

Energy, Consciousness and Body Structure

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Life is an energetic system with a core, a periphery and a field. In the consciousness, the core gives the sense of identity to *the Self, the essence*. Periphery contains and structures the Self in the world. In the consciousness, periphery gives the sense of identity to *the ego*. When periphery is active, it encloses the Self, protecting it internally, undoing the connection between core and field. At this moment the system is closed in its individuality, accumulating tension and energy. The ego action closes individuality and protects the Self.

When the periphery relaxes, the connection between core and field is rebuilt and the Self can reinstate the relation with the other or the universe. Tension is released letting the vital energy flow in the relationship. Life pulsates between individuality and relationship.

Relaxed periphery, connection core/field, and releasing of vital energy to the environment

We come to the world with an energetic, personal identity, which makes up our “energetic body.” This identity is bodily linked to the core of the organism. In the consciousness, we experience its existence as our Self. Nevertheless, this identity needs a structural organization to express itself in the world. The development of the body structure depends on a great deal of love, understanding and support so that the Self and the ego

structures may fully and harmoniously grow. Once they are organized, the identity of the Self is assured. So it pulses freely between individuality and the relationship with the other or the universe. The self structural functions are activated by the marrow, cerebellum and brain basal structures. These Self functions do not need the left cerebral hemisphere, and are independent from the ego. Periphery relaxes and the connection between core and field is re-established. The right cerebral hemisphere is free to express itself.

Creativity, perceptual enlargement, intuition and the other Self potentials can express themselves in the world. Action in the world is linked to the left cerebral hemisphere. The same happens to other ego functions like objective perception, active memory, rational thinking and talking. All these functions are directed to the external world, trying to respond to environmental pressures and demands and to create conditions to release the Self to the world.

Beginning from ego activities, a second identity is formed, the *interaction identity*. Interaction is the “relation” between two individualities or between the individuality and the universe. In the relation, the system, opens and an energetic fusion occurs between two systems or between one system and the universe. Ego interacts, Self relates. The Self relation is always intimate, visceral, energetic. If the Self is structured, the ego remains free to act in the world with spontaneity and fluidity. Objective perception and rationality are in reality. When the ego relaxes, the contact with Self is intensified, intuition and creativity flow and may be shaped in the world by the ego. A free fluid ego and a structured Self allow for surrender in the relationship with the certainty that the ego will be able to re-establish itself. For a human being, healthy functioning is: to be free and fluid to interact with the world, to be able to relax and re-establish contact with the Self, to surrender to the relationship and to re-establish himself with confidence. The free pulsation between the hemisphere keeps the Self identity always present, acting as observer and moderator of its own behavior.

I. Structural Organization

Childhood includes three levels of structure development:

- A. Organization of the energetic identity
- B. Organization of self-sustenance
- C. Organization of the motor ego

These levels intertwine and develop at the same time, although they deal with different functions. In the organization of the energetic identity, we come from a state of fusion with the maternal organism, we evolve toward symbiosis after birth and we move to separation (Self - you); we must nevertheless retain our capacity to return to fusion.

When developing the Self structure, we start from a dependent relationship with mother and we must organize self-sustenance. During ego development, we pass through the visual, oral, anal, infantile genital and power stages when we organize specific ways of interacting with the world. These structural levels are hierarchical, i.e. the organization of the energetic identity is more primitive than the Self structure, which is more primitive than the ego organization. Deficiencies in the organization of the identity and structure of Self require that compensation be done by the ego, leading to its distortion. In cases of deficient centering of the energetic identity or of fragile self-sustenance, there will be a compensation by the ego structure which then becomes jeopardized.

A. Organization of the energetic identity

We have been engendered in close relation with the maternal energetic system. After birth and for a few months we stay in a symbiotic relationship with the maternal Self. We gradually organize our perception, disconnecting from symbiosis. We partly reach the separated Self-you. During this stage, the ascendant activating reticular system develops its capacity to limit the stimuli flow, and corpus callosum development is concluded. At the ocular level, the baby organizes the binocular macular conjugation, i.e. the capability of intentionally directing both eyes to the same object. He separates the perception of figure from ground and of Self from you.

Energy concentrates in the organism's core and generates high core potential. Such a high energetic potential ensures that identity is centered in the core. Attention becomes focused and the energetic field states its own organization.

