



# WELLNESS:

Coming home to your body 3

by Dan Bienenfeld

Along with his early training with Judith, Joseph Heller was very immersed in the energetic world of Bioenergetics, and Brough Joy, who was also favored by Ida Rolf at that time. This gave Joseph a deep understanding of seeing the body as an energetic process, and therefore, energetics not only became part of the way of working with the tissue, but also became a way of perceiving and evaluating a client's pattern of movement.

Joseph was also influenced by his dear friend Hal Stone, who was particularly active with Joseph when he first opened the school. Hal Stone, the developer of Voice Dialogue, illustrated how psycho-dynamics and the body dynamics really come together and influence each other. Hal Stone's contribution of Embodied Voice Dialogue made the Hellerwork Movement model more than just a functional movement system, as it broadened its scope to include the personality (which is what Rolf really believed the body to be), and the spirit.

There are many more influences on our movement work from Alexander to Yoga principles. It is wonderful to be able to participate in the evolutionary stages of this work, and be a part of its history. Those of us who are practitioners at this time, are still true pioneers of this work.

In Hellerwork SI we want to manifest "the body's natural alignment, openness and motion." The movement work focuses on the way we use our bodies in the course of our daily lives. We explore and identify our movement patterns, learn how to release them, and develop new efficient, economic, and graceful patterns — those that make it a pleasure to move and flow with our movement. Again, we focus on the movements of daily life — sitting, standing, walking, lifting, reaching, etc.

The aspect of Hellerwork SI that is widely known as the Themes is otherwise known as Dialogue or Personal processing work, or Self-Awareness Dialogue.

It is important to understand that this element of Hellerwork SI is an exploration and not a procedure. It is a study of mindfulness and used to assist individuals in improving the interaction between their body and their mind and personality.

Apparently Dr. Rolf was known to make statements like "there is no such thing as psychology, just perverted physiology." When asked what she thought about psychology, she was quoted as saying, "psychology is alright, but I prefer something I can sink my elbow into."

We must remember that some of Rolf's chief supporters were some of the major figures in the modern psychology movement of the day, and I believe that she wanted to make it clear that we work with the body. She did believe that by working with the body, there was the potential to free the psyche and the individual of past trauma.

Any practitioner of SI who has been around for a while or who works with lots of clients understands how the beliefs, stored emotions, held trauma, unexpressed emotions and communications can effect the body and its integration. Hellerwork, understanding that we are not in the psychology business, does have a capacity to profoundly help our clients free themselves of the past, in order to create freedom and full self expression. In Hellerwork, we address these elements in a range of ways, by creating a space for this aspect of the healing process.

In the case of this author, I am convinced that my scoliosis would not have cleared up, had Heller himself not helped me explore my relationship with my anger and fear of expressing it. It was from that exploration of my body's response to my anger state that allowed me to heal so much of my past traumas and create an amazing life.

Rolf pointed out that we begin our life, infolded and curled. As we are born and develop, we unfold and evolve. There are situations, environments and traumas that cause this natural evolutionary process to halt or divert, causing incomplete development and therefore interruption to the flow of our bodies and our lives. It is the job of the SI practitioner to release these blockages and allow the flow of gravity and energy to come through.

It is our personal evolution that allows us to take our place and be the best of who we are. As practitioners, we use our hands to help open and restore this flow. We use our movement facilitation skills to assist our clients in moving through life's challenges in a graceful and expanding way. And we use the Dialogue process to help facilitate the freedom of the being within the body.

A fuller understanding of the creation of this part of the work may be established by reading Joseph Heller's book, entitled *Bodywise*.

**Dan Bienenfeld is a world-renowned Hellerwork Structural Integration trainer and practitioner with close to 30 years of experience. He will be holding workshops classes as ASIS this spring.**  
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BY KYLE BOGGS

Last year, I made my own studded bicycle tires to keep me rolling through the snow and ice. I laughed the first time I had them on, doing figure eights atop a sheet of ice in the ally behind the **Orpheum**. I remember ripping through turns on the way home, testing my luck, actually trying to slip. Though slight inebriation fostered this sense of confidence more than the quality of my own arts and crafts, I was duly impressed.

## HERE IS WHAT YOU'LL NEED

- Two old tubes, two old tires (it's okay if they have punctures).
- Two boxes of 3/8" to 1/4" inch sheet metal screws
- Industrial grade silicone epoxy
- An attitude somewhere between Martha Stewart, MacGyver, and Penny Rimbaud.

### STEP 1

On the outside of each tire, mark each rubber tread knob you wish to be studded. This is really just to make sure you have enough screws to do the kind of job you want. Remember that you really just need the studs there when you're breaking and turning, so don't over do it. I used 100 screws for each tire and spread them out along the outer parts of the tire.

### STEP 2

From the inside, drill sheet metal screws into each tread knob you marked. By pinching with your thumb and index finger on the outside and inside of the tire, you can ensure you're drilling in the right place. If you don't screw directly into your mark, it's not a big deal.

Why sheet metal screws? Last year, I used sheet metal screws on one tire and wood screws on the other. The woodscrews rusted and wore down far quicker than the sheet metal ones. Some will recommend concrete screws; though strong, they are too heavy, too expensive, and often too big.

As you are doing this, make sure the screws don't stick out too much. This means that you will not necessarily screw them in all the way from the inside. Depending on the kind of clearance you have, this is simply to

avoid the screws scraping up the inside of your frame when you put the wheel back on.

### STEP 3

After you have all your screws in the way you want them, take your epoxy and dot the heads of each screw. And feel free to coat around the threaded part of the screw if they are not screwed in all the way.

### STEP 4

Before the epoxy dries completely, take an old tube and slice it open, long ways, all the way around. Line the inside of your tire with the old tube. The tube will be unnecessarily wide for this job, so feel free to trim it a bit. You can also use more of the epoxy to get the tube to stick to the inside of your tire. This "liner" tube is to provide another layer of protection against the possibility of a screw head puncturing your new tube.

### STEP 5

Insert a new tube and slap the tire on your wheel. This might require gloves, as you will not be used to doing this with sharp screws poking your hands. If you find that the screws are nicking the inside of your frame, you can simply file them down with a heavy duty file.

If you can perform this modification with an extra set of wheels, it will be much easier for you to simply swap wheels rather than change the tire every time the weather gets bad. You can ride with these wheels on all season, but just know that when the pavement is dry, studded tires will slow you down significantly.

Doing things like making your own studded snow tires helps to foster a mindset whereby cyclists question the weather less and question themselves more. Slowly but surely, winter cyclists will stop looking at the sky and wondering if today it might be a better idea to ride the bus or drive. Instead the real question becomes, what can I do to stay on the bike?

**Kyle Boggs is looking for a used and reasonably priced Burly cargo trailer.**  
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