

# Within Reach

MAY  
2000

AMTA Texas Chapter Newsletter: ALL THE NEWS THAT'S FIT TO TOUCH

## Spring Convention Teaches Valuable Lessons



**in this issue:**



**amta foundation**



**legislative report & update**



**president's message**



**spring election results**



**continuing ed. report**



**unit reports**



**finding your body's mind**



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## Unit Report - East Texas

*Cindy Campbell*  
Unit Director

Our unit continues to stay busy doing health fairs, participating in community projects, and networking with other therapists. Since January 2000 we have participated in the Crimestoppers program, which supports our area high schools. We were able to do chair massage in the lobby where they had their telethon. The donations were split between Crimestoppers and our AMTA unit.

March found us busy with 'Women's Day' in Longview. This is a small conference that recognizes women in our area and provides network opportunities with the community. In about 2 hours, we were able to do 30 chair massages and pass out literature on the benefits of massage. We also had a 'Trade a Technique Day' for our area therapists in March, which featured Raindrop Therapy from Young Living Oils, the back facial from Massage Magazine, a salt glow and self tanning, and also a chiropractor who discussed how massage and chiropractic works together.

In April, there was a health fair at Kilgore College in conjunction with a Wellness Conference that Texas Department of Health sponsored. I addressed the group on how massage could be incorporated into the wellness programs of area schools. Thirty-five counties were invited to take part in this conference and wellness fair. The East Texas Unit is always looking for ways we can participate in the community and to educate the public on the benefits of massage.

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# The AMTA Foundation

Alice Abbott

Friend of the Foundation for Texas

Recently, I was asked to be a Friend of the Foundation for the AMTA – Texas Chapter. Because I support and value the work of the AMTA Foundation, I gladly accepted. Being a Friend means in general that I will look for ways to toot the horn of the Foundation. To this end I spoke briefly at the Spring 2000 Convention in Arlington, and see this newsletter as another avenue to reach fellow massage therapists in Texas.

The AMTA Foundation was founded by the AMTA in 1990 to support the profession by awarding grants in the field of research, outreach, and scholarship. Grant proposals are reviewed in each category by a specially selected and impartial panel of reviewers. The results of these solid research studies, which investigate the many beneficial applications of massage therapy, help validate our profession, which then helps us all. Community Outreach grants provide massage therapy for segments of the population who would otherwise have no access to massage, and they benefit the recipient, the massage therapist, and the sponsoring organization by building stronger relationships. Grants are also awarded yearly to help individual students and faculty members further their education. In short, the Foundation is a win-win proposition.

The Foundation is a non-profit organization and is funded in a variety of ways. It relies mainly on the support of individual massage therapists for the most consistent giving. The AMTA Foundation conducts an Annual Giving Campaign in mid-November that targets AMTA members. The Foundation has received a five-year \$80,000 year pledge of support from the AMTA. This \$80,000 covers the Foundation's administrative overhead but does not cover any grants. Also, 44 state chapters or units, including our Texas state chapter, participate in the Dollar-Per-Member Chapter Campaign, which raised almost \$29,000 this year! The AMTA's \$80,000 translates into roughly \$2 per member, and doesn't come close to covering the high costs of research. You can help! The Foundation really needs each member to give the price of one massage per year- an amount that most can afford. That would yield somewhere between \$500,000 to \$1,000,000, an amount that would certainly help fund a solid program of scholarship, outreach, and research.

Charity begins at home, so why not take advantage of the many different ways to give to the foundation. You may send a tax-deductible donation via mail or, if it is easier, you can use a credit card over the phone or on the Foundation's website. In future issues I'll be keeping you informed on news from the Foundation and spotlighting specific research grants and outreach programs. In the meantime, you could visit their website at [www.amtamassage.org/foundation/home.htm](http://www.amtamassage.org/foundation/home.htm) or call them directly at 847-869-5019. I welcome calls, questions, or comments concerning the Foundation as well, and can be reached at 956-831-9668 or e-mailed at [gitalin@aol.com](mailto:gitalin@aol.com).

