

'Body work' gets 'in touch' with energy

By BRAD LEMLEY
Of the Emerald

It looks like massage but the practice of "body work" is a lot more, according to Rich and Carol, Eugene practitioners of this new therapeutic method.

According to Carol, most people go through life "without anyone touching them." As a social worker, Carol says she saw people who were still tense after sessions of the traditional verbal therapy. She said they had "blockages" which held back energy and could only be removed through physical contact. This, she says, is what "body work" is all about.

"What it is, is making contact with energy," Rich says. "I use the energy in my hands to go the part

of someone's body that is giving them problems."

Rich first became involved with body work about three years ago as a client, and its benefits convinced him to become a practitioner himself.

"My body went through a lot of changes," he recalls, "especially in terms of being able to handle sickness, to express my feelings more easily. My sexuality was also affected. Then I broke away from it for a year, but eventually I began helping friends on my own, and pretty soon I went back for training in body work therapy."

Carol brought her counseling background into the application of body work, and unlike Rich, who treats both sexes, she only does body work on women. Also unlike Rich, she works with a partner,

Barbara, on each client.

Aside from those differences, her sessions differ little from Rich's. Rich explained an average session.

"First, the client sets up an appointment to come to my house. Then when he comes over we have a long talk about what's going on in his life. I explain that it's not like going to a doctor to get

fixed up, it's more like a commitment — partnership. We also talk about what's acceptable in terms of a fee or donation.

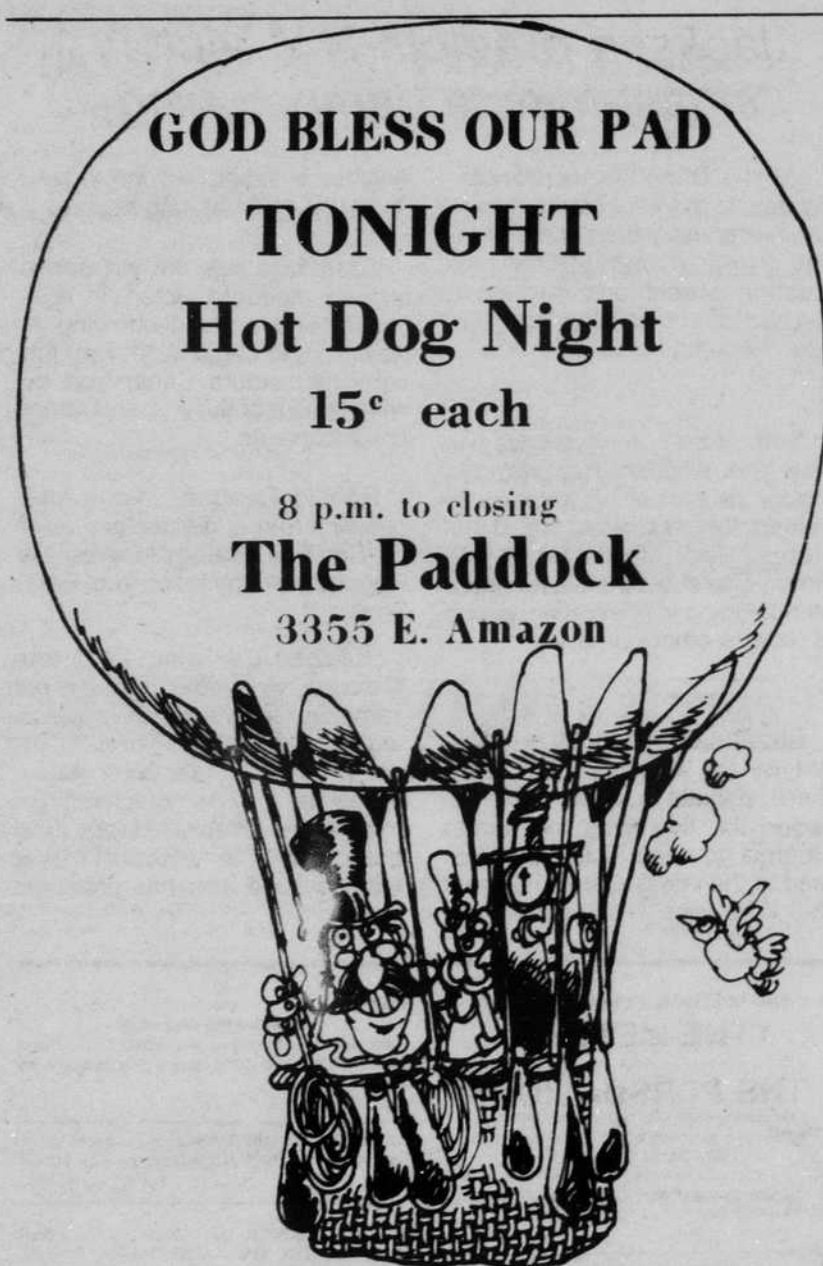
"After that, I do what's called a body reading, in which I look at the person's body from different angles, noting things like the person's balance, tone and light reflection. After that, the session begins, but I always go slowly at first.

"I think it's important to say something about pain. There is some pain, but you learn that it is only for the moment — it goes away. You don't come away from a session feeling, pain, you come away feeling more aware."

Persons interested in finding out more about body work can contact Rich at 344-4110 or Carol at 344-4455.



Drawing by JoAnn Fahlgren



Traditional roles greet working women

(CPS)—As women cheer their new working sisters onward to more equal opportunities on the job market, the nagging fact that most women are still channelled into the lowest-paid, non-unionized, service jobs shows up in all the statistics.

By 1974, women held four out of five jobs as cashiers, bank tellers, payroll clerks and stock and store clerks. Breaking into the job market for most meant a continuation of the same roles they thought they left at home (serving, nurturing and obeying) for minimum wages and little hope of advancement.

A big part of the equal pay enigma (women earned 58 cents to every dollar earned by men) is simply that women are clustered in occupations which are traditionally poorly paid.

A recent Manpower Report con-

firmed that classification of jobs by earnings was noticeably similar to classification of jobs by sex. Overall average earnings in March, 1974 for private industry were \$4.06 an hour while the average rates in occupations dominated by women were more like \$3 an hour.

The report also pointed out that not only are women concentrated in lower paying industries but can also be found in relatively large numbers in non-union businesses.

And what about all the new professional women who have been advertised and promoted as evidence of the new liberation in the work force? According to the 1974 report, women constituted 40 per cent of all professional employees, up only four per cent from 1962. Clearly, most women were still being shunted into jobs as secretaries, clerical workers, waitresses, teachers, nurses, phone operators, bookkeepers and lab technicians.

Acting as assistants to the people who made the decisions was the way women first entered the office world and it has stuck with them ever since. According to Marjorie Davies, quoted in the *Village Voice*, it was during the

Civil War that women were first introduced into government offices as clerical workers. U.S. Treasurer Francis Elias Spinner put the new help to work trimming paper money but found they were so good at it that he found other jobs for them, too. By 1869, Spinner was boasting that "some of the females are doing more and better work for \$900 per annum than many male clerks who were paid double that amount." And so the tradition continued.

The repercussions of so many women joining the ranks of workers even while there is another income in the family could be serious. Alexander Cockburn and James Ridgeway of the *Village Voice* believe that job liberation for women will complete a vicious circle in which the women always lose. With inflation eating away at everyone's wages and threatened government cutbacks of social programs and welfare, more women will be pounding the pavement looking for jobs. And with so many people looking for so few jobs, it is not unlikely that women will settle for the same low-paying, dead-end positions they have always taken. And find that their liberation is simply a variation of their former enslavement.

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