At the psychic level, basic confidence is set up. The energetic identity organization will go through different stages, but in order to develop self-sustenance it is important to reach separation (Self-you) at least in part. A healthy 3-month-old baby already knows his energetic identity separated from the mother, but he does not have a sufficient body structure to give him sustenance and protection. This structure will not be totally organized for several years. At the beginning, the baby entirely depends on the environment for care, protection, security and isolation of

his individuality. The mother, by giving love, care and protection, is the primary provider for the containment and structure needed by the baby. This provision is vital for self-sustenance to develop.

So the energetic identity starts from a state of fusion and organizes itself, centering in the core. From that point on it can maintain its individuality by remaining in the core, or it can re-establish the relationship and the fusion, directing itself to the field without losing its center. If the centering does not take place, it will be necessary to close the system through peripheral containment by the ego. If this solution occurred, when the ego relaxes, the energetic identity re-establishes the symbolic and disorganized state.

Someone with a centered energetic identity should feel the cosmic fusion experience as a state of fusion and belonging to the universe without losing his Self. Nevertheless, if the energetic identity is not centered, the ego relaxation gives way to symbiosis and the cosmic experience is confusing and disorganizing.



Individuality with identity in core

B. Organization of self-sustenance

So the baby starts to develop the muscular structure to be in the world. Part of this structure is directed to the Self, another part organizes the motor ego. This difference is not only functional but anatomic and neurophysiological as well. It involves muscles, nerve endings and the axons which command them. (A similar description, although not entirely agreeing with this one, was done by Ron Kurtz and H. Presteria in their book *The Body Reveals*.)

The muscle structure connected to the Self is organized in two bundles, the anterior and posterior, both with different functions. There are also sphincters. The posterior bundle provides the individuality structure in the erect posture. It is responsible for security based on oneself, it organizes the corporal axis and the postural balance. Although formed by several different muscles, its mechanical action through the joints makes it work as a whole along the corporal axis.

People with a healthy posture present a metabolic consumption, in the erect position, virtually equal to the consumption in a relaxed position lying on their back. This muscle bundle is laid out as a pair of ropes along the vertebral column going from the occipital bone to the toes. Because they are deep and longitudinal muscles, they do not close the periphery and allow the organism the pulse fully in the erect posture. If pulsation keeps going, self-perception is preserved.

To be erect in this way allows for full corporal consciousness and the experience of a self-sustained Self. The Self fully lives in the body, is made corporal, is on earth. The energetic field extends below the feet enabling effective contact with the ground. This is the meaning of being grounded. It is to be self-sustained in the erect position and in full contact with the body.

We often see this posture in images of Christ, the saints or mystics. They give us the impression of dignity, of standing on their own feet. Several different meditating positions also portray this attitude: to be self-sustained with the center-periphery in full pulsation. If self-sustenance is kept rigid, the Self will be unable to direct itself to the relation with the other. It will be rigidly directed to individuality and cosmic relationships. This happens in the schizoid character.

Some of the main muscles making up the self-sustenance are: soleus, semitendinosus, biceps femoris, semimembranosus, the fasciae latae, psoas, the deep muscles in the backbone, etc.

The anterior bundle goes from the cranium to the pubis, being interrupted by the sternum. Its contraction brings forward the mouth and the pubis, causing the body to bend. At the same time, the adductors and internal thigh rotators relax, exposing the genitals. This movement brings the mouth and genitals into relationship. Its action becomes evident in the orgasmic reflex when it predisposes the body to surrender and fusion in the sexual relationship. They are also longitudinal muscles and do not prevent the organism from pulsing fully.

If the anterior bundle is kept rigid, the Self will be constantly directed to the relationship with the other, unable to re-establish its

individuality. This situation can be observed in orality and masochism. The muscles taking part in this action are the ones in the anterior area of the neck, the ones involved in thorax exhalation, and the rectus abdominis. Contraction in these anterior muscles of the neck and in the thorax is followed by tension in the adductors, flexors and internal rotators in the upper limb, and by relaxation in the dorsal-spinal muscles, predisposing to relations at the oral level. Tension in the rectus abdominis relaxes the thigh internal rotators and adductors, predisposing to a genital relationship.

Since the two bundles are antagonistic, hyperactivity of one of them can harm the other's expression. Therefore, posterior bundle activity harms surrender in relationship to others and anterior hyperactivity weakens individuality.