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# Legislative Action Report

Gayle Temkin

AMTA Texas – Chapter Second Vice-President

I am glad to be your new Second Vice-President! My goals are:

- 1) To hear your concerns and wishes for the future of massage therapy, and
- 2) To build a consensus within our group and affiliated organizations so that a bigger and better massage therapy and bodywork law is passed. As you know, this is not an easy task but it is a doable project if we work together.

Please email me (temkin@concentric.net) and let me know what your vision is for massage therapy and bodywork in general. I want to know what you think is in the way of that vision and what supports your vision. I'll summarize these perspectives for your review in the next newsletter. I look forward to your receiving what you have to share.

## East Texas Unit Features New Website!

Registered massage therapists and AMTA members in the East Texas area will now be able to keep up with regional massage and Unit information. Be sure to bookmark the website for the latest in any important developments.

Log on to the following:

<http://hometown.aol.com/rmtcindy/myhomepage/business.html>

# A Resolution by the AMTA - Texas Chapter

to be presented at the  
September, 2000 AMTA National Convention  
in Phoenix, Arizona

Whereas, Texas' 300-hr. State curriculum guidelines was written by Paige Asten in 1986, who based the curriculum on her own school's 500-hr. curriculum which was an AMTA approved curriculum.

Whereas, the AMTA – Texas Chapter commissioned a task based study (by a outside agency) to evaluate:

- 1) what skills were required of entry level therapists,
- 2) whether the practicing therapists in the state had those skills,
- 3) whether our state curriculum covered successfully the training of skills, and
- 4) If our curriculum hours were sufficient to teach those skills.

Whereas, the results of the study show that the state curriculum and the hours allotted were sufficient to teach the skills required of an entry-level therapist.

Whereas, TX has 15,000 Registered Massage Therapist of which the AMTA – Texas Chapter has 635 Professional members and about 600 associate members. There are 3 Testing periods per year adding about 1000 new RMTs to that number. The AMTA – Texas Chapter currently represents about 5% as compared to 20% a few years ago.

WHEREAS, no conflict would exist with AMTA BYLAWS, Article III,

Section 2, A, a, ii,iii., which states that All other applicants must pass an examination or hold a jurisdictional license consistent with AMTA Policy.

And WHEREAS the legislative and professional voice of massage therapist in Texas would be strengthened through greater participation in the AMTA.

NOW, THEREFORE, BE IT RESOLVED THAT:

The House of Delegates recommends to the National Board of Directors that Texas Registered Massage Therapist do meet the qualifications required in AMTA BYLAWS, Article III, Section 2, A, a, ii, iii, because applicants from Texas do pass a State examination and do hold a jurisdictional license that is consistent with AMTA Policy.

Respectfully submitted Carolyn Scott Naile and the AMTA – Texas Chapter Delegation.

The above is a proposal approved by the AMTA - Texas Chapter executive committee to be delivered to the AMTA National Convention House of Delegates for consideration September 2000.

# Within Reach

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• **Articles:** Articles, commentaries, letters to the editor, etc., should be e-mailed or provided on diskette along with a print quality original and are due by July 8, 2000 to Rick Robinette. *Content may be edited for length and/or content.*

• **PC Files:** Must be converted to at least one of the following, if not created in one of the programs mentioned above: Graphics (Tiff, Jpg, or EPS); PDF; or PS. If in native format (as noted above), fonts may not be identical to those originally used. A paper copy *must* be provided to ensure the closest match as possible. This specifically includes MS Publisher. This IS NOT a supported program on the Mac platform.

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## Legislative Update

*Carolyn Scott Naile*

*AMTA – Texas Chapter President*

First, I would like to thank the AMTA – Texas Chapter membership for the opportunity to serve as interim Second Vice-President (Legislation Action) and welcome newly elected Gayle Temkin to the position.

