



The Body Blueprint

BY ZAC JONES





So much of the time we get in pain, injured or merely just tight and a bit uncomfortable in our bodies because we are starting a movement from the wrong assumption.

From the moment we start sitting in chairs and stop fully squatting (like we did when we were little kids), we lose connection to our alignment birthright.

And the moment we start physically striving to do things - such as sport or structured exercise (or sitting!) our bodies tend to lose connection with their existential reality and the primal impulses they are concerned with to survive.

Impulses such as breathing, weight shifting and relaxed movement functioning.

And in doing so, we stop moving from a place of pure efficiency and instead our actions start being instituted several steps along what I call the 'movement hierarchy.'

Instead of starting our actions with what Emilie Conrad of Continuum Movement called the 'fluid system' which immediately inspires integrated movement from our connective tissue or fascia, we instead start to institute our actions in isolation and exclusively from a musculoskeletal system focus.



When we move this way we can build up a whole suite of sorrow and pain and agony in our bodies and create a reality which is very difficult to live inside.

So many of the people I work with and that come to me are in this category of pain, because they perceive their bodies in a way that creates further and further dysfunction.

But by changing perception, we can actually change the experience of the body from one of pain to pleasure in every action.

So, how do we do that?

Instead of isolating action and initiating it from the musculoskeletal system, simply by instituting it instead from the fluid system and the connective tissue system we make our movements integrated and we make the action work in relation to the whole body.

When we do that, we start to exist inside our own body's blueprint and we can create beneficial movement patterns that lead into greater and greater enjoyment of our body as well as our ability to move into other higher skill or intensity based actions.

Whether that's sport, dance, gym, martial arts or simply just going for a walk with greater and greater ease.

I'm going to lay out 5 Key factors that create this possibility

FACTOR ONE: *Belief*

You have to actually believe in the possibility that your movement can change positively and rapidly. Without being open on some level to change it becomes very difficult to accept new information that supports this change.

FACTOR TWO: *Breath*

Simply by observing and participating with your breath you can realise that breath is movement.

You can do this right now simply by breathing in and out.

Not a big breath, not a little breath, just the breathing you're doing.

Now notice your sit bones (the bones you are sitting on!) and your feet on the floor.

Notice how as you breathe in and out, you are now moving, your weight is shifting on your feet and your seat without 'you' doing anything other than observing it.

Stand up and notice the same thing.

Congratulations, you've just experienced your body movement instituted from breathing - the original or 'OG' movement of your body!

FACTOR THREE: Action

Raise your forearm as you might normally do it in a bicep curl and observe the tension in the bicep muscle as well as the ease or resistance in the action when you do it 'normally' - ie just the arm movement isolated from the rest of the body.

Now, whilst simply observing your breath and your weight shifting from the breath, do the same forearm raising bicep curl, but this time let it catch a ride on the breath.

Did you notice how much easier the action was?

And if you had your hand on the muscle, did you notice how much softer it was?

If so, you nailed it!

By the way if you are someone that wants hard not soft muscles and are thinking "why the hell would I be trying to get soft muscles-that will be a disaster at the beach!" or words to that effect...

