moment that I re-introduce my body to the floor, about what I have been missing, then it becomes a joy. it welcomes me again rather than being sad, reminding me how far I was from it. So this is my step forward. And what I feel with no taboo… but sometimes in my sensation with the floor but sometimes the contact with the parts of the body, like soft spots or a tension, or a knee or elbow or stomach… But when I realise the place, how can I introduce that part to the floor lovelingly. A kind of introducing...Hey this is a soft spot and I will introduce it to the floor, and slowly releasing from there, and it opens possibilities of movement from that point, quality of relessing, and the information of that particular place to the floor, this brings joy, and trusting the floor, that firm sensation, sometimes even painful, when I push, but the more I release it holds me and even lifts me…

Berrak: beautiful, this is finding a solution. If there are solutions, there is as such: how to find in your bodily intelligence the solution to introduce something to the floor, which technically allows the rest of the body to adjust itself or to adapt itself. And the ability of adaptation brings variety and diversity and solutions. Very nice, and with this also, once we have the solution the joy comes.

Buse: Actually I am practising this for a long time and I love it, and I am realising that I don;t have any taboo, I mean it feel strange to say this, but not a clear taboo, I had them before and during the exercises over the time I passed over them, For example I had a taboo with my chest area and my breast, and it passed away during partner exercises. But I have now taboos of working alone. I am so overwhelmed by myself, because this last one year I worked with myself. Before that in university I worked with a lot of bodies. It was great, but now the taboo for me is working with myself, because I am bored of myself. And now I am inIstanbul to change this, and I invited one of my clients home to work with her in person and it really helped me. I have been working online since this pandemic situation, and today to see a body next to me was amazing. This is the true way, my solution is working with other bodies, I am really done with myself.

Lina: I can feel what you said, that the floor is like a lover, you said when we relate to the floor.. the more I can feel the softness or  release to the softness, to the floor or to myself, the more I can feel the energy in my body moving. and that’s of course what we call it, life force or sexual energy, what is that really, is it life force the cells are opening and the body is more vital, like as you said the saliva is coming more, this pulsating more inside the body, or it is melting.. What do we call that? And we are becoming more alive and juicy in ourselves, whatever this orgasmic state is even, maybe without an orgasm but still this state, what is this, being filled with life force, can this be a taboo? how we can receive in that sense, for example, I am not really feeling that in my everyday life, not allowing myself to be so vibrant, I am shutting down the sensations into sensing myself in order to fit into everyday life…

Berrak: wonderful! That is a very true taboo, and we all have it. Because we all have a basic injury. in our soul or experiences. So the moment we work with the allowing of the opening of your body to a clear reference, that is the floor, all this comes up, and this is a very true observation. It is all of this, it is your sexuality, our sensuality, our vulnerability, and we all react to this, and we all have images floating through our minds even if we don’t name them. And it is very normal. And it is very healthy. And this allowing is important, and this is the first taboo. And it is not by chance that I mentioned the floor as a lover.

I wish you a week of juicy love making on your floor. We have touched the first taboo of the term, so let’s explore what will come out of them. let your body open to the floor, see what is happening, observe your images, your thoughts, your associations, the memories that come out from your tissues.  Thank you very much.