



Lesson 24:

Visualizing Low Tone

Deepening our understand of how low tone functions

What are the circumstances that might cause the body to defend not through bracing but through bending?

How might low tone states in the body impact our interpersonal boundaries?

Reflect on the phrase “unable to feel a person’s midline.”

Think about a client where you may not have felt a midline presence. What in their body might have contributed to that quality?

Think about a client where you may have clearly felt a midline presence. What in their body might have contributed to that quality?

In this lesson we introduce the idea of centers of intelligence/centers of feeling and behavior within the body and identify several of those centers along the midline. One way to think about these centers, is that they can be active/may contain sensation when their respective intelligence is being called upon.

Pick one of these centers in the body. Think about the types of sensations you have felt in that center when experiencing a circumstance related to that center’s type of intelligence. You can also think about sensations that appear in that area when performing an action related to that center’s intelligence.

Through reflection practice, we can increase our body literacy - learning to notice when a center may be activated and why.





How might the tissue around an intelligence center change if that intelligence is not welcome within a home environment?

Which type of armoring may be coupled with hyper mobility - high tone or low tone?

Circle one:

As low tone increases, the sense of identity (increases)/(decreases).

Why might a low tone area have difficulty containing life force?

What are our therapeutic goals when helping a low tone area heal at the *contact boundary level*?

