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SourcePoint Therapy: An Energetic Approach to Structural Integration

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“Beings are energy units. You are disciples of this new gospel and you must go out and preach it convincingly. You must be immersed in the idea that man is an energy structure which can be altered in many ways. Man manifests a related group of energies.”

Dr. Ida Rolf's Address at the Rolf Institute Annual Meeting, 1974

Introduction

During the past three years the authors have been offering a CE class through the Rolf Institute® entitled: “An Energetic Foundation of Rolfing.” In this course we explore the perspective that human beings are energy units, with the intention of affecting change at a structural level through an energetic approach. The results have been very gratifying. We have seen students' skill levels as Structural Integrators increase dramatically in a very short time, leading us to conclude that proficiency in working with the energy field is an important aspect in training to be a Structural Integrator.

We have many theories of Structural Integration and how it works, none of them conclusive. The emerging research of informational and energetic medicine may hold the key as to why what we do as Structural Integrators works. From these perspectives all change begins in the field, which systems theorist Ervin Laszlo describes as “...not just a superdense sea of energy but also a sea of information.”¹ It is the intention of the authors to present an energetic approach that places Structural Integration at the center of this emerging world view, taking a leap from the Newtonian world view in which we are often still immersed.

Recognition of the importance of an energetic approach was inherent in Dr. Rolf's holistic world-view as expressed in her teachings and talks. In this article we will explain how we came to this work, and in so doing, explore the movement of Structural Integration toward a non-formulaic approach focused on the needs of the individual, and how that progression leads naturally to an incorporation of an energetic approach that is extremely accurate in assessing those needs. We will discuss the basic principles of

SourcePoint Therapy and share our experience of specific ways in which it enhances the practice of Structural Integration. It is our intention to awaken interest in and dialogue about an energetic approach to Structural Integration.

Ray's Story: Toward an Energetic Approach to Structural Integration

When I first started practicing Rolfing® Structural Integration in 1978, I was curious as to whether there was a common reason that people chose to participate in the process. When I asked my clients, they had various reasons: increased performance, whether on the athletic field or on the theater stage; relief from the pain and restrictions of accidents, whether they were recent or many years past, and some simply wanted greater self-knowledge - they wanted to become more who they were and to fully express that in their lives and relationships. They had heard from friends or acquaintances that Rolfing® could do all these and they wanted to find out for themselves.

The more I asked the more it seemed that the reasons for engaging in the process were as numerous and unique as the individuals choosing it. Then I realized that there was a common factor: they all wanted to change. For some, the change they desired was physical, for some mental, for some emotional and for others spiritual - but they all were interested in something changing in their lives. I began to realize that Structural Integration was a powerful catalyst for change across the full spectrum of individuals' lives. I couldn't necessarily predict exactly how a client would change but I was confident that they would and they did. It was as though Structural Integration was a universal solvent that helped dissolve the stuck-ness in people's lives so that what was next for them could start to happen.

So, for as many years as I have done this work I have held the question, "How does change happen?" How do we relate to ourselves and our clients to increase the possibility and probability of change? Jim Oschman has said that the stories that we tell ourselves to make sense and meaning of our lives, our experiences, change over time. The stories that we share to explain how change happens are different now than when I trained and will be different for students who train ten and twenty years from now. Myofascial connective tissue and gravity are constant threads running through our collective story but do we really understand either of them or their role in change?

When I trained in 1978 the story was fairly straightforward. The body was smart and quick about protecting itself from harm by contracting and compensating. It was however, dumb and slow about letting go and returning to normal after an event had occurred. As practitioners our job was to apply mechanical pressure to tissue with our fingers, knuckles, elbows, so that tissue returned to its natural plastic state and in the process the person stood up better in gravity. Imagine our surprise and wonderment when through exposure to cranial and visceral approaches and modalities we discovered that the tissue was in a constant state of motion and flux, inherent motion, and when we aligned with and honored those rhythms, they corrected things on their own with little or no effort on our part.

Even before being surprised by the inherent motion in the body we experienced the occasional frustration of not accomplishing the structural goals of our work despite our best and most determined efforts. Not knowing what else to do, and with a certain sense of resignation, we referred them to a colleague who did movement work. Invariably, when they returned for a post-ten tune-up they arrived manifesting the

structural goals we had sought but had not achieved. We wondered, but usually didn't ask, how the movement practitioner had accomplished what had eluded our best efforts.