If the Self structure is deficient, the ego closes the identity and uses its muscles to maintain self-sustenance. If the ego relaxes, there is a return to symbiosis and loss of self-sustenance, a return to the relationship of dependence.

The sphincters deserve special observation. They are found in all visceral exits of the organism: mouth and throat, eyes, urethra, vagina and anus. Externally they are formed by circular striated muscles and internally by smooth muscles, forming the external and internal sphincters. When the external sphincter relaxes, the internal sphincter closes and the visceral ending is activated. This activity presses the internal sphincter which then opens, providing for expulsion and discharge. When the external sphincter closes, the visceral activity stops. Although the external sphincter may be under ego control, it works automatically. Good tone in the external sphincter encloses and protects the Self internally, and its relaxation leads to exposing the Self by opening the system.

If the functioning of the external sphincter is deficient, or if it has been precociously demanded, the ego may engage in containing and protecting the Self. This happens when training in the excretion function is done precociously, leading to buttocks contraction. If the external sphincter or the ego compensation are kept contracted, the visceral function paralyzes. Some examples are intestinal constipation, eyes unable to cry, and anorexia. But if there is constant relaxation in the external sphincter, the visceral will be constantly active with tension in the internal sphincter, swelling and visceral hyperactivity. This situation predisposes the area to recurrent infections and leads to an intense experience of fragility and lack of protection. This is what happens, for instance, in diarrhea, hemorrhoids, colitis, hyper-emotivity, etc.

body axis or still involving the periphery of limbs, neck and head. This activity creates peripheral containment rings along the body, closing the periphery and enclosing the core at the internal level. When the identity is active, it centers around the ego, and individuality is internally protected. Action takes to interaction with the outer world through various kinds of search or search containment. The capability to contain the search expresses capability of postponing the ego. The motor ego development will lead to *basic confidence in action*. If ego is rigidly engaged with the energetic identity or with self-sustenance, it will lose its fluidity and spontaneity to act.

Interaction

Ego structure

Containment of search (postponement)

II. Development of the Body Structure

The first year of life, or the visual and oral stages of development, are fundamental in order to center the energetic identity and organize self-sustenance. The loving and protective relationship with the mother creates faith in life and in relationship. The baby is able to separate from mother and to organize his self-sustenance. He can trust the world and surrender to relationships. By the end of the oral stage, he will develop the erect posture although incompletely.

At the same time, he is developing the ego visual and oral functions, i.e. objective perception, capability of active search with mouth, arms and hands, mastication, crawling, walking and sound articulation. If the primary relationship is absent or weak, the baby starts to oppose the relationship or give it up. Then he may develop self-sustenance and the ego functions in a precocious and reactive way, trying to fulfill the needs that are not satisfied by the environment. He precociously learns not to trust the relationship or even leave it aside. With such precarious Self structures the ego functions will be harmed. The basis for the schizoid and oral defenses are being organized.

If there is satisfaction at the beginning and frustration later on, the baby may keep himself in a constant attitude of surrender to the relationship, trying to re-establish the lost satisfaction. Energetic

centering, self-sustenance and the ego functions will develop in a precarious way. This is the basis for the oral dissatisfied defense.

Satisfaction of primary relationship needs is only one element among others; once the centering and self-sustenance start, the Self needs the mother to support the progressive rupture from dependence without too much anguish. The baby needs the father and others in the family to support him in his move to autonomy. Mother's anguish and father's lack of support may limit the Self structures' development. Based on this dynamic, we link to the relationship with the mother faith in the world and in relationships in general; the column organization and erect posture are linked to the relationship with the father.

Unfortunately, the child's needs are impossible to be fully satisfied. This is so because these needs are immediate and unconditional; besides, there are no perfect parents. So everyone has some identity centering and self-sustenance deficiency, which is compensated by the ego functions.

The various modes of ego engagement depend on the conflicts faced in other ego development stages. These conflicts may create tension and unbalance that will also demand new compensations. From that point on, the action musculature will be constantly active to preserve the identity and maintain self-sustenance. This musculature is transverse or oblique and it creates circular rings around the body axis. Generating circular tension is the only way these muscles have to provide sustenance, so the body or parts of it are shaped as a rigid tube. This tube isolates the core from the organism and blocks pulsation between core and periphery. So the segmental blockade is formed. The self-perception of this segment will be impaired and the experience of the Self in the body becomes fragmentary. There is no possibility of total surrender.

