

Eyes Neck Jaw

Remove contacts

Teach first: Palm Eyes

1. Tests
 - a) Sitting tailor-style, keep eyes straight ahead, check peripheral vision. Then as take eyes to L and then to R, notice quality of neck movement.
 - b) Lie on back. Gently, slowly, roll head L & R. Move jaw L & R. Check space under low back.
 - c) Roll head gently R & L. Which side is easier to roll toward? You will be using the eye on the side that is easier to roll to.
2. Roll head gently R & L. Small movements. Then *imagine* that your pelvis is going in the opposite direction L & R. Now, actually move your pelvis L & R. Does back lie flatter now?
3. Focus on chosen eye and slowly move it out and back to center M.T. Notice what else is going on, how you move that eye, and what is happening at the base of your skull and in your neck?

REST

4. Move your head in the same direction and back to center and notice what your eye does. Legs are still outstretched.
5. Think of your jaw. Now, move it in the same direction and back to center. Is your head involved? Your neck? Do you stiffen your chest when you move your jaw? What do your eyes do?

REST Palm eyes.

6. Lead the movement of your head in the same direction with your jaw and let the head follow. Your jaw moves at least 1/4" to that side before it starts to roll the head. Then let everything release back to center. Can you let the rest of you be present in your awareness: your toes, feet, legs, thighs, pelvis, abdomen, chest, ribs, shoulders, arms.

REST

7. Now move the eye you've been using in the same direction and your jaw opposite. The head remains in the middle. Synchronize the movements. Eye and jaw start

moving same moment in opposite directions. They go same speed, same distance, then release back to center. Move jaw until it starts to slightly pull on head.

8. Roll the head in the direction you've been moving and back to center and then the opposite direction and back to center. Notice the quality and range of the movement and differences R & L.
9. Move that same eye to the inside corner of the eye, and then back to center. (If you're using R eye it now goes to the L and vice versa). Only move in that direction and back to center. Notice if you roll your head. Do you roll your eye independently of the muscles at the base of your neck? Can you? Can you feel these muscles coordinating your movement? What does your jaw do when your eyes move? Does it go in the same direction or opposite? If you find that you want to move your head along with the eye, do a more exaggerated movement of the eye - does that make a difference?

REST

10. Move your eye to the inside and move your jaw opposite. Do it in such a way as to feel small details and so as not to fatigue or force.
11. Roll your head in the same direction as the eye you've been using. Go slowly and sense the connections with the rest of the body.

REST Palm eyes.

12. BK. Roll your head in the same direction as before and your pelvis in the opposite direction. Synchronize the two movements so they begin to feel like one. Knees can tilt. Initiate the movement from someplace between pelvis and head. Nose goes one way, knees go other at same moment.
13. Do the following:
 - a. Move only jaw opposite pelvis, head doesn't move.
 - b. Lead the movement of the head with the jaw.
 - c. Move only eyes opposite pelvis.
 - d. Lead the movement of the head with the eyes.
 - e. Now let the eyes and the head lead the movement one way, the pelvis the other.
 - f. Same as e. but add jaw going with pelvis and opposite head and eyes.
14. Roll the head to the side and back to center and then the other way and back to center. Notice the differences on the two sides and your contact with the floor.

REST Palm eyes

15. BK. Think of your tongue. Move it in your mouth a bit and sense how it is connected. *Imagine* rolling your head in the same direction by leading with the tongue, allowing it to protrude from the mouth and pulling the head after it. Now, DO it. Stick out the tongue and let it lead a movement of the head in that direction. Tongue pulls head to side, not neck.
16. Continue the same movement and move the eyes in the opposite direction. Then everything comes back to center. Synchronize. Simultaneity.
17. This time, keep the head in the center and have the tongue and the eyes go in opposite directions as before. Synchronize.
18. Repeat #13e. Eyes, head, and neck toward chosen side. Jaw and pelvis move other way.
19. Let go of the movements. Roll your head first to the side you've been using and then to the other side. Scan your body. How is it lying differently from before? Notice side to side differences.
20. Stand. Notice weight bearing. Shift weight from one hip to the other. Walk a few steps. Lie down in your place again.

TRANSFER

P.L.

21. Repeat #13e in the new direction a few times, and then alternate side to side S.T. (This is an excellent integration move and self-adjustment tool.)
- REST Scan your body. How are you lying on the floor now. How is your lower back. How does your head roll? Come to sitting and looking softly straight ahead, check your peripheral vision. Now look from side to side and notice the quality of movement in your neck.

Stand. Walk. Keep soft focus as you look about and as you go out and take in the rest of the world, noticing quality and color and edges and textures.