Hoping that the secrets to how change happened were taught in the Advanced Training I enrolled in it as soon as I could after my basic training. My first Advanced Training in 1982 was taught by Emmett Hutchins and Jan Sultan. The following year I audited the advanced class taught by Peter Melchoir and Jan. Years later I audited the Advanced Training again as part of my preparation to become a basic instructor. This third training was substantively different from the first one. In the intervening period the Advanced faculty had deconstructed the "Recipe" that is the core and backbone of the basic training. From the very beginning, within the context of the 10-series, Dr. Rolf's Work has been defined and taught as a set of goals to be accomplished, not a series of techniques to be applied. She stressed that the Recipe had value, as we all had reason to know, but that ultimately our purpose and challenge was to address the "radical individuality" of our clients, not their sameness.ⁱⁱ

The non-formulaic approach that arose out of the examination, deconstruction and clarification of the principles inherent in the recipe was a major step in our being able to address clients' individuality. To be effective working non-formulaically requires more than stepping beyond the safety net and wisdom of the 10-series; it requires that we increase and develop our ability to perceive so that we can answer the three crucial questions: where do I start; what do I do next; and when am I done? We are indebted to Jeff Maitland for making us aware that these are the important questions we must always answer. If we do non-formulaic work and do not answer those three questions moment to moment in a way that is relevant and meaningful to our client, they would be better served by our simply doing the Recipe.

All of these explorations and insights occurred in the context of my original question: How does change happen? As I lived with that question I realized that the whole idea of change needed to be refined and expanded; that it was not just change that we were seeking. As one wag once commented, "It's easy to get people to change, just have them fall down a flight of stairs." My question became: how do we evoke change that serves and supports each person's radical individuality? Once, someone asked Peter Melchior what doing advanced work was about. Peter said, "It's about doing what is next for that person." Knowing what is next for someone is not something that we figure out. Human beings are far too complex for us to rationally figure out what is next for them. In fact, I would say that the majority of clients don't consciously know for themselves what is next. If someone had asked you ten years ago how to get where you are today would you have had a clue as to the answer? And yet, here you are. Change, sustainable, life-enhancing change, seems to be a tightrope walk between limitation (order) and possibility (chaos). We grow and change when we are at that dynamic balance, that cutting edge between order and chaos. Too much order - we rigidify; too much chaos - we fragment. There's never a shortage of chaos; life has an abundant supply of it. But what about order? How do we evoke and support the body's inherent ability to seek and create order in itself? How do we create the potential for, and the support of, what is next for the person? How do we align with this aspect of change?

All healing modalities have a story about the source of order and how best to promote it. Structural Integration's story is gravity. Dr. Rolf said, "You are not the therapist; gravity is the therapist."ⁱⁱⁱ But we all know that gravity produces as much chaos

as it does order, in fact more. Avalanches are but one quick and powerful example. Abandoned barns on the verge of collapse are a time-lapse version of the disorganizing effects of gravity. Gravity provides orientation but order is a deeper question. Where does order come from? Dr. Rolf clearly states that order does not come from the therapist. It is somehow inherent within the organism itself. A human being has the wherewithal to appropriate gravity as a resource to increase its own order, organization, and coherence. This is why people get “lift” after a good session and brick walls don’t. However, even if we can see that humans have the ability to relate to gravity as a resource to increase order and coherence, we still don’t know how the ordered form of a human being arises. There was a point when I realized that my question, “How does change happen?” was too small a question and was, in fact, a subset of the larger questions: How does the un-manifest become manifest? How does form come into being in the first place?

It wasn’t until my foray into the world of Biodynamic Craniosacral Therapy that I was introduced to the possibility of interacting with a person’s development prior to their birth: to track back down their timeline to that period of embryonic development from conception through the eighth week of becoming. As I said earlier, each discipline has its story as to what produces order, or to say it another way, form. In the world of Biodynamic Craniosacral Therapy, order/form is the result of the forces that determine the development of the embryo. These forces are in turn a result of the effect of the Breath of Life, that phenomena of nature that has a rhythmic 100 second pulsation: 50 seconds increasing; 50 seconds decreasing. The Breath of Life is considered to not only form the embryo but to also maintain, for the rest of its existence, the postnatal form. A discussion of the Breath of Life and whether embryological development is orchestrated by genes or by epigenetic field phenomena, while fascinating and relevant, is far beyond the scope of this article. My studies in Biodynamic Craniosacral Therapy were valuable in and of themselves and provided the next stepping-stone in the pursuit of the question, “How does something arise from nothing?”