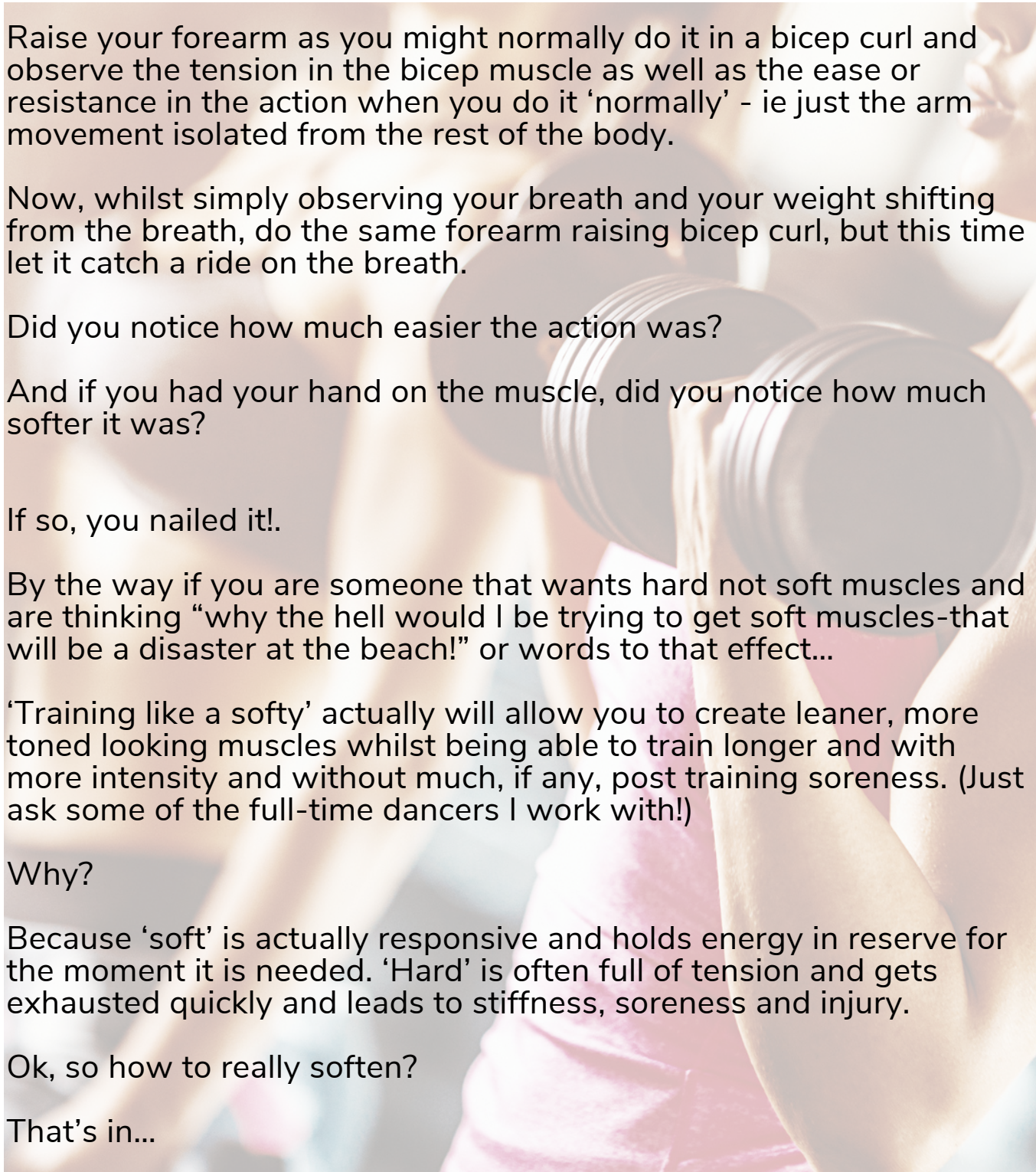
'Training like a softy' actually will allow you to create leaner, more toned looking muscles whilst being able to train longer and with more intensity and without much, if any, post training soreness. (Just ask some of the full-time dancers I work with!)

Why?

Because 'soft' is actually responsive and holds energy in reserve for the moment it is needed. 'Hard' is often full of tension and gets exhausted quickly and leads to stiffness, soreness and injury.

Ok, so how to really soften?

That's in...





FACTOR FOUR: *Release*

Observe your body as it is in Factor One - eg in breath, rising and falling with observance of weight shifting.

And as you're sensing the movement of the breath, just say “relax” to any resistance or tension that occurs, and observe how that relaxation is movement.

You can do this anywhere, anytime and create greater and greater softness and ease in your body’s various systems simply by surrendering tension in specific areas that need be no larger than a match head.

This is actually THE first thing I get my clients to master as it sets up the best circumstances for all the other factors from healing pain to high performance.

Once you’ve got that down you can move straight on to...

FACTOR FIVE: Release *into Action*

Ok this is super simple. Just do Factor Four and then combine with Factor Three!

Eg breathe, move and observe tension in your body. Then release that tension and as a result of the release catch the breath wave into an action. Then observe and release the tension from within the execution of the action.

Once you put all that together, you are well on the path to discovering your own Body Blueprint in any action.

That's the foundation template and from there, I can show you how to build on that blueprint to improve any skill, or art that involves movement activity, whether that's moving a mouse, a house, a leg, or a guitar.

In other words whether you are a desk worker, a builder, a dancer, martial artist, sports person or musician...

Everything that you do has a capacity to be transformed into something that is enjoyable, much more efficient to perform and allows greater and greater outcomes the more you practice.

What I've given you today is the overarching Body Blueprint that I work on everyday with my clients at Heal Yourself and Move.

If you'd like a little bit of help developing your own Body Blueprint just reach out via the link below. But just know that what you have now in your hands has the potential to transform every action from one of pain to one of ease and enjoyment.

Good luck finding your unique Body Blueprint!

Zac

P.S. That link to find me is right here:
[From Pain 2 Freedom Breakthrough Consultation](#)



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