

Poetic Reflections: Refined Principles for Pain and Discomfort

The Breath

My body feels slow, like a cloud in the sky, like a slow-moving wind that whispers through the autumnal trees.

With each in breath, I grow in height, my shoulders raise, and my breath fills the lungs.

With each out breath, I sink down into the ground and release my bones, release my muscles, release my thoughts.

I feel clear and coherent: relaxed and restful.

How can my breath circle round my head, round my neck and fill my tension with space?

Like a whirlwind going round and round, breath spirals round my neck, filling my stuck tissues with space, lightness, and clarity- I'm sick of the muddiness my tension provides, tangling my muscles and tangling my thoughts.

Like a constant web of confusion and disjointed sensation, my neck holds the burden of my concrete lifestyle, tense, crystalised, brittle and hurting.

I sense openness, freedom, and light. My head floating upwards to the ceiling as my body follows the leader.

My head and neck are one motion, in relationship with one another, navigating through the discomfort of the day. Slinking and sliding, my torso and shoulders follow as the self becomes mobile once again.

Air continues to fill my body as I send my breath to my neck and into each cervical vertebrae, opening, yielding, and offering opportunities for wellness

How can something so simple as breathing support my neck so much? The answer: innate simplicity and the healing functions of my body for myself in this moment.

The dance of breath moves me, the dance of breath fills my body with potential and energy

Movement Economy

Walking, stepping, jumping, exploring, my body feels energised and ready to engage. Like a toddler eager to take their first step, my body spontaneously moves in motion.

What does movement simplicity mean to me? The answer: play, exploration, offering motion that is not criticised, doing what the body and mind want to do in the moment.

My body moves continuously, like a river or a stream flowing, gushing, rippling through space.

Simple movements for a simple soul.

My body is a simple being caught up in an intricate culture of fast-moving, speed walking human beings. Let's get back to the fundamentals of me and my body.

Rolling, circling, shaking, nodding fill my neck and head with everyday motion, connecting with the spontaneity of life.

My head and shoulders like anchors provide stability for my poorly neck, opening possibility for a differentiated awareness of body parts. I am together with my body in space.

Breath fills body like a gush of wind, opening opportunity for simple motion and play.

I am simple, I am free in this moment to play with emotions and motion in any way that I like- no judgement, no glory, just motion and emotion.

Like a clam opening and revealing its pearl, my neck opens and joins the clear, calm motion of my simple self.

Movement simplicity is a dance.

The Skeleton

Through every nook and cranny, my awareness travels.

In each cervical vertebrae and cranial bone, I explore the bony structure and density of my skeleton.

My body is a relationship where each bone meets the other in some sort of exchange, like a meeting place of rivers, dancers, and lovers.

Why are the bones in my neck stuck? How can I avoid this fragmented sensation?

Free-flowing motion allows the bones to rest, surface and come into expression, offering their potential, their clarity and form.

Rocking, tilting, sustaining, and suspending, my bones find their meeting place and open in response to one another.

This sense of spaciousness and clarity regains my awareness to a time where my condition did not exist, where my body was fluid and free from messiness.

I feel entangled and spikey.

Moments of pain-free, discomfort-free motion enlivens my bones, bringing my awareness to the potentials of the rest of my body.

I feel free and restricted at the same time.

I want to curl up in a ball, I want to reach, I want to explore, play, and immerse in the moment.

My tiny bones in my cervical spine move gently, swiftly, and softly at times that differs from the jerky, disjointed, fragmented, uncomfortable motion that resides in my neck.

My skeleton dances in its own way, individual and in relationship.

Rotation & Flow

Winding, circling, pouring, and flowing, my body follows the pathway to exploration through movement.

Tension, discomfort, and rigidity describe my daily experience, longing for release and a shift in sensation.

Rotation and flow invite easeful movement, easeful sensation, and a calmness in my upper body.

Like a stream meandering around the riverbank, or a snake gliding through the sand, my body floats, my body lands, my body rests, and my body drifts.

My head sitting on top of a circular column rotates and flows, initiating movement from my atlas and axis throughout my spine.

This circular pathway seems safe to explore as my body follows the innate and natural impulses of motion.

My synovial joints are used to rotation and flow, inviting a sense of exploration that makes me feel at home.

The pain in my neck improves with each head roll and motion, rotation is key to wellness for me.

My arms, shoulders and torso follow, rippling through the body like a babbling brook or a summer wave.