Ego loses its fluidity by engaging with the Self. The interaction identity does not yield and frustrates the contact with the Self identity. Self loses its independence in relation to the ego and is unable to function as an observer and moderator of its own behavior. The person starts to exist only as an interaction identity. The left brain hemisphere is continuously active and the rational mind does not yield. Thinking is a miniature action; and a miniature action keeps the thinking active, going on in a repeated and circular way. The constant muscle tensions are miniature actions that keep rigid thoughts and beliefs.

As the ego compensation mechanisms organize along the developmental stages, with their particular conflicts, the corporal form and the rational mind repeat the same models faced in childhood.

Rationality stops being objective, becoming contaminated by the unsolved infantile conflicts; this is secondary rationality. We lose visceral contact with the body and we install ourselves in the mind and in the interaction identity. We start to believe that we are what we think and the only way we can think is related to our specific tensions. A contracted structure puts the mind in a particular form and this form feeds tension back into the structure. Losses in spontaneity and fluidity are brought about by the impossibility of letting go of oneself for lack of centering or self-sustenance.

Ego is engaged with Self and is unable to let go of it. It will not be able to cease the interaction nor to surrender itself to relationships. This is how the possibilities of real intimacy are lost. By surrendering to relationships the Self falls back to symbiosis and loses self-sustenance, reestablishing the dependent relationship as the baby in the primary relationship with the mother.

This is the way we re-establish the infantile mechanisms when we get involved in a lasting affective relationship. We surrender to the relationship, we relax self-sustenance promoted by the ego and we turn ourselves into defenseless, demanding and manipulating children. From that point on, we can only re-establish individuality and autonomy if we break off the relationship.

If the ego is kept rigid, it closes the identity, preserves self-sustenance and keeps itself in interaction, but it is not able either to allow the contact with the Self nor to surrender to intimate relationship.

This is the structural conflict we find in neurosis: on the one hand, the craving for developing the intimate relationship and surrendering to it; and on the other hand, the need to preserve the ego-maintained individuality.

The usual solution is maintaining the interaction, which preserves individuality but frustrates the deepest wish since isolation persists and the lack of pulsation creates inner dryness.

III. Examination of the Structure

The structure is formed by the bone and muscle systems plus connective tissue. Bones provide for the rigid body structure. Striated muscles are responsible for the postural structure shape and for body movements. The connective tissue provides for the structure that contains and sustains tissues, organs and joints.

A. *Relations among the component elements*

Interaction among the constituent elements of the body structures is dynamic and interrelated. The muscular structure is the most flexible, but when movement is done for a long time within limits, connective tissue develops and sets a slightly larger limit than the usual movement. Beyond this limit, the bone structure impedes greater mobility.

Let's suppose someone is forced into an exaggerated movement like falling down and twisting a knee or ankle. When the movement reaches the usual muscular limit, the muscles contract and brake the movement. If the torsion is stronger than the containing capacity of the muscle fibers, the connective tissue sustaining the muscle will stretch and may even break. The limits set by tendons, joint capsules and ligaments is reached. These have great capacity to contain the movement and small capacity to stretch. If the torsion is so strong as to exceed the deformation limit of the connective tissue, the connective tissue or bones may rupture. The muscle fibers have great capacity to stretch, so they rarely rupture; limits for muscles distention are primarily set by their sustaining connective tissue and tendons. If the muscle is kept short, the sustaining connective tissue sets narrow limits to movement, while the myofibrils diminish the amount of their motor units (sarcomeres). If the muscle is kept stretched, the connective tissue sets wider limits while the myofibrils increase the number of their motor units. The relation between movement and limit, set by the connective tissue, is valid for the whole body structure. If a particular organ moves too little, its sustaining connective tissue sets a restraint within the limits of the organ movement.

Tendon

connective tissue

If the required muscle movement is not sudden but gradual, once it exceeds the muscle fiber's limit, the connective tissue stretches, enlarging the limits, while the muscular tissue increases the amount of motor units in its fibers in order to function within the new limit. With time the changes can even modify the bone shape. Evidently, the younger the person the greater the capacity for structural change. A baby or child is able to change his thorax shape in a short time if forced to do an

exceptional movement like paralyzing weeping.

