

What Is Rolfing?

by Karen Lackritz

Throughout the years that I have been Rolfing, there are questions that are frequently asked. Is Rolfing painful? Is Rolfing permanent in its effects? What are some of the side-effects of Rolfing? Will Rolfing cure arthritis? Who gets Rolfed?

Is it painful?

All change has some pain attached to it. The mind welcomes pain and new adventures, but the emotions appear to want everything to stay as it is, at any given moment, and therefore resist change. Resistance causes pain, eventually. Our bodies are filled with stored pain from past unresolved problems, and as these painful areas are touched in the Rolfing process, the pain begins to be released. The experience of pain as it is being released is very different from pain as it is being inflicted, and is quite tolerable. In the Rolfing experience, the Rolfees are always in control of the session and let the Rolfer know either verbally, or through subtle signals when the release of pain is not tolerable, and the Rolfer respects this tolerance level by pausing or stopping temporarily. The people who talk most about the pain are those who have not been Rolfed.

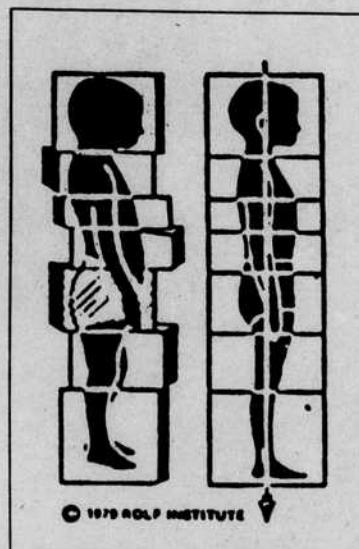
Is Rolfing permanent in its effects?

Yes and no. It is permanent in the sense that you cannot duplicate the

conditions that have been erased from the body through Rolfing. No, in the sense that you may create other problems from scratch, or that you may have a recurrence of a symptom that is related to your personality or how you feel about your body as it reflects you. Rolfing elicits a gradient scale change in the structure that corresponds to your evolutionary goals and your own rhythm of change. The Rolfer is not forcing you to make changes, but assisting you in your goals for change. There is no static in life, not a moment when one can say, "Now I am just the way I always want to be." Assisting the body to let go of its restrictions and then calling for what we consider appropriate movement allows the body to realign itself.

What are some of the side effects of Rolfing?

Energy level changes: A hyperactive person, who depends upon an adrenalin high all the time, will begin to feel calmer, without actually losing energy; a low energy person will usually feel an energy high from the first Rolfing session due to the body's new found ability to accept more oxygen and improved circulation. Chronic and acute painful conditions quickly or gradually diminish and disappear. Many birth defects and traumas reverse themselves. Whiplash



injuries usually right themselves quickly.

Will Rolfing cure arthritis?

Rolfing is not designed as a "cure," but as an assist to the body to get itself clear of the blockages that allow such conditions, as arthritis, to develop.

Who gets Rolfed?

People of all ages are welcome in the Rolfing office. Newborn infants and children of all ages, along with adults, are affected by stresses of life. Seniors enjoy new-found freedom of movement and an upward lift through their structure. Rolfing is a process that can begin at any age in life.

[Karen will give a free talk and demonstration on Rolfing at the Eugene Public Library, Monday, May 4 at 7 pm.]

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