

Core Principles of Body Harmony

This document describes the core principles of Body Harmony. Dr Don McFarland, our founder, actively taught and evolved these principles over many years. They are the foundation of our practice and help define the unique perspective and approach that Body Harmony offers. We have discovered, through experience, that these principles are invaluable. We hope you find them of value too.

This is not a list of techniques taught in Body Harmony. We expect that the way these principles are applied will continue to evolve and expand. However their essence will continue to permeate our practice in all its forms. They are intended to support our practitioners as they apply Body Harmony to improve the lives of their unique clients.

- 1. Human beings have an incredible ability to transform.** Appreciation of this ability is a foundation of our work. In our experience, Body Harmony can support changes in any aspect of a person's life.
- 2. Our ability to transform can be accessed through our bodies.** In Body Harmony we access this ability by focusing awareness on the sensations of our bodies with the support of conscious touch.
- 3. In Body Harmony we work with consent.** We work in a way that supports rather than forces change. A gentle, listening touch can be the spark that ignites your body's natural ability to transform. It is this changing from within that Body Harmony seeks to support.
- 4. Every body is unique.** Every body's path to change is unique, and appreciating the details creates better results. This means there is only one expert in the room during a Body Harmony session, and that is the client.
- 5. Transformation can happen with ease** - in a safe environment, under the right conditions. We share the experience of our founder Dr Don McFarland who said – *I have never felt a body say 'no', just a 'not under these conditions'.*
- 6. We provide a safe environment to explore change.** It is easier to explore new ways of being when one is relaxed. It is usually harder to explore new ways of being when we are in states of fight, flight or freeze. In a relaxed environment our clients are more likely to find a responsive choice that suits them.
- 7. We value joy and pleasure.** We seek to support changes that contribute to an individual's sense of wellbeing. Finding sensory pleasure in a new way of being can encourage further exploration and curiosity for change.

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8. When we touch a client we touch their whole being. In addition to touching their tissue we also interact with their energy, emotions, mind and spirit. The idea of separation between these aspects of a person can limit the possibilities of a session.

9. As practitioners, we are part of the equation. We cannot observe or touch another body without offering a suggestion to that body, so we engage consciously and collaboratively with our clients to support their intentions.

10. A client participates. How a client participates in a session can dramatically influence the outcomes of a session. Clients are invited to work with a conscious intention because experience has shown this can create better results. Sometimes an intention is as simple as to 'explore' or to 'relax'.

11. We aim to support the expansion of what is working well in a person. We do not diagnose and we do not structure our work to 'fix problems'.

12. Trauma can be released without fully re-experiencing past events. You don't have to relive an unpleasant experience in order to release it from your tissue.

13. Body Harmony is an open evolving system. We allow Body Harmony to be open to change itself.

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