



Lesson 26:

Low Tone Armoring Demonstration Debrief

Drawing connections and developing your clinical thinking

Sometimes the spacious presence used when contacting low tone can allow a great deal to surface within the client's bodymind. How might you want to change your approach if what is emerging in this space starts to become too much for the client?

In this debrief I chart the general sequence of the session. Below is a list, in sequence, of the interventions I used and the stages they roughly belong to within the cycle of touch.

Connection Phase

- Grounding (myself)
- Slowing tempo/pacing
- Palpating qualities of tone within the tissue
- Providing containment
- Supporting the client's connection with the tissues
- Mirroring the breath with the hands

Armoring Phase

- Building charge in the low tone area (wind on the ocean)
- Bubble visualization

Empathy Phase

- Presencing with what surfaces from the low tone as charge builds
- Presencing with the somatic double bind

Connection Phase

- Offering grounding to build support
- Exploring potency in the supporting structures
- Waking up reflexes in the legs
- Increasing the inhale
- Supporting the naval radiation pattern
(in this case sourcing power from the limbs into the navel)





Empathy Stage

- Working with the guardian in the tissue
- Holding supportive messages in my hands

Connection Phase

- Grounding/brushing down the body
- Stimulating the sensory nerves of the feet
- Closing and sealing the areas worked on

What strikes you about this sequence?

What from this sequence might you want to incorporate into your sessions?

This sequence is not a formula but a dynamic application of techniques to meet what arises within the session in each moment. Supporting the application of these techniques are the foundational tools of the loop of awareness, resourcing, and the kinesphere practice. These three foundational tools are constantly being utilized in the background throughout the session.

What is a somatic double bind?

Why could it limit an area's sense of aliveness?

Differentiation is the healthy process of defining self from other. Why could the developmental task of differentiation be a support for healing low tone?

Reflect on the statement, "Holding the deepest bow for the way the system has organized itself."

