



## INTEGRATION - TWO SIDES OF THE SAME COIN

### Rolfing & STAR Performance

by Hal Milton

During the 18 years I have been Rolfing and working with people in all ways, I have discovered a basic truth. Underneath all the conditioning and outer negative beliefs and behavior patterns we are beautiful shining stars.

When people come to get Rolfed they come for a variety of reasons including relief from chronic physical discomfort to

wanting more freedom and ease in their life. As I begin unwrapping the contractions, splintings and tightness I observe the body becoming more resilient, flexible, and open. Then as we communicate during the several months of the "process", I discover that their lives also become more resilient, flexible and open. Early in my career I began to realize that there was a relative connection of body structure that corresponded to the way people lived their lives. As their body began to free up, become more resilient, and change to a more aligned physical posture, I witnessed personalities and perceptions change responsively. When I thought about what was happening under my hands and how that effected emotions and personality, it made perfect sense with what I already knew.

The physical body is a mini universe and all the answers are within. Since we live in a world, with universal forces over which we have little control, the only thing we can really alter in a dramatic way is ourselves. **Since the body is our physical reality we can change the quality of the flesh and its function and thereby alter all other levels to the relative degree that the body has changed.** This premise answered for me why changing the structure and quality of the body, changed the structure and quality of peoples' lives. As I continued to reflect on this premise, it was obvious that the reverse was also true. Peoples' actions and behaviors effected their physical structure and movement patterns. Continued observation during their process made it clear to me that there was much more "life" available than was being used. People had all sorts of considerations and conditioning that kept them from expressing more of their "inner star". Their bodies and the way they moved reflected holding back and limitation. In their lives too, they were holding back and limiting themselves in a variety of ways - procrastinating, staying stuck in jobs, relationships, professions, and yet yearning for something more. The fun and meaning in life were missing.

In my own life, singing training and stage performance became a vehicle to outwit myself, and in the process I realized what a tremendous tool stage performance was to balance what I was doing with Rolfing. **It became the other side of the same coin.** Through Rolfing I could unwrap the "holdings" in the body. Through singing performance I could unwrap the mind and its many limiting considerations. "Voila". STAR PERFORMANCE SYSTEM was born.

In "STAR", participants get to look at those considerations they have about being on stage singing to an audience of family, friends, and community. All the issues come up - "I won't sound good", "I'll make a fool of myself", "I can't sing", "I'll be off pitch or my rhythm won't be right", etc. etc. I am sure you can come up with your own issues in addition. I have found that the bottom line of all the considerations is that "I am not good enough to share what ever comes out". As if you expect yourself to be perfect, like professionals, in order to share your communication. And so you don't do it. How many other things in your life don't you do because you feel you are not good enough or others will have negative opinions? If the truth were known, it is not "goodness" that make audiences and people fall in love with you. It is sharing yourself authentically that does it. That means all your anxieties, fears, considerations, joys and excitement.

The STAR experience allows you to look at those issues

that keep you from expressing authentically from the inner "star" you are. With this awareness and experience you are more apt to communicate freely with minimal limiting thoughts and considerations.

In Rolfing I consider the "inner star" already present and the unwrapping allows the body to communicate from that "inner place" with freedom from chronic discomfort and move with greater ease and well being. In STAR the same is true. As you stretch through many of your considerations - including embarrassment or what others might be thinking - you allow expression from your "inner star". In so doing, you can eradicate many patterns of holding back, thereby creating an attitude of taking real risk. You can then change limiting behavior and create more fun, success, and achievement in your life.

If these premises are accepted it will be easy to follow a line of reasoning and see how body, mind, emotion, and Spirit are all connected. It is when all areas are in balance that true peace, harmony and **integration** are experienced. For example, if you are withholding an angry or upset feeling from someone, and on the surface being pleasant to them, there is a conflict going on in your body, emotion, mind, and spirit. This discrepancy creates tension and dis-harmony and you pay the price with a variety of possible symptoms, including illness. Many of these situations you are aware of and recognize, and many you do not. In time they add up to chronic illness or discomfort of many kinds. In a sense, this dis-harmony is like beating up on yourself. Why do we do it?

The "why" probably does not make much difference. The important thing is how to eliminate it and create harmony. Each area is so connected that when one is changed then all the others responsively change. What needs to be done is to keep expressing, communicating, acting, and Being authentic so there is minimal discrepancy between what you feel, think, and do. In this way harmony is created at each moment. It is the releasing of limiting and unnecessary "holding patterns" in your physical body, along with the daring to risk authentic expression and action in your life, that create fullness, fun, light attitudes, success and achievement. The extent to which you allow your body to express freely along with the willingness to share yourself-your emotions, tears, laughter, sadness and excitement at any single moment-dictate the level of joy and peace your experience in your life.

*Hal Milton is an Adv. Certified Rolfer in Santa Barbara,  
California USA*

\*\*\*