

*emBodyment-integrity through movement*

*Jackie Hand*

**Newsletter**

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

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Stephanie Wilkins, owner of KayLynn Pilates, W. Columbia, SC and one of my former students, now friend, invited me to KayLynn to work with her clients. While there, I was privileged to watch Martha Brim, professor of dance and director of The Power Company, a professional dance company in residence at Columbia College, rehearse company member Stephanie and Ashley Workman, age 14, a Special Olympic Athlete. The duet I saw is part of *Swan Soiree*, danced by Stephanie, Ashley and 5 Power Company apprentices as part of a Power Company performance on April 14th and 15th at Columbia College's Cottingham Theater.

## ENERGY: RADIATION

Radiation as both a mega and micro topic is one that I have been exploring through my fascination with the transference of energy; transference through the environment, through my hands, and in communication. My study has informed my touch through my CranioSacral and fascia trainings, and through an ongoing theoretical area of debate in Laban Movement Analysis on spatial tensions. The scientific community is making constant discoveries that change the perception of the human body. These discoveries attract my exploration of cells, fascia and neuroscience. My interest was initially piqued by my knowledge and use of Laban Movement Analysis and in the observing of movement transitions as changes in the use of energy dynamics (Effort we call it), and shape changes, patterns of movement through space and rhythms, all part of the process of movement. Now I'm looking closer, more subtly, at the smaller movements of the body that allow the whole to function, to move. The study of energy pulls me quietly inward.

The horror that continues to unfold in Japan brought radiation in the environment sharply into focus this month on the macro level of existence, with the acute awareness of the effect that a nuclear disaster can have on the planet. I mourn the loss of so many people. . . Inwardly, my cells, my tissues responded to the devastation from this outer loss of human energy. The planet and the people upon it must now accommodate in so many ways. Our emotional and physical proximity to the disaster affects how we do so. From those in Japan who must now adapt their lives moment to moment, to all of us adapting to the change in the planet's rotational axis, we continue to move and adjust, the body/

mind/spirit needing to regain some form of equilibrium in relationship to this event.

I have been looking at EMFs (Electric Magnetic Fields), exploring them in relationship to Sensory Processing Disorder (SPD). Just because we don't see energy traveling through the environment doesn't mean it doesn't exist. We hear about its effects peripherally, but don't really want to know, i.e., cell phones and the discussion of brain tumors, energy grids making wall sockets obsolete, the electricity we experience that influences us daily in our houses, emitted from our televisions, our computer screens, etc. How are they affecting us? We don't know their full effects and influences. Think about headaches, fatigue, illnesses and cancers that are environmentally caused, perhaps by living under electricity wires. And radiation leaks into the atmosphere, the earth and the water. We do not know what damage is occurring. We take advantage of the ease in comfort our use of energy creates now, not knowing if dis-ease follows later. I think for many of us there is a direct link between energies in the environment and sensory processing. This is wide-ranging, from those of us sensitive to light to those along the autism spectrum.

Recently I had to pass through a TSA scan. I am trained to perceive energy. I was unprepared for the brief, but horrendous experience of walking through the scan. Every cell in my body felt blasted and

frayed. It was a blast that lasted only an instant, but my body screamed for 4 days after. I had to sit down when I came out of the scan. I was confused and disoriented. This was subtle and it was real. It was horribly un-grounding and totally invasive. For my return flight only 5 days later, I refused to be scanned again. The pat-down, which I had dreaded before traveling as being invasive, was nothing in comparison to the invasion of that scan. (To be continued)



**Magnified Image  
of a Split End**

**My cell walls felt like this  
after I walked through the  
TSA scan**

**From a South Carolina client  
after her movement and  
bodywork session:**

*This work is magical! . . . please  
know I will gladly travel to  
Raleigh for your therapy. It  
helped me that much!"*



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