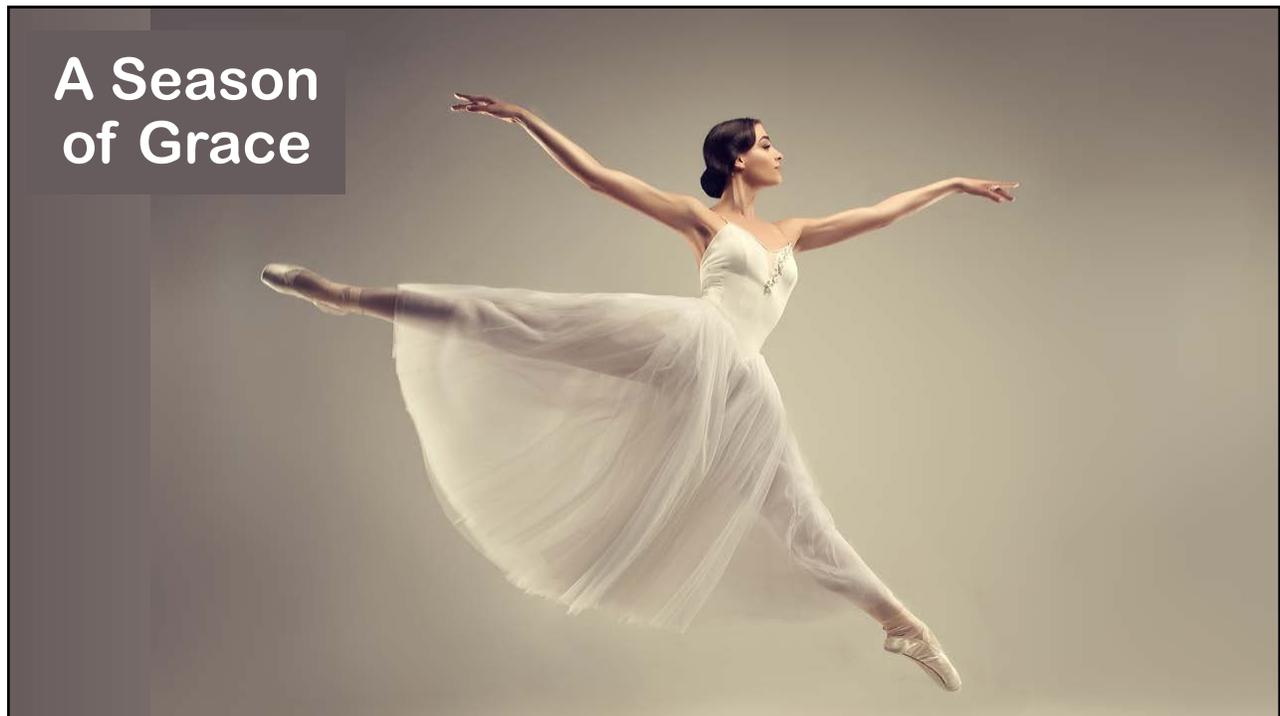




1



2



What is Grace?

- Graceful – ability of the body to move in a smooth, flowing, uninhibited manner
- Gracious – the ability to move in social situations without friction or social tension
- Grace also implies a state of goodwill, meaning we can “fall” from grace, or be blessed by the good graces of another
- Spiritually, grace implies living without fear, guilt or shame, in a state of innocence like a child
- Grace can also imply gratitude or a blessing, as in “saying grace”
- All of this implies a free-flowing state that is not hampered or obstructed

3

Wild Animals and Grace



- Ever notice how effortlessly wild animals move
- Wild animals are naturally graceful
- They live in a state of grace
- Their bodies are not filled with tension and stress