As previously reported, changes to the Massage Therapy Act and rules took effect on September 1, 1999. Massage therapy law will now be considered Occupations Code Chapter 455. According to Kathy Craft, Program Director for the Texas Department of Health (TDH) Professional Licensing and Certification Division, new rules to accompany the new act will go into effect beginning January 1, 2001. Release of the Rules is scheduled for September 2000, with a public comment period following. You can check the TDH website by linking through the AMTA – Texas Chapter website [www.amtatexaschapter.org](http://www.amtatexaschapter.org).

The most notable change to the Rules will be the implementation of a continuing education requirement. The proposed number of hours for CE's is six (6) clock hours. Not all classes and workshops are likely to be approved for continuing education, so it will be very important for you to check with the Massage Therapy Registration Program to confirm that a class has been approved by them, if you wish to use it for your CE's. Another change of regulation of some importance will be the requirement for client consent forms. More details of this will come at a later date.

## Executive Committee 2000 - 2001

### **President** (Term expires 4/02)

Carolyn Scott Naile - 625 Gatewood  
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Wk: (972) 240-9288 - Fax: (972) 240-9801  
email: hotschool@aol.com

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Dallas 75222-6541 - Hm: (214) 339-3349  
Voice Mail (800) 825-1168 - Fax: (419) 828-5554  
email: mrydesky@nkn.net

### **Second Vice President/Legislative Action** (Term expires 4/02)

Gayle Temkin - 1012 Milton Street  
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email: temkin@concentric.net

### **Third Vice President/Public Relations** (Term Expires 4/01)

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Carrollton 75006 - (972) 242-9508  
email hoand1@aol.com

### **Membership Chair** (Appointed Position)

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### **Parliamentarian** (Appointed Position)

Mary M. Rydesky - PO Box 226541  
Dallas 75222-6541 - Hm: (214) 339-3349  
Voice Mail (800) 825-1168 - Fax: (419) 828-5554  
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### **Standing Rules Chair** (Appointed Position)

Stacey Lemire - 12101 Mill Hollow  
Austin 78750 - (512) 258-7695  
email staceylemire@netzero.net

### **Benevolence Chair** (Appointed Position)

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D'Jango Sanders - 241 Oleander  
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*Pending*

### **Northern Region Unit Representative** (Appointed Position)

*Pending*

### **Southern Region Unit Representative** (Appointed Position)

*Pending*

### **Convention Coordinator** (Appointed Position)

Susan Olson - 1804-F Brothers Blvd.  
College Station 77845 - (409) 693-5562  
Fax: (409) 695-2828 - email massage@tca.net

## Unit Report- Dallas

*Sue Northcutt*

*Unit Director*

First, I want to let you know that the seminars and events at the AMTA - Texas Chapter Spring 2000 Convention was, in the words of Tony the Tiger, g-r-r-e-e-a-a-t! I learned some exciting new techniques from Judith (Walker) Delany LMT and Kerry D'Ambrogio PT in the 2-day session 'A Multidisciplinary Approach to Whiplash Injury.' I've already tried these techniques in my part-time practice, and they worked - amazing! I talked for some time after the class with Judith, and found her to be a walking encyclopedia of massage, as well as a wonderful person. What a learning experience! In addition to the education, the AMTA - Texas Chapter Board met with Unit Directors and had an informal discussion during which everyone got to know each other. It was invaluable to meet and build a rapport with the folks in the know.

During the convention, I filled in as Exhibit Coordinator. We had some incredible vendors - they must have donated about \$5,000 in raffle prizes! - including several massage office management software packages, massage tables, anatomy CDs, and much, much, more. If you had to miss this Convention, I am sorry to say you missed a tremendous opportunity. I made lasting friendships and created long-term networking opportunities.

I look forward to sharing details about the Convention, and last year's National Convention, with the Dallas AMTA members and interested massage therapists/students. Our next Dallas Unit meeting is scheduled for Sunday afternoon, April 30, 3:00PM to 5:00PM, at the Asten Center. Future Dallas Unit meeting dates are tentatively: May 21, June 25, July 30, August 27, September 24, October 29, November 19, and December 17. The meeting sites will be confirmed later. Contact me via phone at (972) 698-2411 box 2426 or email: mchint@flash.net Hope to see you there!



