

Harmonic Resonance Manual 2020

Introductory Class in Harmonic Resonance

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This is an introductory class which covers the basics of the therapy. It will cover enough that you can use it as an addition to other therapies.

Harmonic Resonance is based on the work of Dr. Milton Trager MD of Hawaii. I am a Certified Trager Bodywork practitioner since 1990.

Harmonic Resonance Self Help exercises will also be taught. These allow the client to maintain a healing state on their own.

Certification in Harmonic Resonance Bodywork

Certification in Harmonic Resonance Bodywork is also an option. This will involve doing 12 sessions with clients and having the client fill out a "Fieldwork Feedback Guide" such as we will use in class for refining our skills. At the end of this period you can bring a friend or client to my studio and do a "Tutorial Session". I will look through your Fieldwork Feedback sheets. Then you will do a session on the client you bring and I will give constructive feedback on improving your skills.

You will then do another set of 12 sessions using the Fieldwork Feedback Guide and come for a Tutorial Session again.

This process will be repeated a few times until your skills are well developed. Then you will do a final session on me and if your session feels right I will issue a Certificate in "Harmonic Resonance Bodywork".

How Clients Should Dress

Clients should dress in flexible clothes such as for yoga. If a client arrives in blue jeans you can ask them if they are comfortable to work in their underwear or supply sweat pants for this situation. It is common for clients to forget about the flexible clothes suggestion. So carry an alternative. If they are wearing a bra, ask them to change out of it. This will inhibit the work on the heart and will inhibit work on the back due to the straps. The body needs to be allowed to flex as fully as a naked body. Some clients

prefer to be naked for healing and that works even better than yoga clothes because you can grip the ribs and induce a torque during the back work. Because of the repressed nature of our culture I recommend asking clients to wear yoga clothes. If the client prefers to be undressed to various degrees because they are used to massage that is fine too. Harmonic Resonance bodywork can be combined with various modalities including massage.

Usefulness of Harmonic Resonance for Trauma Therapy

The fact that Harmonic Resonance goes deeper than massage while being fully clothed makes this healing work ideal for clients who have been deeply or sexually traumatized. It is the safest feeling bodywork you will encounter.

Finding Harmonic Resonance

This is the most important thing to learn and we will be starting by using some very easy moves that will help you to develop a feel for this. When you stand in the center of a small wooden foot bridge and gently bounce up and down you will find a frequency where the bridge bounces up and down dramatically even with a very gentle bounce from you! That is the Harmonic Resonant frequency of the bridge. You have found the Harmonic Resonance of the bridge!

When working in the class this will be the major focus. I will show some of the moves that I use in my therapy but the focus will be finding Harmonic Resonance. With this skill you can create your own moves. The official moves are not “sacred” but they are worth learning because they have been found to be ideal postures for detecting the Harmonic Resonance. The official moves have been developed over 70 years to be very gentle for the practitioner.

Dr. Milton Trager worked actively doing bodywork until his mid 80s in age! Many massage therapists take up Trager after age 45 when massage become difficult to do. They simply switch to Trager while maintaining their Massage Therapy certification. Harmonic Resonance is just an extension of Trager Bodywork to include Sufi Healing and other energy healing techniques.

A great example of Harmonic Resonance can be seen with a client lying face down on the table. If you gently push against one hip and release you will see it move away and then bounce back. If you add another push at the exact moment the hip returns, over and over again, the hip will go into oscillation at a slow frequency of about one cycle per second.

Training Your Touch

Before the class please go to the Betty Martin Site below and practice the remarkable simple exercise to train the hands to be more sensitive. Even though the exercise may not look useful ... you cannot realize how useful it really is until you try it. It improved my Harmonic Resonance skills enormously when I started to do it for 10 minutes a day for just a few days!

(<https://bettymartin.org/hands/>)

It is very important to use a pillow on the lap so that the objects being touched only touch the hands and your mind will be focused on your hands. This exercise builds more neural connections to the fingers. Watch both videos if you are interested in the physiological significance of this exercise.

I recommend doing this exercise for 3-4 days before the class. Several times a day every day for two days will make a difference to your ease of learning.

Summary of a Typical Session

You don't have to be rigid about this sequence but it is a good idea to follow it at first because there is a logic to it.

General Principles: Rock with the whole body, not just the arms, whenever possible. It will protect you from injury and you will find the harmonic resonance more easily. Rock at a frequency that feels like the resonant frequency of the client.