While gravity and the Breath of Life are compelling and powerful stories, I don’t consider them up to the task of answering this question. At least for me they don’t. My current exploration of the question has been taking place in the energetic realm, that field of energy and information previously limited to esoteric enquiry but now studied by contemporary physicists and biologists. Although I didn’t realize it at the time, this phase started when I met Bob Schrei in a two year Biodynamic Craniosacral class in Maine. I was a table assistant in the training and Bob and I soon developed a ritual of coffee and conversation each morning as a prelude to class. Bob was in the process of developing, with his wife and partner in healing work, Donna Thomson, an energetic healing system they called SourcePoint Therapy. After the class ended, I wanted to continue our conversations, so I went to Santa Fe where Bob lives and took the first level of the SourcePoint Training. I began to have additional insights into this question of “something arising from nothing” as I worked with the concept and experience of energetic fields and structures and their organizing principles. After completing the third level I suggested to Bob that we offer a continuing education six-day class through the Rolf Institute that would combine the principles and perspectives of SourcePoint Therapy and Rolfing® Structural Integration. As we prepared to teach these courses I realized that in exploring the energetic taxonomy^{iv} we were pursuing an aspect of the vision and fabric of Structural Integration that had been there from the beginning.

If there is any doubt about that statement read Dr. Rolf's address that she delivered at the Rolf Institute Annual meeting in 1974. Here is an excerpt:

"People so often come to you and ask, "What does Dr. Rolf want?" Here is the answer. With this map in front of you, you tell them what I want. I want to see what happens to the energy fields in and around an individual as you order his structure and what is the change in his behavior that parallels this change in energy. ... These are all directions in which we should and must go if we are to fulfill what I envision as our destiny."^v

In Dr. Rolf's writings and in the anecdotes that are part of our communal knowledge of her work, we find evidence that this was not just a passing interest on her part. In her seminal book, *Rolfing: The Integration of Human Structures*, published in 1977, she alludes to the energetic reality that organizes human structure: "...is 'balancing' actually the placing of the body of flesh upon an energy pattern that activates it? The pattern of this fine energy would not be as easily disrupted and might well survive, relatively intact, traumatic episodes that distort the flesh."^{vi}

In the preface of her book when speaking to the unity of form and function she states: "A joyous radiance of health is attained only as the body conforms more nearly to its inherent pattern. This pattern, this form, this Platonic Idea, is the *blueprint for structure*." (Italics added by the author)^{vii}

This is where SourcePoint Therapy comes in. It provides a simple, accessible, effective and reliable method for relating to and working with the energetic structures of the body. There are many forms of energetic healing, but SourcePoint Therapy is the most straightforward and has the least esoteric baggage of any that I have encountered. An energetic approach provides another perspective on the ongoing questions "How do we evoke change that serves and supports each person's radical individuality?" and "How does form come into being?" I have found that my study of the principles and practices of SourcePoint Therapy and the integration of these into my work have given me an opportunity to explore what Dr. Rolf meant when she spoke of fulfilling our destiny.

Bob's Story: SourcePoint Therapy

I am sitting here in my painting studio looking at a painting I did this past winter, one of a series, about the line, the central organizing principle of Rolfing, the body, and my life. Copies of Wassily Kandinsky's *Point to Line to Plane* and *Concerning the Spiritual in Art*, written at the Bauhaus in 1924, sit on my desk next to books on functional morphology and embryology. Science, art, and spirituality are three threads in my life that have woven themselves together in the emergence of SourcePoint Therapy.

I began my formal professional training in Architecture because of a statement that I had encountered, "Architecture is the Mother of the Arts." Architecture school demanded a thorough disciplined study of the sciences as well as a grounding in the arts and design; it spoke to the wide variety of interests that I held at the time and still do. After the conclusion of architecture training I pursued a Master of Fine Arts both in London and at the Art Institute in Chicago. While in London I would spend my Saturday afternoons at the British museum and visiting a small bookstore nearby which turned out to be an Anthroposophical center. I spent time reading Rudolph Steiner and studying Goethe's theories of color and the Ur phenomena.

