

Rubinfeld Synergy Method® – How do we define ourselves and our work?

By Noël Wight

We touch and work with the body based on principles of two great bodywork systems- The Feldenkrais Method and The Alexander Technique –so are we bodyworkers? Yes and No – we don't define ourselves as bodyworkers for we do MORE than bodywork – we address and engage the mind, the emotions and the spirit.

Since we engage with the inner worlds and emotions of our clients – do we do psychotherapy? By that definition Yes and No. We do More than this- we engage the body – we engage in a somatic dialogue and we do this through TOUCHING the body!!!

So – We are really neither fish nor fowl We don't fit neatly into either category . **We are now and we have always been a new and different paradigm.** Ilana Rubinfeld knew this when she brought the body together with the mind, the emotions and the spirit. It is why she called it SYNERGY – for RSM is more and different than the sum of its parts.

There is no clear category for RSM .Parts of us could fit into working with the body, but it would leave a lot of who we are out. Part of us could fit into psychology and emotional work, but it would leave touching the body out - and that's a pretty important part of what we do. Plus the whole idea was to bring them together into a WHOLE – one system. So where do we place ourselves and our profession?

It is my belief that what we need to do is recognize our place as leaders in a new frontier – note I said **Frontier** and not **Fringe** –I believe we need to reframe that for ourselves and for RSM .We are on the new Frontier .If we follow that analogy, we see Ilana as one of the scouts that went forward 30 years ago to blaze a path for others to follow .RSM needs to help the world see and move in this new paradigm. We are moving beyond the present world view. It is not easy to do so. But imagine how different things would be if Christopher Columbus had stayed within the limits of the world view of his time.

And the good news is I actually think that a shift in view is already happening – people are interested and even ready to explore this new terrain.

In the February/ March issue of “Bodywork and Massage” there was a great article called “The Missing Piece” which addressed how massage can unearth emotional feelings that have long remained inaccessible to through verbal psychotherapy. Two men – Timmons and Connors (one a massage therapist – one a psychotherapist) decided to collaborate ; The psychotherapist had retrieved a long hidden emotional experience during a massage which spawned the idea of combining modalities. [What an idea! I wrote a letter to the Editor letting them know what Ilana had developed over 30 years ago...and what we are doing now. The letter was printed in their June issue.]

The world of the psychotherapists is also getting ready to explore this new frontier. Some are hungry for a way to bring the body into their work. This was evidenced last year when 300 people packed into the panel workshop at the Psychotherapy Networker

conference to hear how the body needs to be included. in the healing process. Ilana stood out from the rest on the panel because in RSM we TOUCH.

In defining who we are as synergists, I want to begin with the body and a few lines from John O'Donohue's ANAM CARA - –

“Your body is your clay home; your body is the only home that you have in this universe. It is in and through your body that your soul becomes visible and real for you. Your body is the home of your soul on earth.”,

‘There is a secret relationship between our physical being and the rhythm of our soul. The body is the place where the soul shows itself. -...the body is a sacred threshold and it deserves to be respected, minded and understood in its spiritual nature ‘Your body knows you very intimately- it is aware of your whole spirit ..Far sooner than your mind knows..(your body knows.). The inner voices of the body want to speak to us, to inform us of the truths beneath the fixed surface of our external lives.’.

As RSM avers..”The body tells the truth” Your mind can deceive you and create all kinds of barriers – smoke & mirrors..but the body does not lie. Our bodies tell us, if we listen, how our life is – whether we are living from our souls or from the “ labyrinths of our negativity”

The body is very complex and formed with great intelligence- All of our movements- everything we do requires refined co-operation of all our senses. Our senses are our gateways to knowing the world.- through seeing, tasting, smelling, hearing, and touching. When we truly listen to another with all our senses something very powerful happens..our senses awaken our sensitivities.

I believe there are many of us -our clients. .who yearn for that experience of being deeply listened to..even in the silences or especially in the silences. True deep listening gets us in touch with what is not said or is unsayable. It is often in Silence that we and our clients can hear deep within to the truth of our being.In this great Silence is Presence ...pure presence..healing presenc.It is a sacred moment..

Touch brings presence home. Through touching we contact ourselves and the Other. Touch which is listening and caring reaches to the core. Touch carries with it an intimacy of knowing and of being. When we are moved deeply in our hearts we say we “are touched.” Touch opens us to our heart space. It awakens us to warmth and belonging - to our fragility and to our strength. It is the gift we as Rubenfeld Synergists offer to our clients and thereby to the world.

There is a profound disconnect happening in people's lives and hence a great need- a deep yearning- to re-connect ..to come home to ourselves.. home to our bodies and all that lies within. **“The deepest things that we need are not elsewhere. They are here and now within the circle of our being...body, mind, emotions and spirit.”(John O'Donohue)** Rubenfeld Synergy can guide our clients to embody their fullness... to take that journey within.

So...RSM rests on and arises from these two notions...that the human being is a inseparable interconnection of body , mind, emotion and Spirit and listening touch is the medium by which we engage the dynamic dialogue with the individual Self of each client. The body is the essential starting point for the exploration of Self ...it is our home here on Earth..it reacts, responds and remembers in its every cell..the story of our lives. It is not just that the body holds our story..it is the story..It is in our SOMA... which is defined as all the cells of our body except for the germ cells.....

So when we make contact with our clients on the table , our hands invite them to come into awareness of their soma...and to listen with our hands' guidance to the truth that lies within. ...I am still, 18 years later, amazed and in wonder of what happens in our work. In a recent session with a new client on the table, I placed my hands on her hip and asked what she was aware of ..what she experienced as I made contact with her hip. She breathed in and said "Warmth." And I asked "What is that like to feel that warmth?" She replies,"It is like being held..being hugged." The session led to her experience of being held and supported in its deep relief. How very simple AND how very profound an experience it was for her to feel this in her body.

Another client, whose body is habitually tight and rigid, experiences an easing and a softening in her body as I touch her with the intention of listening to and being with. Once she could experience and feel a softening in her soma, the awareness of her habitual hardness arose, followed by the notion of the possibility of her being softer with herself. Her softened soma communicated to her this possibility not her mind. It was connected from her felt experience of herself. The soma has its own language; one that is different than the mind's.

As Synergists, we are not just touching & talking simultaneously –a little touch added to psychotherapy. Rather we are a whole different way of looking at things. In RSM, Touch and Talk are not parallel processes; they are an integrative whole – a different paradigm. RSM is actually more somatological than psychological.

The Rubenfeld Synergy Method is profoundly healing work which is defining itself.