

Rosen Method for Health & Healing

by PatriciaAngelina

- ♥ Connecting to the essence of the self
 - ♥ Releasing unconscious limitations
 - ♥ Living life in the world as the one you truly are

“The point is that our true nature is not some ideal that we have to live up to. It’s who we are right now, and that’s what we can make friends with and celebrate.”

Pema Chodron

The Rosen Method uses quiet touch and carefree movement to discover areas of muscle tension and immobility. This discovery, in turn, allows us to become aware of new possibilities for regaining freedom of movement and more authentic self-expression. It helps us open and move through the layers of chronic tension that separate us from ourselves. This process develops our ability to explore and uncover hidden truths about mysterious aches and pains, to live in the present moment, and to feel more confident and rooted in the body.

Many come to Rosen Method for relief from physical or emotional pain; others come to discover themselves more deeply.

Rosen Method Bodywork involves the body, mind, spirit, and emotions. It is about the relationship to the self and the relationship of the self to the world. In Rosen Method, we see body tension, where we hold stress in the body, as holding. Often it is where the person is holding back in life, holding on to old, painful memories, emotions and/or behavior patterns.

During a bodywork session, the client is invited to relax on the massage table. The practitioner contacts the tight places with gentle, respectful, healing touch. With relaxation of the tension, the breath can flow into places that were hard and still, allowing movement and life to flow through the body again. The emotional charge, often held in the muscle and holding back the person, can be let go.

As the client becomes aware of the emotions carried inside, aware of the patterns, of the unconscious limitations held inside, new possibilities arise, past the history of experiences. The deep noninvasive contact encourages awareness of self through the breath, through relaxation, and by connecting to the essence of the person, the life force flowing through the body. The practitioner supports the client’s unfolding self-discovery, self-expression, and healing.

Rosen Method is for those who wish to use a holistic approach to physical and emotional health and who have visions of what life really could be like. It is for those wishing to:

- ♥ release stress, tension, and emotion stored in the body and relieve the accompanying physical pain;
- ♥ gain more self-confidence and a greater sense of self;
- ♥ experience the power of safe, gentle, healing touch;
- ♥ learn to be “user-friendly” with their feelings;
- ♥ reclaim and strengthen the natural emotional healing processes of the body;
- ♥ restore the inherent ability and right to love, grieve, and live with joy and peacefulness;
- ♥ empower themselves in their personal lives;
- ♥ bloom into their full intelligence and creativity and live without self-imposed limits.

For more information please contact PatriciaAngelina, Healing Hearts Bodywork at 713-426-3577 or visit www.HealingHeartsBodywork.com. 🌸

Discovering Rosen Method Movement

by Cindy Hart, *Rosen Method Movement Student*

Over a year ago I had been mugged and three weeks later was in a car wreck. The damage from the first incident was very traumatic, both physically and mentally. The car wreck was added misfortune. I was hurt, my neck especially, which I could not turn.

I did go to the “Doctors.” They wanted to prescribe muscle relaxers and pain pills, which are helpful, but not a long-term solution. I listened to my body and concluded that I had to find a massage therapist.

Thus, my journey began. While shopping in my neighborhood store I overheard customers remarking about the wonderful massage they had just had. I saw the sign “Healing Hearts Bodywork” BINGO. I called and made an appointment. I had no idea that my body was going to start healing in ways I never dreamed of and my passion would grow into more learning and wanting to teach.

I went in for just a massage, but knew this woman was different. What is ROSEN? My interest peaked. Patty’s gentle touch and her listening gave me the encouragement to let go and move on.

The first couple of weeks I just had a massage. I joined a Rosen Method class. My husband went with me, the first couple of times. I noticed change after every class. It was subtle and I’ve continued my movement classes for over a year. I also got the courage to receive the Bodywork. Courage may not be the right word, but it was for me. The healing feels like the peeling of an onion. Peeling off layers and layers of holdings that I have had and finally letting go. I went to a Rosen

Workshop in February and learned more and was so overwhelmed with all the wisdom, I knew I was definitely ready to start my new life and to find my soul.

I love this work, so much, that I've decided to become a ROSEN METHOD MOVEMENT TEACHER.

I attended my first Intensive class in May at the Two Rivers Center in New Mexico. I'm still processing all of this, and probably will be for the rest of my life.

Marion Rosen (Rosen Method founder) is one of the beautiful people on this earth that has "got it." Our bodies hold a lot and need to learn how to move. Movement

class allows you the freedom to get to know your body again or maybe for the first time enjoy yourself and moving freely.

I will be continuing my "education" to bring this wonderful work to Texas, and to give back. I have restored my balance, which I never thought I could do after a brain aneurysm 17 years ago. I want to help others avoid going through what I had to, to enjoy movement, feel good and experience ***freedom through movement.*** 🌹