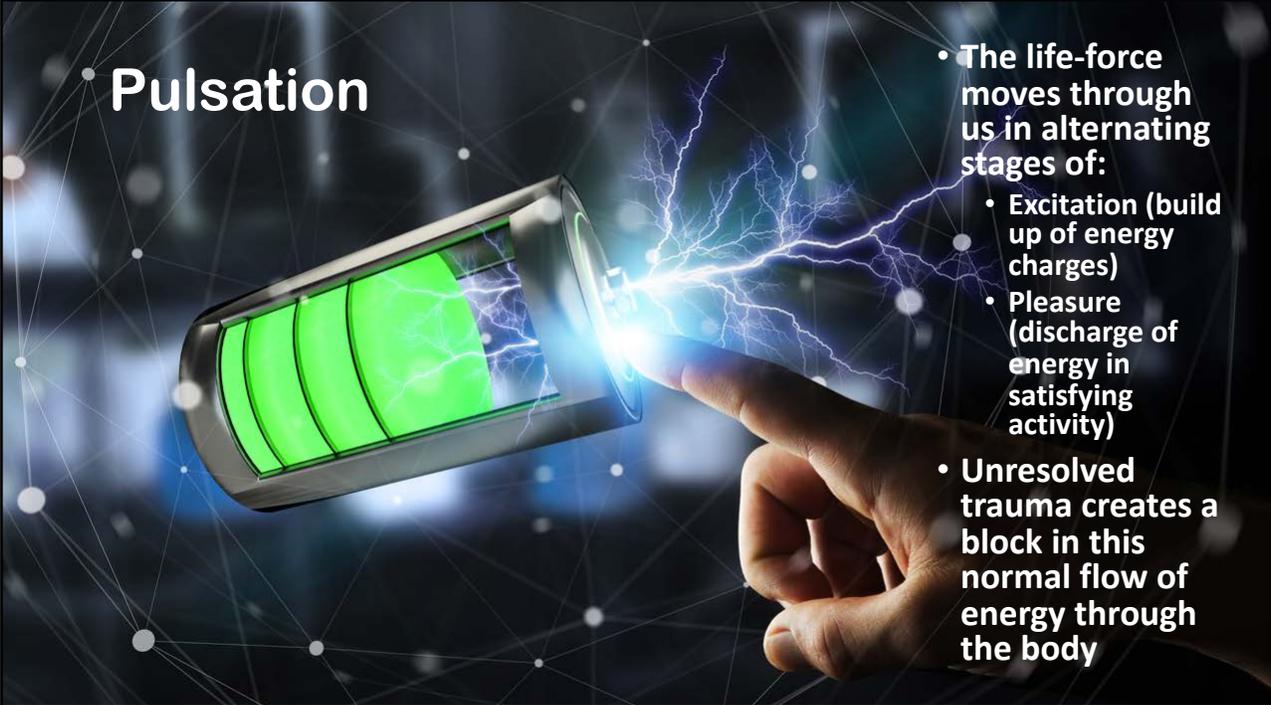
4



Children and Grace

- Children also have a natural flowing movement that is not jerky or inhibited
- This is also related to their sense of innocence
- Unfortunately, many parents feel compelled to take this state of grace away from their children

5



Pulsation

- The life-force moves through us in alternating stages of:
 - Excitation (build up of energy charges)
 - Pleasure (discharge of energy in satisfying activity)
- Unresolved trauma creates a block in this normal flow of energy through the body

