

Learning the “Way of the Heart through Touching”

The Sun Dancer believes that each person is a unique Living Medicine Wheel, powerful beyond imagination, who has been placed upon this Earth in the limited and tangible form of a living body. They were placed upon this Earth and in this Body “*that they might Learn the things of the Heart through Touching*”.



So wrote the aboriginal writer Hyemeyosts Storm in his beautiful book *Seven Arrows*. He means ‘things of the Heart’ as our deepest connection with ourselves and, through ourselves, with others. ‘Touching’ is the way we live in our actions, and how we connect with each other.

The Embodied Practice of Syntonics is a tangible and concrete form providing the learning ground on which we gain insight into the ‘how’ of our actions. We receive immediate feedback on their authenticity and efficiency. Am I doing what I intended to do? Am I using too much effort? Or not enough? Am I responding to reality: my direct lived sensory/physical experience; my relationship, lived and felt, to what is around me?

Charlotte Selver taught that all tension is the result of exaggeration or withholding. In the practice of ***Syntonics*** we can clearly sense our own exaggerations and withholdings and the way they distort and hinder the clarity and precision of our true intentions.

The sensitization and skill of attention we practice and learn in the physical ‘touching’ transfers onto every aspect of our life: emotional, relational, expressive.

The body, when learning through ‘the things of the Heart’, responds to what feels right, authentic, graceful and so does our whole being. Habit subsides; we get closer to our inborn natural ‘sytonicity’. We access with clarity our ability to respond, adapt and harmonize spontaneously to the ever-changing moments of life.

In a recent interview Therese Bertherat spoke about working with the body in this way: Above all the work is educational and informational. It aids people to know and appreciate their physical reality. The nature, pedagogy and application of the method are outside conventional contemporary norms of working with the body. ***The application is eminently simple. The definition is complex.*** And she posits these questions:

Is it work on the body? Yes.

Is this education? Yes.

Is it spiritual and psychological education? Yes.

Is it an art? Yes. A form of art.

Is it about relationship and communication? Yes.

But first and foremost it is an act of love and an affirmation of fellowship with one another in our shared humanity.

I look forward to meeting you soon in empathic fellowship and shared humanity.
Judith Koltai