If we constantly stay in a particular posture, necessitated by either physical or emotional pain, after a certain amount of time the connective tissue sets new limits by keeping the structure in that posture.

If we do not use our action musculature enough, letting the muscles become flabby, the connective tissue sets limits according to flabbiness. Muscles and joints are kept loose. As we mentioned above, it happens in orally dissatisfied and schizoid structures. In these cases the joints are flabby, without pulsation, causing an experience of Self fragmentation in the body. Older people move less, increasing the amount of connective tissue and decreasing muscular vitality. Their muscles “freeze.” Stretching can bring their vitality back.

These relations are important when doing corporal work. By exercising muscle strength, we set more precise limits to our bodies. When we stretch a muscle, changing our usual posture, we enlarge the limit given by the connective tissue and restore the muscular tissue’s vital force.

*By sustaining a new posture for longer, we set up new limits for the body action and balance. The corporal structure is alive, adaptable and changeable. It is the concrete basis for our physical, emotional, mental and energetic experiences. (For more information about the relations between muscular fibers and connective tissue see *Gynastique Posturale Globale* by Ph-E. Souchard.)*

B. Relations between self-sustenance and motor ego

I mentioned before that action and self-sustenance muscles are different. Let’s look at some differences:

- The self-sustenance muscles fibers are shorter, inclined in relation to the muscle axis, abundant in connective tissue ; this distribution assures great strength and short displacements plus strong capacity for passive containment given by the connective tissue. The action muscles have long fibers, in parallel to the muscle axis, and little connective tissue; this allows for large displacements with less active strength and less passive resistance to movement.
- The self-sustenance muscles are predominantly commanded by alpha-tonic neurons which produce progressive and delayed contractions. The action musculature is command by alpha- phasic neurons which produce immediate and short term contractions.

- The self-sustenance muscles react to reflexes that are opposed to the body movement. Its connective tissue represents a passive strength opposite to the movement. So they maintain the corporal postures. The action muscles follow motor instructions which carry through the corporal movement.
- When there is a shortening of a self-sustenance muscle, as when a person has a plaster cast, the motor fibers go through intense atrophy and the connective tissue enlarges. This leads to active strength decrease and passive resistance increase. On an action muscle, the same process causes less atrophy and practically no modification in the connective tissue. The only consequence is that active strength diminishes. Restricting the body movements leads to a decrease in active strength and the person is literally shortened.
- If the same muscles are submitted to prolonged stretching they not only go through atrophy but the self-sustenance muscles will show an increase in the muscular fibers motor units and a decrease in its connective tissue. This makes the posture more flexible. In the action musculature there is a relaxation and decrease in the active strength. The mere stretching makes the person flexible and relaxed.

C. *Effects of stretching*

Stretching produces some important results in the body work. We can summarize them as follows:

- Stretching the body decreases muscular tone; it increases active strength and decreases passive strength in self-sustenance muscles, making the postures flexible; it produces relaxation in the action musculature.
- Very fibrous or contracted muscles have a lower elasticity coefficient, which makes them more susceptible to stretching. (The lower the elasticity coefficient the larger the material deformation when submitted to pressure. See *Gynastique Posturale Globale*.) So when an extended muscle is contracted, the results of stretching tendons and sustenance tissue increase.
- When a muscle is extended, its agonistic muscles are inhibited and the antagonistic ones are stimulated. Extending a self-sustenance muscle inhibits the ego compensatory muscles and activates the antagonistic.
- Stretching is beneficial to self-sustenance musculature because it

releases the compensation which is done by the ego muscles, it activities the antagonistic muscles, increases active strength and decreases passive resistance, making the body posture more flexible and dynamic.

- It relaxes the ego by liberating it from its engagement with self-sustenance, though not increasing the ego active strength or capacity. An increase in the action muscles active strength is acquired through muscular exercise. In adulthood, muscular fibers cease to divide. The increase in muscle volume is given by the increase in actine and miosine (see sarcomeres) which form the motor units inside the myofibrils.

IV Character Identity, Structure and Defenses

The ocular stage centers the energetic identity. In case of difficulties there may be a draw back to primary narcissism and schizoid fixation. Symbiosis may also be kept, which will be compensated by the ego, organizing the repressive orality. It can also keep it by fixation in the oral dissatisfaction.