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## President's Message

Carolyn Scott Naile

AMTA – Texas Chapter President

She's back! Yes, that's right, I'm back for another term as President and I have to tell you that I am very excited to be here. Someone asked me at the Spring 2000 Convention if I was crazy to run again and the answer is probably yes. However, it is different your second (or third) time around. It really takes a term or two to know what you are doing. I must admit the first time I was elected I spent most of the term learning my job (I can see some of you who know me chuckling).

My first act as President will be to appoint committee chairs. These will be made over the next few weeks and posted on the AMTA – Texas Chapter website ([www.amtatexaschapter.org](http://www.amtatexaschapter.org)) and the next issue of *Within Reach*.

Next, I will be working along with the rest of the Texas Chapter Delegation on the lobbying of our Resolution to the House of Delegates for the AMTA National Convention in September 2000. It is our hope that this resolution will make it easier for our Associate members to become Professional members.

Membership services and the recruitment of superior leadership are my next priority. The AMTA Texas – Chapter is the leading association in Texas and I want to provide a vehicle not only for our membership but also for all massage therapists in this state to work together and achieve the common goals of our industry.



## Unit Report- Golden Triangle

Trisha Brooks

Unit Director

The Golden Triangle Unit met most recently to determine dates, times, and people for providing massage during two of the four Cancer Relay for Life events in our area. Although this interim meeting was called with only one weeks' notice, 14 people were able to attend! Both table and chair massage will be available for the event participants, sponsors, and the public.

It has been the Unit's decision to meet monthly. Every third meeting will be for business. We want to vary the meeting schedules between evening, lunch, and breakfast timeframes. Also, we are setting up blocks of time for exchange among Unit members (the massage-neglected therapists).



# Unit Report- Austin

Stacey R. Lemire  
Unit Director

The AMTA Texas – Chapter Austin Unit combined efforts with the Austin Chapter of the Texas Association of Massage Therapists (TAMT) on March 1, 2000, for the first annual Massage In The Park. Mayor Kirk Watson proclaimed March 1 'Massage Therapy Awareness Day'. The event began with Lee Ann Weislow (Austin Chapter President, TAMT) and I arriving at Austin television station KVUE 24 (ABC affiliate) for a three minute live segment on their Day Break show. Lee Ann massaged a station employee while Fred Cantu, a newscaster, interviewed me about the activities that would take place at Wooldridge Park downtown later in the day.

The day itself went FABULOUS! The event was really organized and on the ball. Seventeen massage therapists from both organizations gave 110 chair massages in 4 hours! One of the therapists came all the way from Bastrop to participate. During the lunch hour, the wait was as long as 30 minutes - and people still waited patiently. It was very successful event and all the massage therapists enjoyed the opportunity to educate the public and make new contacts. Ozarka supplied 120 bottles of water to give to massage recipients and the Austin Unit passed out a nice brochure, written by Austin Unit Assistant Director Ginger Hampton. Many people worked hard to make this event successful. The success of the day was recognized when I received this e-mail message from David Ferris:

Mr. David Ferris  
Division Manager, Civil/Probate Division,  
Travis County Clerk's Office

Dear Stacey,

Most of the people in this Division were able to avail themselves of your gift to the community today. The benefits to general health and wellbeing are obvious to those of us who have experienced therapeutic massage, but some of the employees were not yet aware until you made this convenient to them. One of the staff came back with an enthusiasm to have the Commissioners Court change the terms of our health benefits package to include massage. She gets a massage less regularly than she would like. Also, I believe she would enjoy having co-workers who have reduced mental stress. Thank you so much for the gift you brought to us today.

