



ORIGINAL  
*Tuning*  
BOARD™



## Vertical Integrative Movement and the Tuning Board

## **VERTICAL INTEGRATIVE MOVEMENT SUMMARY OF PRINCIPLES**

- 1. Health is characterized by centeredness, balance, connectedness, and movement;**
- 2. Trauma, injuries, postural coping mechanisms, and engrained habits of use result in restrictions that hinder the expression of health;**
- 3. These restrictive patterns contain information;**
- 4. This information is physically located in the body, but at the same time is also held in other channels of the whole person's body-being, and is expressed at a number of different levels (emotional, cognitive, physical, etc.);**
- 5. We work in gravity with the Tuning Board to introduce movement at very deep levels in order to reveal and work with these blockages and their associated information.**
- 6. When movement is introduced into a fixation, the information held there may be released and brought to our awareness, and so becomes available for transformation.**
- 7. We then engage with the information that is revealed, a process which leads to transformation in the direction of health;**
- 8. Engaging with the information that's held immobilized in the fixation is required for transformation to occur.**
- 9. In working with the Tuning Board, this engagement may be in the form of a psychotherapeutic process, or other healthcare practitioners' modalities.**

**In summary, we can use the Tuning Board to:**

- a) introduce movement at very deep levels to move into these fixed patterns, and ...**
- b) engage with the information that is released to transform it and move toward wholeness.**

## VERTICAL INTEGRATIVE MOVEMENT CONCEPTS

### *Health is Flow*

Health is characterized by movement, connection, balance, and centeredness.

### *People Get Stuck*

Life experiences, from traumatic overwhelm, injuries or engrained habits of use, can result in functional and/or structural fixations that hinder the expression of health.

### *Stuckness Happens in the Whole Person*

These fixations and restrictive patterns, while they may be visible and accessible in the body, extend as well to the other channels of expression of the whole human being, including cognitions, emotions and behavior.

### *Stuckness is Hidden Information*

The physical fixations might therefore be said to contain information which has the potential to manifest in any of these other channels.

### *A Gentle Dance with Gravity Elicits This Information*

We work in gravity with the Tuning Board to introduce movement at very deep levels in order to reveal and work with these blockages and their associated information.

### *Information + Awareness = Transformation*

When movement is introduced into a fixation, the information held there may be released and brought to our awareness, and so becomes available for use in transformation. Engaging with the revealed information leads to transformation in the direction of health.