Chakra Balancing and Sufi Sweeping

Sweep the fingers from head to toe whenever you feel the need. This is borrowed from the Sufi Healing practice of Hazrat Inayat Khan from the early 1900s. Sweep in a creative way and sometimes hold the feet. Avoid the breasts and genitals. Sometimes sweep just in the air above the client, especially for the end of a sweeping session. Sweeping can be used as a healing practice on its own like Reiki.

When balancing the client's body to maximize their own healing abilities we link each Chakra to the Heart Chakra. The client is lying on a massage table face up.

1/ Place one hand on the Heart Chakra and put your other hand on the Root Chakra. Breath in through the nose for a count of 3 and out through the mouth for a count of 6. Repeat 3 times.

2/ Leave one hand on the Heart Chakra and move the other hand alternatively to rest over each consecutive Chakra. Breath in through the nose for a count of 3 and out through the mouth for a count of 6. Repeat 3 times. Switch hands when convenient.

3/ Stand at the head end of the table and hold the palms of both hands gently touching the top of the head. Repeat the breathing pattern.

4/ Gently touching the skin with the fingers of both hands at the top of the head, sweep down both cheeks and then sweep slowly down the body, one hand sweeping the center of the body, the other hand sweeping the shoulder and left arm. At the waist both hands continue sweeping together down the left leg and sweeping off the toes.

Repeat for the right side of the body.

5/ Gently touching the skin with the fingers of both hands at the top of the head, sweep down both cheeks and then sweep slowly down the center of the body with both hands. Diverge at the waist and let both hands sweep down both legs at once and sweeping off the toes.

6/ Finish by sweeping in the air above the body from head to toe several times shaking the fingers at the end of each sweep as if shaking water off the fingertips.

Healing Prayer

You can say a healing prayer while sweeping if the client is open to it. I use a non religious prayer to the Universe borrowed from Sufi healer Hazrat Inayat Khan from the early 1900s. It's modified to update the language.

Beloved Universe, Divine Presence

Through the rays of the sun

Through the waves of the air

Through the all pervading life in space

Purify and revivify us

Through our hearts may our bodies, minds, world and spirit be one!

or another version ...

Beloved Universe, Divine Presence

Through the rays of the sun

Through the waves of the air

Through the all pervading life in space

Purify and revitalize us

Through our hearts may our bodies, minds, world and spirit be whole!

or design your own prayer!

See the colour guide in the back.

Optional Music

Use non-rhythmic new age type music. Do not use Rock or Classical Music or any music with a beat! East Indian music sometimes works as long as there is no Tabla.

The Standard Move Sequence Listing

1/ Client is laying on their back looking at the ceiling.

Cat's paw like move using alternate soft palms to press on shoulders from varying angles and positions as well as upper chest above breasts. It can be done straddling the table and in that case the client will have to be positioned a foot or so down the table to give you space. In that case their feet will often be beyond the end of the table.

If you are going to stand like I do, then get the client to lie with their head almost at the end of the table.

Your Description:

2/ Rolling of head and neck with great care, feeling the natural rebound speed and staying within that rebound time. You can also lift the neck gently with the fingers on either side of the spine and rock your body from your ankles to match the rebound frequency of the head and neck.

Skip if the client has neck problems. Remember this is a very important structure where the spine connects to the brain. Very gentle work!

Your Description:

3/ Lift the right hand of the client by grasping the base of the thumb or the wrist with your right hand and let the the arm assume a right angle posture with the upper part of the arm dangling a few centimeters above the table. Let the arm swing like a pendulum. Then use your left hand to simultaneously massage the neck between the spine and shoulder on the right side of the client. We will demonstrate this in class. Watch the videos.

Your Description:

4/ Wiggle the adjacent fingers of the client systematically and then massage the hand using a hand lotion. Then stroke each finger gently with your fingers from base to tip.

Your Description:

(Repeat for the left side)

5/ On the left side use both hands to stretch the chest. Rock from your whole body to rock the client at the same time. Do not work directly on the breasts but rather stretch the tissue around them. Spend time stretching around the heart. This helps to open the Heart Chakra and will sometimes trigger crying and other emotional releases. This is a key area to work in cases of extreme emotional trauma but work cautiously because it will be too much for some people.

Repeat for the right side of the chest.