## IMPORTANT DATES

- July 8, 2000  
Article Deadline for August **Within Reach**  
Contact Rick Robinette
- August 11 – 13, 2000 - *Pittsburgh, PA*  
AMTA Council of Schools Teachers Conference  
Contact 847.864.0123, ext. 143
- September 8 – 9, 2000 - *tba*  
AMTA - Texas Chapter Fall Conference  
Contact Susan Olson
- September 20 – 24, 2000 - *Phoenix, AZ*  
AMTA National Convention  
Contact 847.864.0123, ext. 143

# Unit Report- Houston

Randy Bratsven  
Unit Director

Membership, membership, membership- yes, it really is all about membership. I enjoy massage, I enjoy getting together with other massage therapists periodically and talking about how to market a practice or trading techniques, and I also enjoy doing massage in the "public eye" so that more and more people become aware of the benefits of massage. But, I can't be the only person in the Houston area who feels this way. There must be others here who can clear their schedules for a Unit meeting, participate in a local activity, or go to an AMTA - Texas Chapter Convention. The recent Spring 2000 Convention that featured a multi-disciplinary approach to whiplash injury was certainly worth the time and money! In addition, the vendors were tremendously generous and gracious.

The Houston Unit is not inert, but we are moving slowly. Unit officers for 2000-2001 include:

- Randy Bratsven, Director
- Holly Bryant, Secretary/Treasurer
- Barbara Debenport, Education/PR

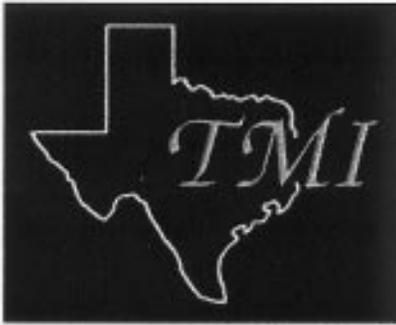
*The Membership/Newsletter position is currently vacant.*

The balance of this year's Unit activity is:

- 1) Co-host one 12-hour continuing education workshop
- 2) Develop a Unit Plan and budget for 2001
- 3) Participate in the Fall Conference in Austin on September 8 - 9, 2000
- 4) Hold one more meeting before the end of the year
- 5) Remain available for questions from members and the public

The past year I have received a number of calls from various individuals expressing an interest in the Unit, as well as from individuals representing corporations wanting massage therapists for their company health fairs and wellness events. It's frustrating when I am not able to provide them with a referral to someone who is pro-active in the AMTA and would like to support these corporations' efforts to promote the massage profession. These calls represent a lost opportunity to market individual practices, as well. Please step forward!

Contact me through the website ([www.amtatexaschapter.org/units](http://www.amtatexaschapter.org/units)) or by leaving a message on my personal voice mail (toll free) 888-983-4932 or by leaving a message at 281-997-2992 for any of the Houston Unit officers.



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# Spring 2000 Convention Election Results

Rick Robinette

AMTA – Texas Chapter Third Vice-President

A quick glance at the column titled 'Executive Committee' (found elsewhere in this newsletter) will reveal the names, positions, and contact information for the key people who will be volunteering their time and efforts maintaining the AMTA – Texas Chapter as a viable entity. The following is a summary of the election results:

President- Carolyn Scott Naile returns to this office after a two-year hiatus. Thanks to outgoing president Paul Frizzell for his patience and fortitude. Paul was honored at the Spring 2000 Convention banquet with a plaque that commemorated his devotion to the AMTA – Texas Chapter. He will continue to play a role on the AMTA – Texas Chapter executive committee as Chairman of the Board.

Second Vice-President- Gayle Temkin has stepped up to the plate to serve as the Legislative Action Vice-President. She has an impressive background in many different fields and has previously held an AMTA – Texas Chapter Vice-President position in 1989. In addition, Gayle was a National AMTA Public Relations Committee member in 1990. She is a very welcome new board member.

Secretary- Marilyn Hollingsworth continues to display uncommon willingness to fulfill various important duties within the AMTA – Texas Chapter, and this position is arguably the most significant. Marilyn has been instrumental for many years in helping with several background functions (convention coordination, interim membership chair, etc.). She now brings her capability, thoroughness, and insight to this office. Many thanks to Michaele Fisher for her hard work while acting as interim secretary.

