

JAW - SHOULDER

Written for right shoulder

[BK, unless otherwise instructed]

[Palm eyes when needed]

1. On back. BK. Begin lifting R shoulder a tiny bit off floor and then gently releasing it back to floor, M.T. Where else in your body do you feel moving? Continue. What is happening in the neck? What is happening in the chest? Sternum? Collarbones? Ribs? Can you let the chest be softer?

REST

2. Put R palm on forehead, fingers pointing L.
 - a. Keep fairly straight line between fingertips and elbow. Begin rolling head to L a bit and back to center, M.T. Let head be passive, rolled L with R arm and back to center. How can you keep reducing effort? How can you keep your wrist straight?
 - b. Coordinate your breathing, however feels most natural. Initiate the rolling from:
 - i. Shoulder
 - ii. Elbow
 - iii. Wrist
 - iv. Palm. How is each different?

REST

3. Now just lift R shoulder. Any easier? Clearer? Continue. Now add intentional rolling head L without using R hand. Now start lifting your shoulder as you gently roll your head L.
 - a. Begin opening your mouth as your head rolls L and closing your mouth as it returns to center.
 - b. Begin exhaling through your mouth as you lift your shoulder. Exhaling through mouth as it opens, inhaling through nose as mouth closes.
 - c. Now reverse the breathing: inhale through mouth as opens, exhale as closes.
 - d. Now begin closing mouth as head rolls to side. Can you find a way to maintain the coordination with your breathing?
 - e. Now reverse the breathing again.

REST Legs long. Feel side-to-side differences.

TRANSFER [optional to repeat #1-4 on new side, and then transfer again]

4. BK. Alternate the movement. Lift R shoulder and let it drop to the floor. Then lift the L shoulder and let it drop to floor. What happens with head? Is it rolling away from shoulder or toward it? How far down spine can you feel the rotation? What is happening in the ribs? Sternum? Pelvis? Gradually slow down the speed and reduce the range of the movement until you can barely perceive the initiation.

REST

5. BK. Now, as lift R shoulder, roll head R, M.T. Reduce effort. If pelvis wants to move, let it.
 - a. As head rolls R, open mouth. As head rolls back to center, close mouth.
 - b. As head rolls R, close mouth. As head rolls back to center, open mouth. How can your movements be smoother? Easier?

[optional to transfer and optional to repeat #5-6 on other side]

REST

7. Alternate. Let each shoulder lift and then come back to floor. How is it different if you allow your shoulder to drop to the floor compared to taking it back to the floor? Let your shoulder drop. Allow your head to roll however it wants. Allow whole body to participate. Is one shoulder easier to lift than the other?

REST Examine contact with floor. Compare sides of body. Back feel wider? Longer?

8. BK. Alternate lifting shoulders. Now let head roll away from lifting shoulder. Open mouth as roll head to side, close mouth as head returns to center. Feel what pelvis tends to want to do as you move head and shoulders. Can you allow it to turn the opposite way in order to stabilize and help with turning your chest? Gradually enlarge your movement. Can you trace the rotation of your spine downward? Where does it meet the twist coming up from your pelvis turning the opposite way?

REST

9.
 - a. Make small movements of pressing R shoulder into floor, then releasing it.
 - b. Then press L shoulder into floor and release.
 - c. Then alternate shoulders. Feel difference in shoulders. Which way head tends to roll now?
10. Now let head roll R as R shoulder presses, and L as L shoulder presses. What do you have to do with other shoulder? Ribs? in order to press shoulder?
 - a. Gently open mouth as head rolls to middle and close mouth as head rolls to side.
 - b. Reverse
11. Go back to alternately raising one shoulder and then the other. Alternate them so as one lifts, the other falls.
 - a. Let mouth open when head rolls to side and close as it comes back to center.
 - b. Make movement larger and faster. Forget about opening and closing mouth. Let head respond any way it wants to movement of shoulders.

Head might start rocking. Pelvis might start rocking. Little light fast movements as you alternate moving the shoulders, letting things rock if it happens. Are you holding your breath?

REST Feel body and contact with floor.

As movement of neck improves you might notice that movement of jaw and breathing also improve. Contractions that interfere with function of jaw or breathing or neck or eye movement will affect the functional quality of the rest.

12. BK. Open mouth only as far as is easy. Take jaw to R and back to middle, S.T. Notice how your jaw is moving. Is jaw moving straight to side or also down (mouth opening) a little? Now take jaw L and back to center, S.T. Same or different on this side? Alternate several times as you consciously intend to soften and ease eyes, neck, breathing.
13. Move jaw toward ceiling. Lower teeth in front of upper teeth and back. Pause between each movement for integration and clearing for new information. Now stop with jaw held toward ceiling. In this position, begin moving jaw R and back to center. Then move jaw L and back to center. Which way is easier? Smoother?
14. Now bring jaw again toward ceiling, and keeping it up there, move it to easier side, then back to center, and then release jaw back toward floor. Make this move a few times.

REST Sense differences in mouth and jaw.

15. Now repeat this same movement to the other side a few times.
16. Now repeat alternately R&L, slowly.

REST

17.
 - a. Slowly roll head L and back to middle.
 - b. As you roll your head L, take jaw L also. Let them return to the middle together. Where else in body can you reduce movement or effort? Eyes? Leg? Stomach? How is the movement different if I ask you to lead the movement to the L with the jaw, pulling the head with it?
 - c. Now, take head and jaw R and back to center. Small slow movements.

REST

18.
 - a. Now again roll head L and jaw R. Make the movement easier by putting palm of R hand on forehead and L palm on chin, elbows out to sides. From center, push gently with R palm to help roll your head L. Resist with the L palm so that jaw moves opposite head. Continue to reduce effort.
 - b. Now do the same without hands.
 - c. Now lead with eyes. What is happening in pelvis? Which side bears more weight as your head rolls?

REST

TRANSFER [optional to repeat on other side]

19. Open mouth. Slowly move jaw L&R. Easier now? Notice what eyes are doing. Do eyes follow jaw? Lead jaw? Do they stay with jaw? Try all three.
20. Continue moving jaw side to side. Open eyes, pick place on ceiling. Keep eyes on your spot, fixed to that spot, as jaw moves L&R.

REST

21. Eyes open. Move eyes in opposite direction jaw is going. Now close eyes and continue. Slowly!! Look for a feeling of your jaw being oiled. Open your eyes again. Slowly move jaw. How do your eyes feel? More relaxed? Softer? [palm eyes]

REST P.L.

22.
 - a. Begin slowly moving head L&R a small amount. Stop and reverse directions at the first barrier, the first hint of resistance.
 - b. Now add jaw moving opposite head, eyes leading head. Alternate L&R.
 - c. Now allow pelvis to move with jaw, opposite head and eyes.

REST Scan body for contact on floor compared to beginning. How is breathing? How mouth, face, jaw feel?

Gently come up to sitting. Softly turn R&L. Look around. Feel lightness in mouth and jaw? Neck?

Stand. Walk.