



Lesson 25:

Low Tone Armoring Demonstration

Exploring interventions that release low tone in the body

“You can’t rush low tone.” What are some reasons this might be the case?

Think back to a session where you may have experienced a “guardian within the tissue.” How did you know it was there? What was the need behind the felt sense of protection?

Below is a list of nine interventions used to help release low tone from the body.

- Bubble visualization
- Increasing inhale
- Waking reflexes
- Grounding legs
- Encompassing touch
- Pacing
- Midline loading
- Supporting neural radiation pattern (connecting limbs with core)
- Stimulating sensory nerves

Select three of these techniques and describe the reasons each technique may be useful for releasing low tone as well as how to apply each technique when working with a client.





Building somatic resources within the body and providing containment are two primary approaches to working with low tone.

How might stimulating the body's reflexes awaken a resource within the body?

Research the extensor thrust reflex and how it can be stimulated. How might you manually stimulate this reflex during a massage session?

How might the use of an eye cover help provide a sense of containment?

What are some other ways you can provide a sense of containment to the body?

In the demonstration I speak about holding different messages in my hands as I am working. I mention messages such as "I respect you," "you are in charge," and "I am here to serve you." What are some other messages you can imagine holding in your hands while you work with the body?