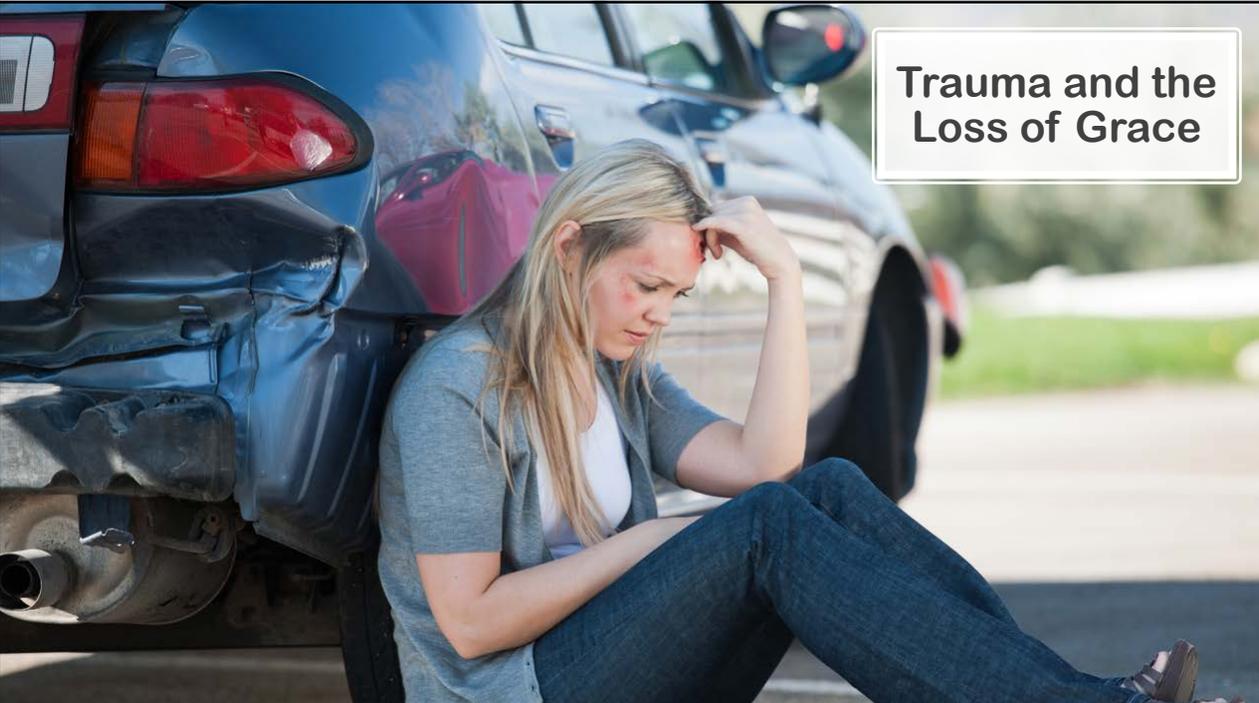
6



The Body Doesn't Lie...

- What is going on inside of us is faithfully recorded in our body
- Tension creates the inability to move in a flowing manner
- It also distorts the posture and expression, inhibiting a person's ability to move with grace
- The lack of emotional grace is often linked to the lack of physical grace because we store memories of unresolved trauma in the areas of tension

7

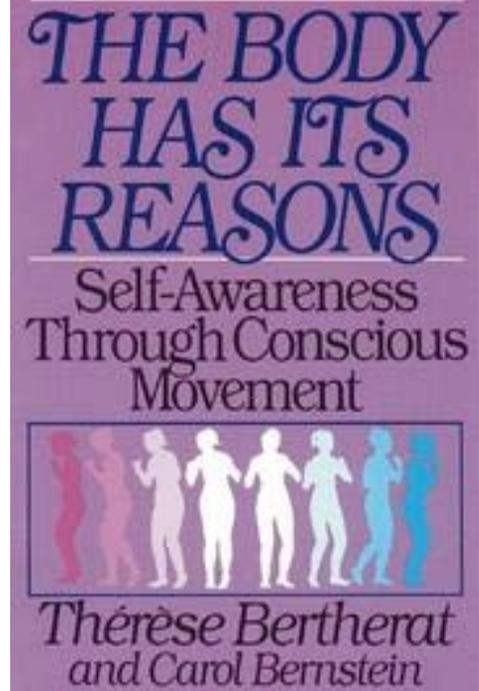


Trauma and the Loss of Grace

8

Frozen Trauma in the Body

- Unresolved trauma causes us to withdraw from our body, leaving it empty of our awareness and presence
- Our body becomes like a haunted house, haunted with the ghosts of unresolved past trauma



9

Dedications from The Body Has It's Reasons

- To Mme. A., a well-known lawyer who confuses her self-image with her professional image and is afraid she'll lose her authority if she loses the stiffness in her neck and the aggressive expression on her face.
- To Mlle. E., virgin and martyr, who for forty years has been claiming she wants to get rid of her stomach, which bulges like that of a woman eight month's pregnant. Always smiling and seemingly cooperative, she refuses to make the changes that would deliver her.

10

More Dedications from The Body Has It's Reasons

- To Mlle. C., who had her nose, her chin, her eyelids and her breasts redone, but sheds genuine tears because no one can redo her life.
- To G., who as a teenager closed her eyes so successfully to herself that she managed to sleep sixteen hours out of twenty-four. Her shoulders drooping, the back of her neck hollow, her head flung back, she glided through life like a sleepwalker until one day, in a mirror, she met up with an aging woman, eyes wide open in disbelief.

