



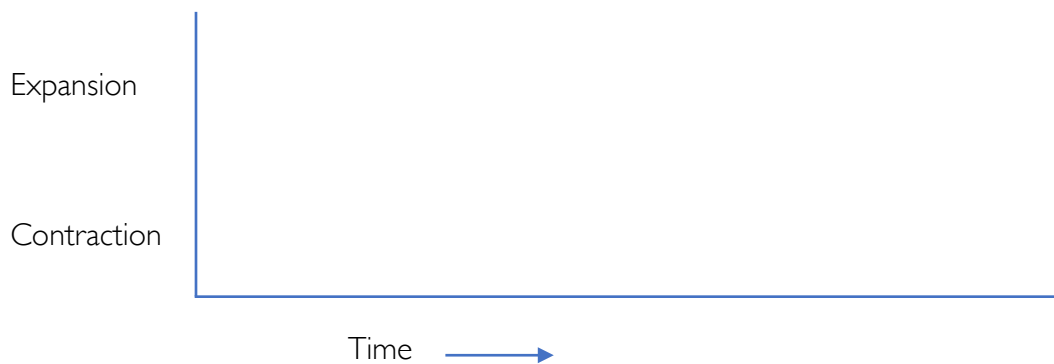
Lesson 27:

High Tone and Low Tone Interactions

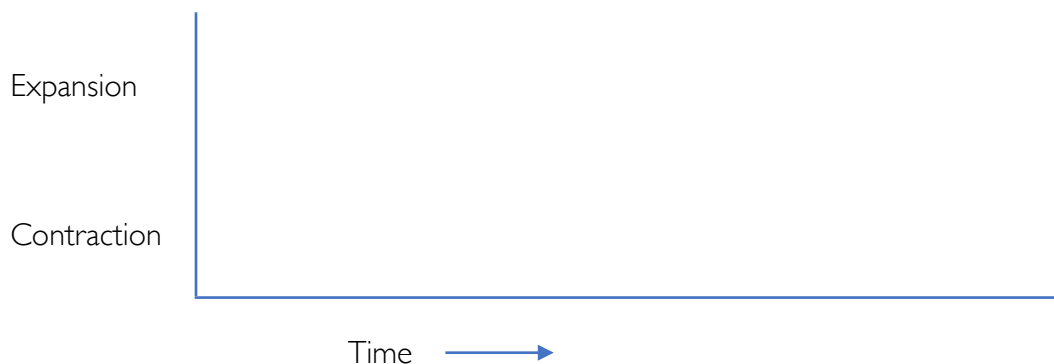
Understanding the system as a whole

We can think about the basic flow of aliveness that moves through the body as a kind of undulating wave or a sine curve. This wave directly appears in things like the movement of the breath through the body, the pulsing of the blood through the arteries, or the rhythmic contractions of the lymphatic vessels. It's the balanced flow of these waves that provides health, vitality, and connectedness throughout the body/mind.

What do you imagine happens to this wave as it moves through an area of high tone in the body? Chart what you imagine below.



What do you imagine happens to this wave as it moves through an area of low tone in the body? Chart what you imagine below..





Think about the body of a client you worked on recently. Using this image of an undulating wave, what do you imagine this wave looks like as it flows through different parts of this client's body? Where in the body might it be small and compressed and where might it be large and unbound?

Picture yourself now working on this client. How could you focus your work to help balance out this sine curve? Visualize the different techniques you would need to apply in areas of high tone versus areas of low tone.

Describe how you would approach this client's body to best create a balanced wave.

What are some ways you can integrate and smooth the wave after releasing built up energy from a high tone area?

What is one way you could guide that released energy into a low tone area?

How might the restoration of a balanced wave in a part of the body, relate to the expression of intelligence within that part of the body?

We reviewed three categories of high and low tone interaction:

- 1) Releasing high tone to help send energy to low tone
- 2) Containing low tone so a high tone area no longer needs to overwork
- 3) Building energy in a low tone area deep in the body so that the high tone shell surrounding that area is no longer needed





You sense the need for support in the body. Where might you start, with low tone or high tone?

You sense a restriction of breath in the body. Where might you start, with low tone or high tone?

You sense a numbness in the body. Where might you start, with low tone or high tone?

You sense a pressure inside the body. Where might you start, with low tone or high tone?

You sense a hopelessness in the body. Where might you start, with low tone or high tone?

“The process of releasing high tone and low tone is often cyclical.” Explain what is meant by this.

