

About Touch

1. If you say, “I don’t know if I really felt it or I imagined it”, this is about a subjective experience, it’s not about fact. The only way for you to be clear that you didn’t ‘imagine it’ is for you to be willing to have the experience again and again, and see if you continue to have your feeling, and after you’ve repeated this many times, you can be clearer, that you are not imagining it if you continue to have a similar sensation or perception.
2. This work is about an exchange of information between practitioner and the student so more clearly the practitioner can perceive the sensory information, the more clearly the recipient receives the sensory information, and the more change occurs.
3. Once we touch, we are consistently, completely, engulfed with massive amounts of data. We generally, in ordinary consciousness, filter out most of it even though it is registered somewhere in our being. But when you touch another person with conscious intention, you select for the kind of data you are interested in. You can touch and feel and hear cranial rhythm and not even be aware of something else. You can touch and feel the motility of an organ that’s constantly moving, like the liver for example moving down and up. You could touch, if you were very skilled, and feel the lymph flowing and nothing else. You could touch and feel the blood pulse and sense the diastolic and systolic changes in blood pressure. You could touch and it could be very cold or very warm. You could sense chaotic energy or energy that was moving in a circle clockwise or counter clockwise or a pulsing back and forth like a piston. You could feel an energetic spike of the body or the area could draw you in or push you away. You might be moved to ‘drain’ or ‘fill’ with just energy or with a color. There are many other possibilities. In one area all of those things may be going on at the same time. They would all be available to you and indeed you could come to a point where you can with intention gather in most of this data at once. But right now you are narrowing, by your conscious intention, the stream of data that you want to be aware of. You are asking for muscle and bone. Eventually you’ll differentiate periosteum and connective tissue. You may already.

“If you walk from bright sunlight into a darkened room, you will see nothing. If you stay in that darkened room eventually you will be able to start to perceive, to make out individual information, like oh, there’s actually furniture in this room. If you back out of the darkened room every few seconds into the bright sunlight and then go back into the darkened room, you can spend all day doing that and you will never see anything but blackness in the darkened room.” – Ralph Strauch

I like his analogy. He’s talking about staying, waiting, paying attention, not breaking the calibration, the focusing, the beginning of sensing. There is a level of perception that your system, and the table person’s system, is quite willing to communicate to your consciousness if you don’t leave or keep interrupting it. paraphrased from Ralph Strauch