I was also drawn, in 1966, to the work of the German artist Joseph Beuys, who has had a profound influence on the development of modern art. His vision of the artist as shaman, healer, and visionary touched something deep in my soul. Joseph Beuys and Rudolph Steiner both shared a profound interest in how form emerged from what Steiner termed the etheric formative forces. Many of Beuys's pieces directly referenced blackboard drawings and lectures from Rudolph Steiner. I was beginning to awaken not only to the commonality of science and art but also to see that healing arises from a unified field of human consciousness, which has its expression in the figure of the shaman. Someone once asked Dr. Rolf about what she considered Rolfing® to be and she reportedly said that if she had to come down on one thing, she would say that it has more to do with shamanism than anything else.^{viii}

Suddenly the Vietnam War tore me out of Chicago and my studies to an unexpected life as a conscientious objector in Toronto, where I met a group of others in the same position who had been part of the Whole Earth catalogue. We decided to start a Canadian version with each issue focusing on a topic. I was asked to be the editor for an issue on healing. Through the research I was doing I encountered the work of Dr. Ida Rolf, and was immediately interested. At the time she was teaching at Esalen and, given my political situation, it was clear that I would not be able to pursue this interest. I did, however, begin to interview and study with a number of chiropractors, naturopaths, and osteopaths in Ontario. I soon encountered radionics, which they were all practicing, and the entire field of energetic medicine, including homeopathy, flower remedies and many other emerging paradigms.

What I learned from this study thirty-five years ago is that there is one factor that is common among many of the energetic approaches to healing, and that is the notion of a “blueprint” or “template” that guides and informs the development, maintenance, and repair of the human body. This paradigm has continued to emerge since then in the fields of physics and biophysics.

My own life took another unexpected turn at that point. I began my formal practice of Zen, which became the central organizing factor in my life for the next fifteen years. There was the line again, the kyosaku, the encouragement stick, the straight and narrow way. Simplicity. Zazen. That is another story, but in relation to my later work and the development of SourcePoint Therapy there was a core teaching that helped to shape my healing work: that all beings are whole and complete, lacking nothing. This led me to naturally approach healing from the perspective of our essential wellness. Above all, my years in Zen instilled a sense of simplicity and directness that I found missing in so much of the esoteric energetic approaches to healing. Over the next thirty years, I continued my studies in energy medicine, sacred geometry, consciousness, and shamanic healing, as well as Rolfing® and Biodynamic Craniosacral Therapy.

Fundamental Principles and Practices of SourcePoint Therapy

In a complex world, simplicity has great power. SourcePoint Therapy is a simple approach to healing with both energetic and manual therapy components. The energetic treatment and diagnostic approaches of SourcePoint Therapy are supportive of and enhance whatever healing modality you are using as a practitioner or experiencing as a client. SourcePoint Therapy consists of four fundamental areas of focus, with additional information and techniques at the advanced levels.

1. Learning to work with specific points in the human energy field surrounding the body, whose function it is to connect the physical body to the specific energetic *blueprint*, or template, of health for the human body.
2. Using an energetic scan of the body to determine the location of blockages in the physical body that obstruct the flow of information from the blueprint of health. These blockages are often the source for the symptom complex being presented.
3. Working with energetic patterns as a way to connect directly to the blueprint.
4. Manual Therapy. This aspect of SourcePoint Therapy has grown out of years of experience with Structural Integration, Biodynamic CranioSacral Therapy, and other forms of manual therapy. The focus is working directly with the blockages discovered through the energetic diagnostic procedure referred to above, in a way that is in harmony with the client and that brings a higher level of order into the body. Techniques range from deep contact to extremely gentle energetic contact. Knowing where to work within the spectrum of touch, as well as knowing where to work in the body for the presenting pattern or needs of the individual is the focus of this aspect of the work.

The Blueprint

This is the most important underlying principle of SourcePoint Therapy. The blueprint is that subtle energetic form which contains the template at the energetic level for the human body in its state of original, unaltered, balanced health. What is this “blueprint for structure” that is fundamental to the emergence of order and form that Dr. Rolf referred to? The blueprint that carpenters use to build a house provides information. The blueprint that Dr. Rolf was referring to *is* information. In *Science and the Akashic Field*, Ervin Laszlo speaks to this distinction:

“Most of us think of information as data or what a person knows. But the reach of information is deeper than this. Physical and life scientists are discovering that information extends far beyond the mind of an individual person, or even all persons taken together. It is an inherent aspect of both physical and biological nature. The great physicist David Bohm called it ‘in-formation,’ meaning a process that actually ‘forms’ the recipient.”^{ix}

Another important point emerges from Dr. Laszlo’s description of this field of information: it is interactive. This means any information changes according to the information fed back to it, therefore what we call the blueprint is not a static, fixed pattern, not an eternal template, but a dynamic, interactive, energetic field of information that works with us, in us, and around us. It is sentient and self-organizing.