Treasurer- Russell Rust assumes this unsung but vital position. Russell has many talents, as well as an aptitude for business, and these abilities will support him in maintaining an eagle's eye on the financial stability of the AMTA – Texas Chapter.

Delegates- A number of members were elected to represent the AMTA – Texas Chapter at the next two AMTA National Conventions: Phoenix, Arizona, in September 2000 and Quebec, Canada, in October 2001. The delegates for these two conventions include Carolyn Scott Naile, Mary Rydesky, Rick Robinette, Stacey Lemire, Paul Frizzell, and Susan Olson.

# AMTA – Texas Chapter Unit Report: Spring 2000

Mary Rydesky

AMTA – Texas Chapter First Vice-President/Units

The AMTA – Texas Chapter Units continue to grow! Unit leaders from Brazos Valley, Dallas, East Texas, Golden Triangle, and Houston were front and center at the Spring 2000 Convention, assisting with many tasks, participating in courses, and meeting attendees who live in the various parts of the state served by these Units. Visit [www.amtatexaschapter.org/units](http://www.amtatexaschapter.org/units) for more news, or [www.amtatexas.chapter.org/unitleaders](http://www.amtatexas.chapter.org/unitleaders) for details on whom to contact in your area. Remember that large metropolitan areas might be better served by having several Units; Dallas and Houston are presently considering this option so that members can meet central to their homes or offices instead of driving a distance.

Several attendees and web site visitors have asked to establish Units in their areas; watch for details, and check the website. Are you interested in having a Unit as a place to network, exchange messages, share tips and leads, and develop plans for charitable activities and community public relations? Email the AMTA – Texas Chapter Vice-President in charge of Units at [mrydesky@nkn.net](mailto:mrydesky@nkn.net) and tell me where you are and how many massage therapists you've contacted about the idea of starting a Unit. South Texas, West Texas, San Antonio, Amarillo- I would be thrilled to hear from you as the first in line to get a Unit going.

Unit leaders are responsible for submitting a budget, semi-annual financial reports, a plan of action for the year, agendas and minutes of meetings along with attendance reports, and participating in Unit retreats and other inter-Unit activities. Ask any Unit leader and you will hear their enjoyment at being involved, along with their frustration when events lack attendance. Do you have ideas for how to have a Unit without physically attending meetings? I would love to find the solution- maybe it is an online Unit!

Unit activity attendance is open to any massage therapist in your area. Leadership roles require AMTA membership. You must have at least 10 interested AMTA members in your area to start a chapter, and the goal is to have that many professional members in the Chapter. This makes meeting the ATMA standards for holding office much easier to achieve. Email the Vice-President in charge of Units at [mrydesky@nkn.net](mailto:mrydesky@nkn.net) and let's discuss your ideas!

Are you moving?

## Here's what you ***must*** do:



1. Write the Texas Department of Health to let them know a.s.a.p.
2. Write or email the AMTA National office to let them know a.s.a.p.

The Texas Chapter office is updated by TDH and AMTA's National office.

This is the only way the Texas Chapter will have your updated address.



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## Continuing Education Report

*D'Jango Sanders*  
Director of Education

The Texas Department of Health will require continuing education hours starting in January 2001. Six (6) hours of continuing education is the proposed number of hours needed to renew your registration. You can be assured our Fall 2000 Conference in Austin will meet that need. The AMTA - Texas Chapter has put together a great line-up of continuing education for those attending the Fall 2000 Conference.

How do you top Judith Walker Delany and Kerry D'ambrogio, our presenters at the Spring 2000 Convention? Well, you really can't, can you? The participants at the Spring Conference will attest to that. But you can come right back and create another exciting event- the Fall 2000 Conference in Austin. Do you like choice? Do you like variety? We can accommodate you. How about Cherie Sohnen-Moe offering "Business Mastery" as a morning session and "Taking Your Business to the Next Level" for the afternoon. In addition, John Barrera will be presenting Visceral Massage and Peter Minke will explain Breath Work.