11

Unresolved Stress and Tension

- “Every stress produces a state of tension in the body. Normally the tension disappears when the stress is relieved. Chronic tensions, however, persist after the provoking stress has been removed as an unconscious bodily attitude or muscular set. Such chronic muscular tensions disturb emotional health by decreasing an individual’s energy, restricting his motility... and limiting his self-expression.”
—Alexander Lowen, *The Way to Vibrant Health*



12

Invisible Trauma from Childhood

- Jean Liedloff visited the South American jungle where she encountered tribes of natives who had little contact with Western civilization
- Her book, *The Continuum Concept*, outlines what she learned from the people of these tribes
- She discovered that our psychological and societal problems arise from how we are raised
- This is also an explanation of why most of us lack grace, carrying instead a load of tension and pain

13

The Tauripan: A Happy People

- “They were the happiest people I had seen anywhere, but I hardly noticed it then...”
- “The children were uniformly well-behaved, never fought, were never punished, always obeyed happily and instantly; the depreciation “boys will be boys” did not apply to them, but I never asked myself why.”



14



The Yequana and Sanema Tribes

- “...in that utterly foreign land I failed to notice that much of the unreal quality of its people was accounted for by an absence of unhappiness, a large factor in every society familiar to me...”
- “The ‘rules’ of human behavior did not apply to them.”

15

Aspects of Native Child Raising

- Constant physical contact with his mother (or another familiar caregiver as needed) from birth
- Sleeping in his parents' bed, in constant physical contact, until he leaves of his own volition
- Breastfeeding "on cue" — nursing in response to his own body's signals
- Being constantly carried in arms or otherwise in contact with someone, usually his mother, and allowed to observe (or nurse, or sleep) while the person carrying him goes about his or her business — until the infant begins creeping, then crawling on his own impulse, usually at six to eight months

16

Aspects of Native Child Raising

- **Having caregivers immediately respond to his signals (squirming, crying, etc.), without judgment, displeasure, or invalidation of his needs, yet showing no undue concern nor making him the constant center of attention**
- **Sensing (and fulfilling) his elders' expectations that he is innately social and cooperative and has strong self-preservation instincts, and that he is welcome and worthy.**
 - **Source: http://www.continuum-concept.org/cc_defined.html**

17

Western Child Rearing

- **Traumatic separation from his mother at birth due to medical intervention and placement in maternity wards, in physical isolation except for the sound of other crying newborns, with the majority of male babies further traumatized by medically unnecessary circumcision surgery**
- **At home, sleeping alone and isolated, often after "crying himself to sleep"**
- **Scheduled feeding, with his natural nursing impulses often ignored or "pacified"**
- **Being excluded and separated from normal adult activities, relegated for hours on end to a nursery, crib or playpen where he is inadequately stimulated by toys and other inanimate objects;**

18

Western Child Rearing

- Caregivers often ignoring, discouraging, belittling or even punishing him when he cries or otherwise signals his needs; or else responding with excessive concern and anxiety, making him the center of attention;
- Sensing (and conforming to) his caregivers' expectations that he is incapable of self-preservation, is innately antisocial, and cannot learn correct behavior without strict controls, threats and a variety of manipulative "parenting techniques" that undermine his exquisitely evolved learning process.
 - Source: http://www.continuum-concept.org/cc_defined.html

19

Pepe, Cesar and the Garden



- “For five years Cesar lived with Pepe’s family...he and his wife and daughter at the food on Pepe’s plantation. Cesar was delighted to find that Pepe did not expect him to clear a garden of his own or even help with the work on his.”
- “...Just before we arrived, Cesar decided to clear a garden of his own and Pepe helped him with every detail...”
- Everyone was glad, Pepe told us, because Cesar had been growing discontented and irritable. “He wanted to make a garden of his own,” Pepe laughed, “but he didn’t know it himself.”

