

## **Lengthening Via Core Neuromotor Mapping Pathways; The Gateway to Tensegrity** **25/10/2008**

Lengthening has value when it contributes to at least three functional and structural outcomes:

- 1] it allows for better body organization and dynamic postural equilibrium
- 2] it allows for greater efficiency and energy conservancy
- 3] it allows for greater kinetic energy by gathering potential energy in muscles

### **Six Core Movement Pathways**

The experimental procedure used in the study was based on two complementary methodologies: DellaGrotte-Core Integration and M.Feldenkrais principles of functional movement integration using neuromotor connections.

Core Integration methodology has identified and mapped six core movement pathways that describe and account for the transmission of movement in any biomechanical system. The six pathways are based a] on the six directions or planes of motion commonly recognized: up-down, forward-back (sagittal), rotational right and left, and derived side bending right-left, and b] the physics of biological movement.

The pathway used is defined with the following criteria:

- It contains a vector of force, direction, and myofascial tensegrity.
- It passes through the center of gravity and represents the most efficient expenditure of energy
- Using the pathway enhances all functional activities
- Using the pathway minimizes stresses and damage, including the secondary pain syndromes associated with stresses and strains on bones, joints, muscles and fascia.
- The interaction of neuromotor myofascial pathways sustains the body in the configurations of posture and functional movement tensegrity.

The pathway paradigm enables the subject to map, track and organize movement in order to carry out effectively an intentional action. It is in effect an instinctive or learned neuro program grounded in the CNS's reading of the gravity field.

The pathway approach allows both therapist and client to gain control of segmental lengthening with awareness, and is therefore reproducible by the user.

### **Embodiment : Basis of Self Confidence**

The root experience of self-confidence is being in a state of relaxation and clear direction of intention without continually intruding ambivalences. Whenever we are in this state, we move and act with flow, with a body expression of expansiveness, facial expression of feeling centered and communicating a non-forced willingness.

The root of self-confidence can also be related to breathing freely and fully, without force. Yet even behind all of this there is the deeper root of postural integration. The word integration is related to integrity, which means wholeness arising from within. Surface integrity is a lesser breed. A person of integrity may follow certain ethical guidelines, and this is good. But the real test of the integrity experience lies in the feeling state of wholeness within.

Human beings need to feel and recognize self-confidence. Most animals are in this state by virtue of how they behave naturally. Self-confidence can be enhanced in animals. But for humans self-confidence is the basis for moving through life without being sidetracked, stopped, stunted, suppressed by all the voices of criticism and disapproval that inevitably will arise, given the human condition. Self-confidence is the antidote to anxiety, worry, ambivalence, the self image of inadequacy ('I have not done enough with my life')

There are many ways to stimulate and to develop self-confidence. Bu the basis lies in the ability of the body/nervous system complex to feel upright and supported. I will call this matching state postural integrity.

Posture is not abstract, nor intellectual. It is the real biological and physiological foundation of self-confidence. When our 'structure-the bones, joints, muscles and connective tissue are developed and used well, the body automatically stays up. The system erects itself. In the state of integrated posture, we can breathe, we can move, play, work, and enjoy. Postural integrity is the somatic basis behind the expression of self-confidence.

In reality, it is difficult to feel self-confident if the body is 'depressed'. The shoulders rounded, the head craned forward; the slump of the spine creating a lordotic logjam in the lower back simply cannot feel good. Of course, if one has already developed the image of confidence and then been compromised in the body by injuries or disease, the image may be sustained by other somatic functions to a certain extent. For most people, the reality is that a weakened and unintegrated body leads to painful or uncomfortable living. Pretend as we will; pump ourselves up with the power of positive thinking; wear masking clothes; get a hairdo and a facial rejuvenation-nothing will suffice to induce or to revive the true state of self-confidence if it does not include internal support from the body core itself.

### How To Cultivate Self Confidence?

#### How Self-Confidence is Developed

1] Trial and error: The natural way was through simply growing up in trial and error fashion.

Challenges and opportunities in life are continuously presented.

Each time we are in a situation we react or respond. If the response leads to a better outcome, then we have met the stress of life in that instance and come out better. Stress is good in this case.

Sometimes however, the stress is met by the 'error' part of the equation. We react the wrong way.

We come out worse for the experience (again, years later, we may be able to work with a negative experience, even a trauma, and come out on the more wholesome, integrated side. But this will require much more personal work).

2] Confidence-body based building practices: Young people doing sports and becoming competent and able feel more confident, without a doubt. The next level includes those Bodymind development practices such as yoga, tai chi, martial arts in which awareness of oneself is encouraged and heightened. Awareness through movement enhances the ability to connect within oneself. It also enhances perception of others in their movements and behaviors.

3] Mind-based practices: psychology, meditation, philosophy, etc can be vehicles to enhance self-confidence to an extent. Insight into oneself. Sitting in meditation (itself a physical discipline of staying up comfortably); observing one's own behavior, and then coming out of the box of habit, and making changes, can shift the nervous system's perception around.

*Josef DellaGrotte*

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