A Friday night Ethics class will be offered as well.

For this Fall 2000 Conference, only one day of education is being offered, due to the low attendance numbers at our last three conventions. In order to offer quality continuing education, we must have registrants- it's just simple math. Please join us in Austin this Fall for fun, excitement, and more top-shelf presentations!

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# Finding Your Body's Mind

Peggy Lamb MA, RMT, MTI

Even when we are still, we are moving. Blood circulates, lymph flows, the heart beats, stomach juices swirl, cerebrospinal fluid pulses, cells migrate, rib case and lungs expand and contract. There is a universe of silent movement occurring inside us every second. There is no conscious effort to these movements. I do not have to decide to digest my food. If I eat something my digestive system, governed by my brain, takes care of it.

In contrast to these involuntary movements are the movements I decide to do, or voluntary movements. Voluntary movement is active; it requires consciousness, intent, and will. When I decide to brush my teeth I must first have the intent and the will to perform that activity before I can reach out with my hand to grasp the toothbrush, put toothpaste on the brush, and bring it to my mouth. Even though I must have the conscious intent to brush my teeth, there are times when I do not remember if I did or did not! So even though I have made a conscious decision to brush my teeth, I do not have to stay conscious of brushing to achieve my goal.

Brushing my teeth is a habitual act, a series of movements that have been recorded in my sensory and kinesthetic memory. This memory allows me to perform this activity "unconsciously". While I am brushing my teeth I can plan my day or be seized by a wild idea for a new dance or poem. This ability to do one thing and think about another is a wonderful advantage of the human organisms' larger brain.

Like all positives though, there is an inherent negative in this advantage. If I am thinking about my idea for a new dance while I am brushing my teeth, I cut myself off from much of the sensory information I am receiving from my movement. The skin, joints, and muscles have sensory receptors that telegraph information to my brain about pressure, pain, and the position of my body, among other things. These sensory receptors are called proprioceptors and they are the eyes of the body. They transmit a continuous sensory flow from the movable parts of my body and have been called our secret sense.

In his book, *The Man Who Mistook His Wife for a Hat*, Oliver Sacks tells the story of Christina, "The Disembodied Lady". Christina had lost all proprioception through a rare nerve disease. In her despair she once cried to Dr. Sacks: "If only I could feel! But I've forgotten what it's like. It's like something's been scooped out of me, right at the center." In a most fundamental and profound way, my proprioceptors let me know that I exist, for they allow me to "feel myself".

Movement activates my proprioceptors and it is the *feel* of my movement that offers me a view into my body's mind. Increased awareness of my movement and postural patterns comes from attention to my sensory system. I can use this wonderful, exquisite sensory system to enhance and deepen my ability to find and communicate with my body's mind.

Let's go back to my teeth-brushing. Instead of thinking about my new dance or planning my day, I've "tuned" into my body and feel a strain in my neck and shoulders and lower back. A common response to this is to "put" the shoulders down and "straighten up". My body's mind, though, does not really understand these "commands". My body's mind loves remembered sensations and images. Instead of "putting" my shoulders down, I can call upon a pleasurable sensation of a past movement. *I can allow my shoulders to slide down towards my hips.* Sliding was one of my favorite childhood activities so it is deeply encoded in my sensory system. My nervous system truly understands that "command". Instead of "straightening up" *I can imagine and feel a fountain of water flowing up through my spine.*

Using sensations and images is a more direct, powerful, pleasurable, and even playful way of communicating with my body's mind. My nervous system has a beautiful and innate wisdom. If given the chance, it will engage the best neuromuscular pathways to produce my movement goal. This manner of communication allows me to engage myself fully and change habitual patterns from the inside out and still have fun while it's happening.

*Peggy Lamb is a dancer and massage therapist who teaches movement classes and workshops. She is a faculty member of Texas Massage Institute/Wellness Skills in Dallas, Texas.*

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