



Lesson 38:

Introduction to the Welcoming Phase

Opening into essence

The process of healing contained within the Cycle of Touch involves following the threads of the wound down to the depths and then following the threads of essence back up. This is a natural process — as the wound integrates, essence is restored.

With this concept in mind, think about an experience of healing that you have had in your own life. Looking back, can you identify how the opening of the wound lead into the essence underneath? How did the vulnerability and the essence interrelate? What did you experience as one layer melted into the next?

What is meant by *healthy self-intimacy*?

Have you had an experience where it felt like your essence was longing to be with you? If so, how did you experience that longing and what was it calling for?





In the Welcoming phase it is as if all the different voices in the body reconnect to the core expression. The body begins to speak in harmony once again, with the client being the song. The client may even appear more *there* in their body and in the the room with a sense of fundamental goodness and ease flowing from them.

Think back to an experience of giving massage where it felt like your client's tissues were coming into this state of deep coherent expression. What did you notice that cued you that this was happening? How would you describe the underlying quality?

As massage therapists, one of our greatest aims is to reflect to our clients their own essence through our touch.