20

The Playpen



- Tududu built a playpen from upright sticks lashed with vines
- He snatched his son, who had taken his first step about a week earlier and put him in his invention
- “[The boy] stood uncomprehending for a few seconds at the center, then made amove to one side, turned about and realized he was trapped. In an instant he was screaming a message of utter horror, a sound rarely heard from children in his society.”
- Tududu pulled him out and tore down the structure

21

No Anesthetic Surgery

- Jean had to scrap gangrene from a toe on a 20-year-old man with a knife
- “...he wept without any sign of restraint on his wife’s lap. She, like the little boy’s mother, was completely relaxed, not putting herself in her husband’s place at all, but serenely accessible, as he buried his face in her body when the pain was greatest...”
- Even with half the village eventually gathered to watch there was no pressure to stop the display of emotion



22

The Tension of Life

- There are two forces pulling at each person (child or adult)
- The first is the desire for independence or freedom
- The second is the desire to belong or be socially accepted
- In the absence of coercive behavior, the desire to be social naturally arises from within the person
- “One of the deepest impulses in the very social human... is to do what he perceives is expected of him.”



23

The Parent-Child “War”

- “You have to remember that it's the parents who declare war in the first place, usually just about at birth. The adversarial relationship begins then, and by the time a child is two, it's all he's ever known. Suddenly he discovers that he has the power to make his parents react: I pushed the button and the monkey jumped. Let me try it again and see what happens. When the monkey jumps again, he is amazed. No sane child can resist this power, once he finds out he has it.”
 - <http://www.continuum-concept.org/reading/JFL-interview.html>



24

Neurosis

- “Neurosis involves being what one is not in order to get what doesn't exist. If love existed, the child would be what he is, for that is love — letting someone be what he or she is. Thus, nothing wildly traumatic need happen in order to produce neurosis. It can stem from forcing a child to punctuate every sentence with "please" and "thank you," to prove how refined the parents are. It can also come from not allowing the child to complain when he is unhappy or to cry. Parents may rush in to quell sobs because of their anxiety. They may not permit anger — "nice girls don't throw tantrums; nice boys don't talk back" — to prove how respected the parents are; neurosis may also arise from making a child perform, such as asking him to recite poems at a party or solve abstract problems. Whatever form it takes, the child gets the idea of what is required of him quite soon. Perform, or else. Be what they want, or else — no love, or what passes for love: approval, a smile, a wink.”
- Neurosis by Dr. Arthur Janov (<http://www.continuum-concept.org/reading/neurosis.html>)

25

Examining Your Tension

- Lie down on your back on the floor (if you can)
- Breathe slowly and deeply and allow your body to relax
- Notice where you feel pain or tension in your body
- Tune into these areas and “breathe into” them, giving them your full attention and awareness
- Ask, “What is this tension trying to tell me?”
- Pay attention to any feelings, memories or sensations that come up



26

Being Grounded

- Our feet and legs are our “roots”
- In our society we are taught to be “on the ball” or “on our toes”
- This is an ungrounded position of the feet
- To ground yourself, place your feet flat on the floor, breathe slowly and deeply and turn your awareness to sensing the connection of your feet to the ground or floor
- This helps to ease fears and help you feel “solid”



27

Releasing Toxic Shame

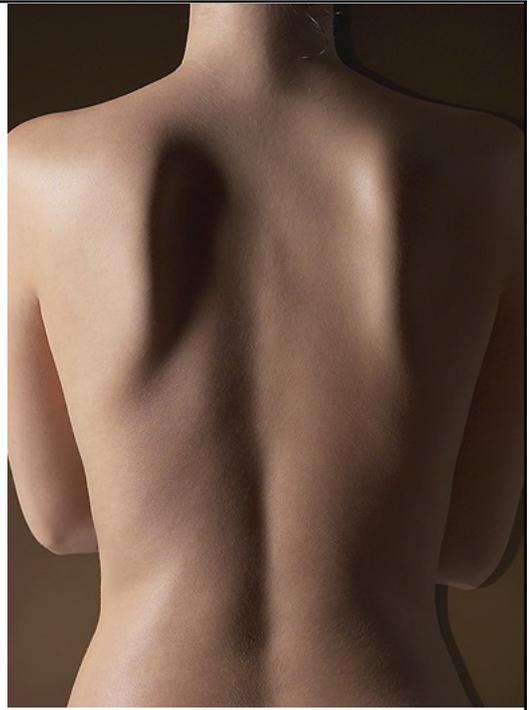
- Feelings of shame (especially about bodily functions) are stored in the pelvis (as in tucking our tail between our legs)
- Being made to feel shame over elimination, menstruation or sexual feelings can lead to a tense pelvis and a “tucked in” behind
- Releasing tension from the pelvis allows us to feel greater pleasure in our bodies and move more freely through life



