



## Lesson 21:

# Understanding Low Tone Armoring

Developing awareness of more subtle defenses in the body

Low tone armoring at its core is a form of abandoning the tissue — sacrificing part of the system so the rest of the system is able to survive. Spend some time reflecting on this concept. What thoughts surface in your mind?

What are five qualities in the body tissue that may indicate the presence of low tone armoring?

We identify three categories of low tone armoring. Next to each category below, please list two examples/scenarios that could cause this type of low tone armoring to emerge in the tissue.

From Event Trauma

From lack of Developmental Support

From abandonment within the Contact Boundary





What is meant by the phrase *inability to incarnate*?

What does it mean to go slow enough so that the nerve fibers will reinnervate? How slow can that tempo be?

What are three ways of working with Low Tone Armoring?

Why might low tone areas often be linked with the emotion of fear?

