

DIALOGUING TIPS

The John F. Barnes Approach to Myofascial Release's philosophy on dialoguing is to encourage the patient/client we are working with to feel fully whatever sensation, ache, fear, pain or emotion they are experiencing at the moment and go right to the inside of it without thinking. We discourage our patients/clients from trying to make "it" (the pain, fear, etc..) go away, from distracting themselves from it by thinking, or from trying to change it. We do this simply by encouraging them to feel what is present and be with it. Only upon fully experiencing something does it release or transmute itself.

Our touch is what encourages them to tune in, more so than our words. Our words, if in the form of mindless chatter, are what distract them and limit the power and depth of the treatment session. When we use words to encourage the process, pay attention to the energy behind the words and where it comes from. Speaking from your heart makes a huge difference in the impact of the words. Most of the time our dialoguing should be in a soft, gentle voice, but occasionally the words need to come through with strength and power. Either way, always allow them to come from your heart.

We do not lead or analyze; we guide. We do NOT tell people what is going on with them and what they need to do about it. We ask them, from a place of curiosity "What are you feeling?" and wait for an answer. Sometimes the answer takes longer than we wish. Be patient and wait for them to answer. Reassure them that it will come in it's own time. Trying to find an answer or to figure it out will actually block the process. Never rapid fire questions. Ask one and then wait.

Key Questions to use are:

"What are you feeling?"

"What are you experiencing, sensing, or seeing?"

"How does that feel?"

"Where do you feel it?"

"What does that mean or symbolize to you?"

"If your (body parts, emotions, tears) could speak, what would they say?"

"What do you need to see, feel, know or do to let it go and to fully resolve this?"

"What do you need to do to reach resolution for this session in the next 5 minutes?"

Sometimes we are simply stimulating their system by giving them food for thought, or planting a seed. Be clear that they understand that the answer may not come in conscious form. They do not need to understand the answer, and it does not need to make logical sense. The answer may be in the form of a picture, a sound, a movement, a position of the body in space, or a felt emotion. Encourage them to trust their inner wisdom and discover their own way.

Remember though, sometimes you don't need to say anything. If you are trying to think of something to say, then probably that is the time to say nothing.

John's voice on the "Inner Awareness" tapes acts as a dialoguing session. John's voice guides each individual to tune into our bodies and connect with our essence in a deep way. We encourage all of our patients/clients to listen to these on a regular basis.