

"Subjective Middle" An Exploration Table lesson Oct 2018

Creating the experience, for the nervous system that "I can move equally in either direction from this midpoint". Important for two reasons: One -the system utilizes this experience to bring the **subjective middle** more toward the **objective middle**.

Two - As opposed to the habitual message of "Uh Oh! I am defective, and therefore less safe, because I know I can't turn as fully in one direction as in the other", the system receives a message of balance and wholeness. "Oh I can turn equally in each direction."

(Seg 9) Using head rotation - work with cervicals

(Seg 8) Using shoulders - work with thorasics

(Seg 9) Using tilted knees - work with pelvis up to head

Using shoulders - work with thorasics. on back / use roller

Head roll. Gently test. Stool and table mark range on each side.

1. Stool's hands behind scapulae - Lift each shoulder-choose easiest. **Move that shoulder A & M & I (angling toward opposite hip) ST.** Do not directly engage the sternum. It should feel a little like you are sliding over it.

A. Now repeat this move and this time **pack the sternal end of the clavicle into where it connects into the sternum and into the ring of the first ribs.** It is as if you were pushing one end of a chopstick, the collarbone, into the ring of the first ribs. All three joints are so packed and non-differentiated that the movement of lifting the shoulder **immediately rolls the R1 ring** (the beer coaster at the base of the neck) **away from the lifted shoulder.** Feel that the moment you lift a shoulder the chopstick (clavicle) pushes into the ring at the base of the neck and rolls it away. Explore this until it is clear.

B. Repeat other shoulder.

C. Choose the lifting shoulder that creates the largest easiest rolling away of the R1 ring and hold it up—all joints packed into the ring. Hold that constraint. Repeat with other side, and hold that pat constraint as well. Now you have both shoulders and scapulae lifted A and M. You have packed the two collarbones into the R1 ring. **Now you move the ribcage as one, R and L** (no relative movement between clavicular head and sternum and ring!) **finding the subjective middle**. Then you slightly, slowly move this non-differentiated rib cage R and L of that middle, ST. Rest.

D. Repeat and now re explore new end range of the rotation on each side, finding the new subjective middle. Has the range just increased on the easier side, or has the subjective middle point changed more toward the objective middle? Either change is important. Start at the new middle and repeat the move. ST. Rest.

2. Tractioning the arm diagonal.

A. **Without catching the R1 ring**. The head doesn't roll immediately. Only when ribs do. What area of the ribs are most affected?

B. Catching the ring -

,First pass. One hand stabilizing wrist. Other hand above elbow. Equal traction from both. After clear engagement of R1 ring then traction ST. You want to be initiating the turning of the rib cage because you have hooked the R1 ring with your chopstick and by turning it first you are turning T1 just below it and all the vertebral bodies below that before they engage the ribs in the turn rather than your traction just rolls the whole rib cage from where it lays against the table. Moving the R1 ring first asks the ribs for more differentiation, between themselves, in their facets relative to the vertebral bodies to which they attach, relative to the shoulder blades behind them and relative to the cervical's above them.

Second pass. Only one hand is going to traction the arm. It is very important to have the appropriate handhold at the wrist. The stool's index finger is long up the table's arm, the rest of the stool's fingers are stabilizing the wrist, lightly but skillfully. The other hand encourages the sternum to tilt and facilitates the twist of the central axis of the spine. After clear engagement of R1 ring then traction ST.

Third pass. One hand tractions. The other hand very lightly, fingers against side of head, suggests the head remains stable.
(challenges more differentiation in cervicals) Then repeat and allow head to roll with the ring.

Fourth pass. Table's arms straight to ceiling, palms prayer position, **PALMS MUST BE GLUED TOGETHER**, and stay glued together.

Hands behind scaps. find subjective middle. Traction one arm, catching the ring, while compressing table's other straight arm and shoulder into socket and backwards into table, rocking left and right of SM.

3. Repeat #1 - this time cross arms over chest, elbows very crossed and pointed to ceiling (hands hang downward, no work in arms and hands on each side of body.)

4. Repeat 1A packing both clavicles into ring on each side with both scaps. Hold and find new SM.

5. Repeat #1 with arms at sides. Where has SM moved to?

6. Integrate cervicals. Roll head find subjective middle. Lift and keep head in flexion at SM. Roll gently left and right of SM. Release head and retest SM. Again lift head into flexion at SM and roll left and right. Add side bending at FM if appropriate. Add circles at SM. Rest head, transfer, and do one more head roll. Table and stool perceive new range. Where is SM now? Retest lifting each shoulder from scap catching the ring. What is different now? Weight bearing. PL Table walk.. Stand Walk. And look around.

Based on Olena Nitefor data