Cycle of Touch™

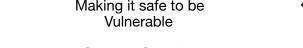
Empathy



Making it safe to be

Support Opening Fluid/Energetic Movement Hold Space for the Emotions

Sequencing Pain Sequencing Movements





Armor

Proprioception/Interoception Compression/Loading

> Muscle and Connective Tissue High/Low Tone



Welcoming

Worthy of Human Connection Return to Relationship Healing of Attachment

> Spacious Attunement Birth Song



Attunement to the Breath Matching **Build Trust** Grounding Spreading Potency Regulation of Charge +/-

Ignition

Waking of Deeper Potency Expansive Streaming of Energy Self-Contact Vibrancy in Tissue Cellular Intelligence