My legs feel weightless, light, and airy as they float in the air.

Embodied Rhythm

Tempo, dynamic, fast, expressive, my movement takes shape.

Exploring its potential, my body becomes breathless but invigorated, full of energy.

Why does my body respond well to fast-paced, explorative movement?

Slowing down makes me aware of the jerky, disjointed movement that resides in my being, evoking concern and disappointment.

Nobody wants to be disappointed with their body.

My arms flail carelessly, exploring their limits in relation to my upper body.

Like an unrecognisable performer, no form, no grace.

My head and neck move quickly, engaging with my surroundings.

Prickles and thorns turn into possibility and a sense of being alive in my tissue's envelopes my body.

The patterns from my body articulate my experience, giving a nod to my pain but dissolving its tense presence.

Stretch, Extension & Elongation

Stretching, extending, reaching, and pulling, my body spreads into the ground, dropping its weight evenly, oddly.

My body feels constricted like an awkward being trying to navigate itself on top of the earth.

It is such a release to elongate the body, all the tension and discomfort of the day pouring from my edges.

My head extended to the sky and my feet extended in space, like a rubber band being tugged and pulled in different directions.

I feel elastic and heavy.

My muscles sustaining in the air, offer motion to my sometimes-lifeless body and ease my discomfort within.

Squeezing, yielding, contracting, and separating, the bones in my neck feel like expanding as my head tilts in motion, stimulating movement resonates with my will to overcome.

How can I stay with this easeful sensation? How can I take my body to its limits without provoking my pain and tension?

The answer: integration.

My stretching and extension become a dance. Not looking like a dance to the outsider but feeling like a dance.

Dynamic and Light Self-Touch

The power of touch is limitless, grounding, and full of care, like the hug of a friend and the warmth of the sun shining on my face.

Not slow, suspended, light touch, touch that has some depth, touch that has some weight to it, and caresses my discomforted body.

The role of touch invites release, exploration, and rest.

Like a compassionate presence, touch holds my body, my emotions, my wellbeing.

Touch is the pathway to wellness as my tissues relax, my muscles release, and my bones simply sit in space.

When dynamic touch is coupled with breath, my cells pour into my hands like a waterfall gushing into a warm pool of water, waiting softly for an impulse to move.

My head sinks into my spongy hands, heavy, weighty but light at the same time.

My neck feels smooth and comfortable, pain-free, and discomfort-free in the moment.

Firm but fair, touch settles my awareness as my skin reacts to the contact. My hands listen into what is present in the moment, trying to understand what my body needs right now.

How does my innate consciousness react so deeply to dynamic touch?

Noticing and Addressing Habits

Dense and slow, my body reflects the stress of the day.

My left shoulder airy and light, whilst my right shoulder feels heavy and leaden, like I'm uneven or tilted in the moment.

My movement reflects this sensation, rolling, twisting, contorting, trying to ease the tension and the holding in my tissues.

I feel caught up in the moment, not knowing how to move, or where my body wants to go.

Perhaps over here, perhaps over there.

Exploration and improvisation are key to avoiding my movement habits.

Surprisingly, my neck feels fine. There is spaciousness and ease with each movement, but for how long I wonder. Is this too good to be true?

With each impulse of movement, I consciously divert my motion, changing pathways, changing speed and avoiding repetition.

My diverting body dances in a different way, authentic and organic.

Is this true movement, or am I just building barriers to avoid my habits?

Rest & Active Stillness

My body rests, my body sits, my body stands. Lying on the ground, sinking into the floor, my bones release their weight, their density into the ground.

Like a calming lake, or an oak tree just swaying in the breeze, I may be still, but my body is moving at a silent level.

With each intricate, micro movement and breath, my neck releases and finds its comfort in easeful rest.

Active rest, active stillness, active cells.

Tranquil, calm, and asleep, my body feels nurtured by the space around me, offering time for recuperation and reset.

My feet heavy and anchored, root into the ground and invite support to the rest of my being, like the roots of a delicate flower, cascading into the soil, the earth.

I feel sleepy but energised at the same time.

My conscious awareness travels to my edges, meeting my bones and their weight in relationship to the ground.

My bony edges and cervical vertebrae become uncomfortable without the support of a cushion- I feel rigid, rock solid, and unmailable.

My breath dances with my restful wellbeing, offering clarity in my awareness, and a sense of relief.