28

Holding Back

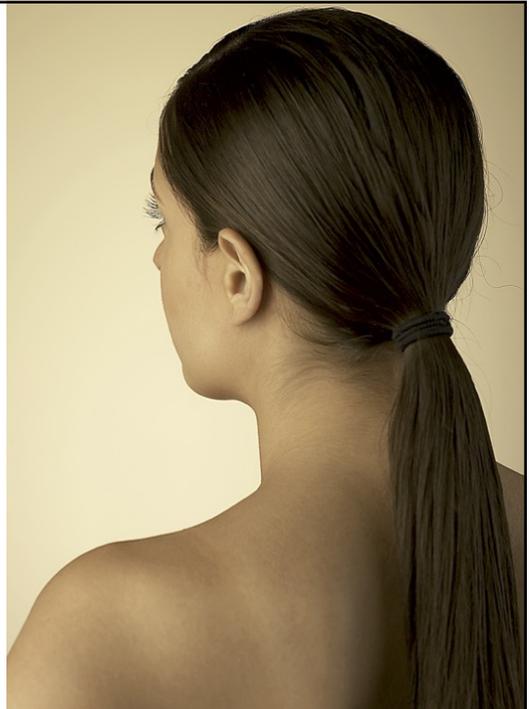
- The back relates to our past
- Our past often holds us “back”
- Our fears also hold us “back,” putting a “yellow streak” down our spine and causing back pain
- We can’t move forward, if we’re holding back
- When you have back problems, what do you need to let go of from the past?
- What fears are keeping you from standing up straight?



29

Carrying the World

- When we are unable to say “no,” we take on more than we can handle
- This burdens us with resentment and anger
- Our shoulder’s tense as we carry the “weight of the world” on them
- This causes things to become “headaches” to us or “a pain in the neck”



30



The Body-Mind

- The mind is not disconnected from the body, nor is it separate from the body
- We need to heal the body to heal the mind
- A body that is graceful, free of tension and pain, is a sign of a mind that is calm, relaxed and free of worry and care

