

Touch For Pleasure, For Life

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Babies who are not touched fail to thrive. They die in their bodies or they die in their spirit. Death is a withdrawal from this world, a decision not to be.

Images relating to our most vital experiences around early childhood nurturing affect us today in our intimate relationships and in our work as therapists. Early deprivation cannot be erased, but a transformed sense of Self can be developed by (re)experiencing the ecstasy of "womb-like" joy. The aim of this workshop was to begin to open up blocked receptive centers and create new "body awareness."

The exercises were geared to promote an understanding of how we touch others, and how we allow ourselves to be touched. Touching is about more than tactile stimulation. Our emotions register in our hearts and we are touched by them. When our hearts are shut down or we are in fear, we cannot allow pleasure.

Many people walk through life with a depleted or damaged life force. They are here and not here. They move like mannequins, never fully present, never feeling the richness of their passion, unconsciously shying away from pleasure but at the same time yearning for it. The pleasure is about being connected to one's body, mind, heart and spirit. The pleasure is also about feeling a connection to another. Pleasure occurs between two people when energy is exchanged freely and with positive intent. Yet we unconsciously create obstacles to this process.

Much new scientific evidence supports the understanding of how touch specifically and profoundly impacts our physical and emotional health. This is not "new age" babble. This is the basis of Healing.

We ended the workshop by working with partners, taking turns giving and receiving, touching and being touched. Touch for pleasure is Touch for life.