Self-sustenance is organized during the oral stage; if the centering of identity has already been damaged, self-sustenance is also harmed. The ego might have closed the identity and organized self-sustenance in a rigid way which hinders relationships, fixing the repressive orality; or it might have maintained symbiosis with a poor development of the self-sustenance and ego activity, fixing the oral dissatisfaction. Evidently, in the first stages the ego is also developing its correspondent functions. The ego hides and compensates for weakness in the centering and self-sustenance. That is why we find in every kind of character some oral and ocular mechanisms underlying shallow defenses. All kinds of characters are tied to interaction and fastened to the preservation of the energetic identity and self-sustenance. For this reason, whenever we work with a patient, it does not matter which are his character defenses, we must pay attention to which deficiencies he will return to, because then we need to do the specific work to support and activate the undeveloped functions.

- The schizoid is the only one who avoided relationships altogether and used all his energy to preserve identity and keep self-sustenance at the cost of developing interaction at a minimum level. The muscular tone is poor and the connective tissue is flabby, keeping the joints loose and allowing for energetic leaking. When the joints lack pulsation, the Self in the body

experiences fragmentation. Nevertheless, the possibility of cosmic fusion is excessive. This is the reason why the schizoid usually gravitates to spirituality, arts or philosophy.

- The repressed oral was kept in symbiosis, although compensated by the ego. This compensation ensures preservation of this identity and a rigid self-sustenance. He is linked to relationship but opposes it as well. When relaxed, he falls back into symbiosis and dependence.
- The orally unsatisfied is kept in symbiosis and in constant search for relationship and has a poorly developed action and self-sustenance structure. Ego is turned on by the search for relationships. Muscle tone is poor and the joints are loose. There is considerable energetic leaking.
- The masochist was forced to be in relationship. Nevertheless, he uses all his interactional energy to keep his structure while internally he opposed the relationship. He fights continuously to keep his autonomy and to oppose the externally imposed relationship. Internally, there is a great deal of tension in the Self musculature anterior bundle. He is strong enough to be in the world but cannot relax to discharging, since this would mean to submit. He depends on a relationship for internal balance, but cannot surrender to it. If the ego relaxes, he falls back more often to oral dissatisfaction.
- The rigid has a self-sustenance deficit and uses interaction as a permanent effort to sustain himself. He cannot stop acting but cannot surrender either. He enjoys the narcissistic pleasure of accomplishment and therefore he depends on the environment. If ego slackens, he may fall back either to repressive or dissatisfied orality, depending on the rigid feature, which may be repressed or unsatisfied.
- The psychopath keeps himself in the world as an octopus that sends its tentacles to he surrounding from where it gets support and reassurance. His self-sustenance is kept above the diaphragm: he needs to hold on to people since his basis is weak. So he needs to rigidly control the environment to ensure his identity and self-sustenance. When faced with the ego relaxation, he falls back into orality and symbiosis. This, nevertheless, would mean failure and death, which he desperately fights against.

V Working with the Structures of Self

Visual work is necessary to develop binocular convergence and discriminations: macula/field, figure/ground and Self/you. Re-establishing visual consciousness, objective perception and separation of Self/you focus attention on the core.

Corporal work helps to invigorate the body limits, improve muscular tone, enlarge plasmatic pulsation and get in touch with the inner sensations. This completes the centering of the energetic identity in the core. Muscular exercises are recommended for schizoidism, visual limitrophes and oral dissatisfaction.

The self-sustenance musculature works always as a whole; if a point is tense, there is compensating relaxation in a different point in the bundle. The contracted or relaxed points cause posture deviations. This requires the hardening of the body by the ego musculature in order to keep the balance. Tension in the ego diminishes pulsation in that particular segment. Since there is functional antagonism between the anterior and the posterior bundles, the tightening of a bundle in a segment implies relaxation to the opposite and vice-versa.

It is necessary first to relax the tension in a particular ego musculature area; then it will be possible to deal with the posture musculature. The inhale position, lifted shoulders, stiff neck and contracted pelvis and legs show an ego effort to keep an erect posture.

The ego musculature can only relax or become active if we deal with the related emotional issues. After liberating the ego compensation, deficiencies in the Self structure start to show up.

Next we deal with tension points by stretching them. It is necessary to keep the whole bundle in hyper-extension in order to avoid the compensatory relaxation in a different point. We then activate the relaxed musculature along the bundle or in the opposite bundle.