Your Description:

6/ Massage using one hand from the right side the belly in clockwise ways with one hand slightly under the body on the far side while rocking your whole body. Generally avoid rocking with the hands. By rocking with the body the hands are free to be as sensitive as possible. Switch using left and right hands several times going round and round while rocking your body and the client.

Repeat for the left side of the belly.

Your Description:

7/ Get the client to shuffle down, still lying on their back, until their feet are almost at the bottom of the table. Gently lift the right leg with the left hand and “waggle the leg” by rotating it clockwise and counter-clockwise at a harmonic resonant frequency. See the video.

Your Description:

8/ Holding the right foot with both hands, lean back slightly to tension the leg and bounce it up and down at the resonant frequency that feels right.

Your Description:

9/ Put your right leg partly on the table, looking towards the client, and lift the client’s right leg onto yours. Holding the foot in both hands, as shown in class, send waves down the leg at the resonant frequency so that you see waves going down the spine. You should see the nose of the client move slightly in most clients if your wave is big enough.

Your Description:

10/ Put your left leg partly on the table, looking away from the client, and lift their right leg onto your leg. Massage the foot (optionally using body lotion). Separate the toes and toe structures that run down the foot by alternately oscillating adjacent structures at the resonant frequency. Do a full foot massage.

Your Description:

11/ Pull and push alternately the upper foot using both hands. When pulling, tension the leg in the air and bounce. This is hard to describe so feel free to put this into your own words here ...

Your Description:

12/ Come to the right leg from the side of the table and use both hands, starting at the ankle and holding from above with both hands roll the leg at its harmonic resonant frequency.

Your Description:

13/ Using the left hand on the inside of the leg and the right hand on the outside of the leg “sandwich it” and rock from your hips to rock the leg. Move from ankle up the leg, switching at the knee to roll it alternately with right and left hand under or over the kneecap. Continue to sandwich the leg above the knee but the left hand stays well away from genitals. The right hand can continue to sandwich the left hand right up to and including the hips. You will notice that the hip frequency is much slower than the leg frequency if you are tuned in to find the harmonic resonance.

Your Description:

14/ Go back to 3 and repeat, reversing the hands and leg.

15/ Turn the client over, using a head cradle or getting the client to turn their head to the side. If they do not have a face cradle make sure to regularly remind them to turn their head the other way.

16/ Lift the left foot of client with both hands using the ankle. Tension the leg until the knee area lifts off the table slightly and bounce at a resonant frequency.

Your Description:

17/ Standing at the left side of table hold the left foot in the right hand and rock the leg while the knee rests on the table. Your hand can be in a hitchhiker posture.

Your Description:

18/ Lifting the left leg with both hands until the knee lifts, then rock the lower leg like the clapper of a large bell at its resonant frequency. Alternately tension the leg slightly while you let it swing. Alternate tension and no tension.

Your Description:

19/ Using your right leg to prop the client's left foot upwards from the table or sit on the table and use your chin to hold the foot in the air. I have to use the second method myself. Using your right hand on the upper thigh and the left hand on the left buttock wiggle in opposite direction like windshield wipers and massage the buttock as well in the grooves between muscles.

Your Description:

20/ Go back to 12 and repeat for the right side of the client.

21/ Lift the left arm from the bicep area with your left hand and let the whole arm swing like a pendulum. After a few swings catch the left wrist with your right hand and bring the arm up to the table and flex it a few times. See the pictorial guide at the back.

Your Description:

22/ Use your right knee under the left bicep of client and massage the neck area with your right hand while bouncing the shoulder with your left hand.

Your Description:

23/ With the client's left elbow at about 90 degrees use the notch in your left hip, catch the elbow and with your left hand and hip move the shoulder up and down while massaging with the thumb of your right hand away from the shoulder blade towards the spine. See the diagrams and videos.

Your Description:

24/ With the client's left hand up lying over the back a bit open the shoulder rock the body and feel under the shoulder blade if the client is flexible enough. See video and diagrams.

Your Description:

25/ With both hands rock the hips and lower back. This is complex and is considered to be the key therapeutic move for most people. Sometimes you rock with both hands near each other and other times with both hands apart to give a stretch to the back. Study the diagrams and the video carefully.

There are many variations of this complex are of the back. Watch the videos and take your own notes below

Your Description:

26/ Repeat for the right side of the client.

27/ Sweeping to end session optionally using your favorite healing prayer.

28/ Hold the feet of the client for a minute or two to leave them feeling grounded.

