



# SOMATIC TRAINING

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ARTICLE 1

## How can Somatic Training help me?

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A quick insight, this is something that has become very clear. One of the inevitable errors that has happened is a sense of constriction, a sense of closing up. If you take the heart, also the system, it contracts and collapses and this is something I have seen Gregory work on.

Where must the exercise be? Can I be open and flowing? The definition of being hurt is simply – I contract, I close up. The definition of not being hurt or celebrating means that I am open and I allow the flow. The contraction and expansion is an auto-response of the system.

Like if you see a function when it's held rightly with a great degree of rightness – suddenly everything opens up and things starts flowing. I know the exercise must be to see – how can I be flowing and have mastery over that; that I don't become constricted unconsciously ... and I think that is a deliberate effort, even though constriction can be an auto-response. Whenever we think something is hurting us, the protection mechanism of the inner system collapses to itself and constricts, and what happens is it refuses to open up. The more we use the word hurt ... that hurt has happened to me; the harder it is to open up. If you get hurt the first time, maybe you constrict. In time, you relax and you start flowing again, but if you keep getting hurt, then I think you completely close up. And then what happens when you are constricted?

When I say you cannot be interested in love, I am also saying you cannot be interested in opening up. Because too many experiences have happened where you constricted and now you are supporting not opening up. So you create situations in life in which you go back to the constriction. In the beginning if you get hurt, it constricts; let's say the heart closes up and then in time when it starts forgetting, it starts opening up again.

A child will cry, constrict for a moment but the next moment it can forget and open again. It's as though it never happened. But for an adult, the constriction has happened so much that, now they are working to create a situation to remain constricted and by that propagating other people to be constricted. The sign of a healthy person has to be the one who promotes the opening up and the non-constriction.

If we try to look at the existence of the ego or the 'I', and if we relate it to the sense of constriction, then the ego is an auto-response based on impact. And once the ego is formed, all it wants to do is keep itself.

I am asking – is it in the core of us not to open up? And in order to survive not opening up, we create an egoistical situation. Which means I am doing everything I can in my relationship with you not to be open, so I am going to trigger you to behave in a way to make me constricted ... even though on the other hand I might say I want love, friendship, togetherness, peace. And this falls under the uncaused celebration.

So we are asking the question, how to drop the self? I'm asking – is one of the exercises for me not to support the coiling process and in me supporting the uncoiling process? Then to take mastery to the best of my ability of how the auto-response of coiling happens? I must know the situations which I put myself in in which I will coil? That means I must become mindful of what I define as hurt which is the action of coiling.

So I think one of the *sadhanas* (effort) is to be able to have such a degree of mastery that one survives the coiling, or one has an ability to position oneself in a way that the auto-coiling doesn't happen and more so to promote the opening. You see the opening appears very vulnerable and the closing very safe. A moment when we are celebrating; we are open, our boundaries disappear, we are willing to give anything, we are just flowing, we are just allowing it. But it's a very dangerous situation too as you can be taken advantage of too, you can be hurt too.

So now, is one of the masteries never to allow anything to make me coil? Again let me explain, when I coil up it's a safety response, right? Because I don't want to be open, I don't want to flow, I coil up. When I coil, I feel I am safe and the coiling is the cause of the ego, the constricting. Now understanding that – how can I be in a way that I never coil?

Like Gregory gives some insights. If I may quote him, he always says, 'Set boundaries'. The boundary he's talking about is to set a way that you don't unconsciously coil as there is a boundary. Because if you don't have that boundary and somebody crosses, and if you get hurt, you will coil, and in that coiling you are not hurting them, you are hurting yourself because you are crystalising the ego. What it promotes is a necessary lesson; that you set a nice boundary, because once you cross the boundary you know your unconscious will coil.