

*emBodyment-integrity through movement*  
*Jackie Hand*

**Newsletter**

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**Encouraging Longevity  
of Your  
Health and Well-Being Through  
Movement and Touch**

[www.emBodyment-itm.com](http://www.emBodyment-itm.com)



**STEPHANIE**

**AND**



**JACKIE**

playing around on physioballs at KayLynn Pilates in West Columbia, South Carolina. Stephanie Wilkins, owner of KayLynn Pilates, currently an adjunct dance professor at both Columbia College and the University of South Carolina, is a performer and choreographer with The Power Company. Formerly a dance student of Jackie's at Emory University, Atlanta, Georgia, and now a colleague, Steph invited Jackie this month to work with her KayLynn Pilates clients in private movement re-education and bodywork sessions. Jackie will return to KayLynn Pilates later this summer.

There is much that I am exploring and want to share this month, but I've decided to limit my discussion to emotion created through disease or trauma that remains stuck in the body after the event. In CranioSacral Therapy this is referred to as an energy cyst, and its exit from the body is termed SomatioEmotional Release or SER. It goes by other names in other therapies.

The theory is that any experience that is incomplete stays lodged in the body. At the time of the incident, there may be too much happening for the body to process, so the unresolved energy is walled off as a damaged area. The energy can remain trapped in the body for years or even decades. Since each part of the body to some degree is impacted by the trauma, an energy cyst often is the root cause of diverse and seemingly unconnected physical and emotional issues. Energy cysts can remain in the body for a long time; they can be created anywhere. They tend to devitalize the tissues in the area where they are stuck. By localizing this disordered and injured tissue, the body can continue to function, but less and less efficiently as time goes by.

By giving the walled off energy and its created emotional component (which often is the actual energy) the opportunity to be fully expressed, it

can be and often is, released. When the emotions are released, often the dysfunction and its symptoms leave the body easily. "There is a deep connection between physiological and emotional stress."<sup>1</sup> By the way, the person may have no memory of the original event.

I have been reading **Waking the Tiger, Healing Trauma** by Peter Levine. His theory of the physiological release of energy trapped within the body is similar to SER. This book has been crucial in promoting a very recent release of energy that was trapped in my collar bone and right arm from an almost forgotten childhood fall. I can't possibly convey how excited I am about this and how freely I am experiencing the movement of my neck and right arm! This, decades after my fall!!

*Educating You in awareness  
of Your own body,  
its movement patterns and potential.*

1. Class notes from Ingrid Bacci's CSTI class, Charlotte NC, 2005.

Please email me: [Jackie@embodyment-itm.com](mailto:Jackie@embodyment-itm.com)  
if you do not wish to be on my mailing list.



**An Interesting Icosahedron Model**  
This baby toy has a cube at its center. The 3 planes within the icosahedron are represented by 4 loops attached to one side of the cube and looped to attach to the opposite side, 2 upper and 2 lower loops per plane. Each side of the cube has an attachment of blue, purple, orange and green.