

Ida Rolf on Pain

Quotations from

Rolfing: The Integration of Human Structures

■ There is no painful experience apart from the motor intent to withdraw from the experience. The desire for self-preservation, inertia, resistance to change are understandable and predictable. The experience of change to the average man often manifests itself as "pain."

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■ It could hardly be expected that the profound tissue changes documented in our photographs (changes in position, changes in tone) could be accomplished without a dramatic report by the tissue to the central awareness we call the man. Many people refer to this drama as pain.

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■ ...humans tend to resist change. They verbalize their resistance as pain, emotional or physical. All too often their emotional pain – their depression, their grief, even their anger – is a perception of physiological imbalance, an awareness of chemical lacks or overloads in blood and tissue.

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■ The pain of fascial change is transitory; the minute the pressure is removed, the "pain" is gone....this is entirely different from the residual "pain" following hurt or damage of some sort.

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■ Noordenbos, a Dutch authority, defined pain as the label we place on sensation when a rigid system is bombarded by an excessive burden of stimuli with which it cannot cope because of the nature of its rigidity. "Pain is experienced when stimuli, whatever their nature, exceed certain limits. Is it not therefore quantitative and might it not simply be stated that *pain is too much?*" ...Pain can be relieved by rendering the system resilient, as Noordenbos points out. This is a proper goal for Structural Integration.

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■ The average human is not really interested in the verbal abstraction "equipoise"; he is vitally concerned in lessening his pain.

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