

Rebalancing: Deeply Touched

(translation of article by Sudas, published in Osho Times)

Rebalancing (engl.: to restore balance) is concerned with balance in all its dimensions. Balance or equilibrium is not a static phenomenon, but rather a dynamic process, influenced by constantly changing situations. It affects our life on all levels: body, energy, feelings and mind. All these dimensions are intimately intertwined with each other, each having an effect on the others, thus forming a unity: our being.

How can we notice, when we no longer function as whole, when some kind of imbalance occurs in our being? Normally we don't pay much attention to our body: we eat, we sleep and we often automatically follow the routines of every-day-life, dictated by necessities and long-practised, mostly unconscious patterns. There is hardly any room for silence and emptiness; instead, we constantly run on a high level of physical and psychic tension. This will eventually manifest itself in muscular tension, followed by headaches, backpain and/or tension in the joints, coming along with an inner restlessness, low energy, emotional imbalance, a foggy mind and inadequate behaviour. All these symptoms pointing to the same fact: we have lost our balance, having moved away from our naturalness, simplicity and aliveness, in short: away from ourselves. We are overloaded with events and situations from the past, which still hold their energetic charge in our system. Not knowing really, how to discharge, we carry this burden thru life.

Rebalancing is an invitation to take a rest, allowing us to become aware of our body, of ourself.

The loving, skillful touch of the Rebalancer gives us permission, to let go of muscular tension, that might have become already chronic. We are reminded to love ourselves. On the outside we notice how the body gets lifted, finding its natural uprightiness, expansion and a sense of lightness.

Along with this physical change we become aware of emotional and mental holding-patterns, that were held in a tense posture and limited movement of the body. We can get in touch with un-lived feelings, unfulfilled longings and fixed patterns of thought and behaviour, which often run our life in automatic, unconscious mode.

The main goal of Rebalancing is realizing our own responsibility in this: „it is me who has put on this armour“. Only by discovering my true abilities, needs and limits, I am able to take care of my well-being and inner growth. In becoming aware of my body I will learn to pay more attention to its messages and signals. This inner sensitivity and awareness is the most powerful tool to prevent the person from falling back into old unconscious, often self-destructive life-patterns.

No words can describe the sensation of tensions in the muscles of the neck melting under the sensitive, knowing hands of the Rebalancer, inviting me to give up the control of my head, to trust and finally to let go into deep relaxation.. Now I can surrender to the flow of warm energy, flooding at first thru my neck and head, streaming down the spine to finally spread over the entire body, even awakening the pulsating life-energy to the very tip of my toes.

Only in a relaxed, balanced body, with alive feelings and clear consciousness we are rooted in existence; like a tree which can grow only to its full potential and magnificence to the extend as it has strong roots deep in the ground for the best nourishment.