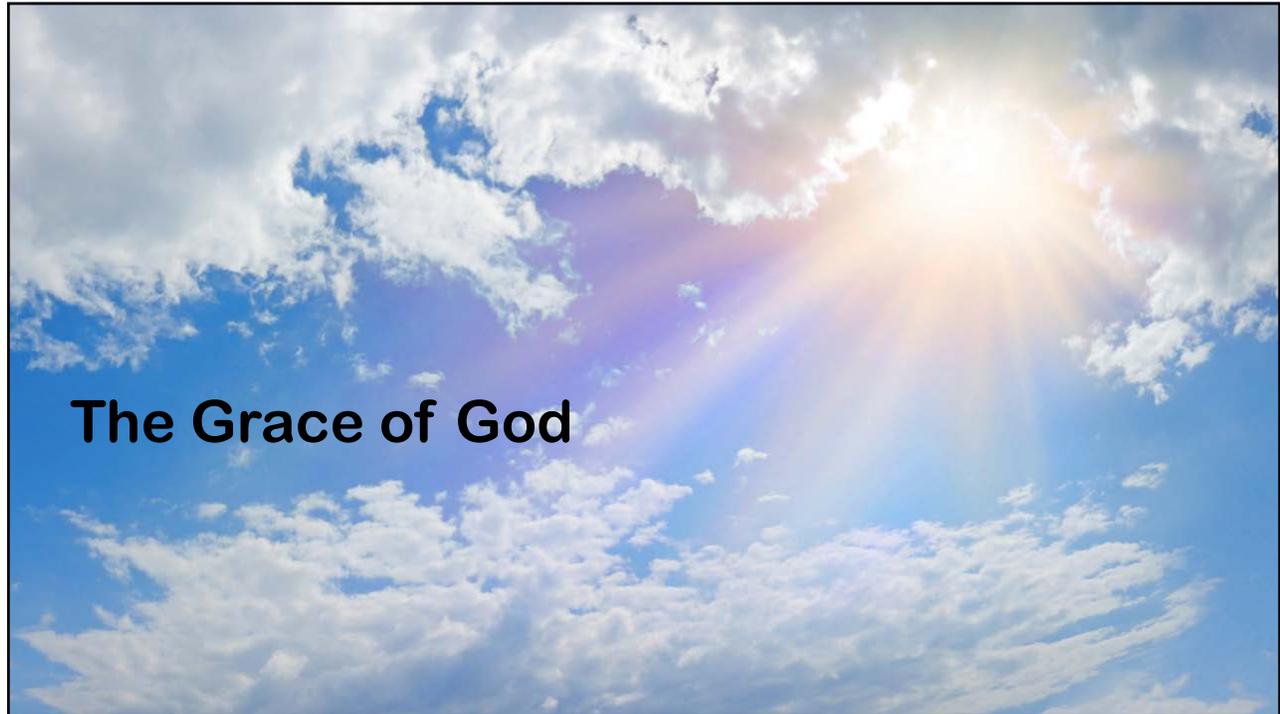
31



Techniques for Healing the Body-Mind

- Deep breathing
- Bodywork
 - Yoga, Tai Chi and related forms of exercise
 - Rolfing or other deep tissue work
 - Stretching, shaking, dancing
- Allowing physical release of emotional tension
- Prayer and meditation
- Flower essences

32



The Grace of God

33

Suggested Further Reading

- **The Continuum Concept** by Jean Liedloff
- **The Body Has It's Reasons** by Therese Bertherat
- **Alexander Lowen's books** (lowenfoundation.org)
 - The Betrayal of the Body
 - A Manual of Bioenergetic Exercises
 - Bioenergetics
 - The Spirituality of the Body
 - Love, Sex and Your Heart
 - The Voice of the Body
- **Peter A. Levine's books** (traumahealing.com)
 - In an Unspoken Voice
 - Freedom from Pain
- **Emotional Anatomy** by Stanley Keleman



34

A Holistic Approach to Disease

Register at:

<https://events.genndi.com/channel/wholisticapproach>

- Two free lessons
- December 5, 12
- 6:00 PM MT
(8 ET, 7 CT, 5 PT)
- Both sessions will be recorded and the those who register will be a link to the recordings
- Recordings can also be found at:
<https://stevenhorne.com/educational-program/The-Holistic-Approach-to-Disease>



35

Further Education

- Online emotional healing training (YouTube)
- A Holistic Approach to Disease (2020 member webinar series)
 - Jan 14 –Mood Disorders
 - Feb 11 – Heart Disease
 - March 10 – Adrenals and Stress
 - April 14 – Autoimmune Disorders
 - May 5 – Chronic Pain
 - June 9 –Diabetes
 - July 14 – Thyroid Disease
 - Aug 11 –Cancer, Part One
 - Sept 8 – Cancer, Part Two
 - Oct 13, – COPD
 - Nov 10 – Hiatal Hernia
 - Dec 8 – Parasites
- Member webinars
 - Monthly Membership \$19.95 month
 - 6-month membership \$99 (\$16.50 per month)
 - 12-month membership \$168 (\$14 per month)
 - Will also be able to purchase individual webinars \$20
- Also included:
 - Sunshine Sharing Hour
 - Previous Holistic Perspective and other Webinars
 - Rewrite Your Story
 - Co-Counseling Techniques
 - Empathetic Listening
 - Online database

Register online at <https://stevenhorne.com/signup> or call 800-416-2887

36

Subscribe, Like and Share

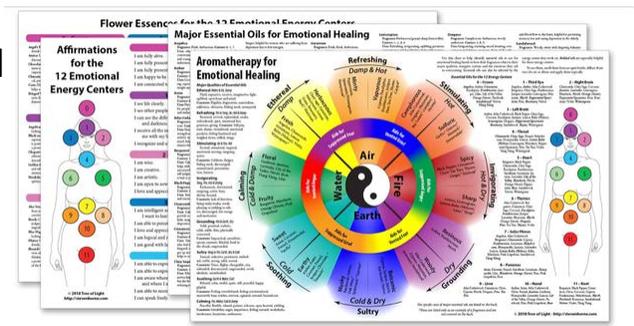


<https://events.genndi.com/channel/seekinglight>

37

Visit StevenHorne.com

- Sign up for our free mailing list
- Join our member program
 - Monthly member webinars
 - Online member database
 - Discounts on products and courses
- Checkout our store for charts, books and courses



38