Numerous systems of healing, philosophy, and religion have posited the existence of this information field. It has been described in the Kabala as the Adam Kadmon, the original human, sometimes defined as that pattern which, animated by light, gives birth to life, repairs, and heals. We find similar concepts elsewhere: in the theory of Platonic ideals; in the principle of universal archetypes; Goethe’s Ur phenomena; the mold of man as described by Carlos Castaneda; the “blueprint of health” of the biodynamic osteopathic world view; the “etheric formative forces” of Steiner; and the morphogenetic fields of

Rupert Sheldrake. These form-generating fields contain the information for the development of the material realm. While all these descriptions of the blueprint have their differences, they are all pointing to a similar phenomenon.

In SourcePoint Therapy, it is our intention as we work to access that specific information from the field that brings order, balance, harmony, and flow to the human body. Many energetic healing systems focus on facilitating the flow of energy; in SourcePoint Therapy we work also with facilitating the flow of information. In working with clients we determine the location of blockages in the physical body that obstruct this flow of information. These blockages can be detected through a simple body-scanning technique. This SourcePoint technique helps the practitioner to determine the most effective entry point for working with the client's symptoms. As the energetic blockages are released, the disturbed information of illness, trauma, injury, and discomfort held in the body is replaced through connection to the blueprint with the information of health, order, balance, and flow.

Lynne McTaggart, who is known for her work in reporting and researching advances in energy medicine, says, "Informational medicine, medicine that takes information and changes disturbed information, is going to be the future of medicine...Disease is scrambled information. If we can access the appropriate information, we correct the scrambling. That's what a number of these new energy modalities are doing."^x

The Points and Patterns of SourcePoint Therapy

Sandra Blakeslee, author of *The Body Has a Mind of Its Own*, describes how the brain maps out the space around the body in as much detail as it does the organs and nerves of the body.^{xi} Our body map is much bigger than just the flesh and bones. There is a field around us that is as much a part of us as the central nervous system of the body. This recognition is at the center of the emerging view in science of who we are. It has been proposed that memory is not held in the brain, that the brain is just a transducer for information that is present in the field.^{xii} The field contains the information or blueprint for the body and the body is constantly referencing this field of information to maintain health, order, and flow.

In SourcePoint Therapy we work with a variety of geometric patterns, formed by points in the energy field, as a way to connect directly to this information field. These points and techniques have been discovered through many years of intuitive and practical study, testing, and application. Some of these points are held in the energy field off the body, some are located in the physical body. The basic ones are the Diamond Points, the Golden Rectangle Points, the Navel Point, the Sacral Points, and the Guardian Points. There are configurations we work with in the body, tracing lines and holding points in the head, trunk, and limbs of the body. Our experience is that in working with these points we access the information of order reflected in the proportions of sacred geometry, and that this information brings greater order to the human body.

One of the early studies that I engaged in at Washington University was "sacred geometry." All great architecture, from the pyramids to Chartes Cathedral to Le Corbusier, is based on principles of sacred geometry. It is called sacred because there are certain underlying principles, proportion, and geometry that underlie the emergence of form, including the human body. I studied the geometrical relationships of the human

body. Robert Lawlor, in his book *Sacred Geometry*, refers to the “architecture of bodily existence.”^{xiii}

One archetype that presents this information in an extremely condensed form is Leonardo DaVinci’s “Vetruvian Man.” This drawing has the distinction of being the most reproduced graphic image of all time. I have looked at it, reproduced it with compass and ruler, studied, and pondered this image for over forty years. It represents the geometric proportions of the human body, including the physical relationships within the body; it also maps the relationship of the body to the space around it. It shows us the energetic structure of the body. It has been analyzed from the perspective of the five-pointed star, or pentacle, and the six-pointed star from the Kabalistic point of view. The configurations formed by the points we work with in SourcePoint Therapy correspond to the proportions of this figure.

Dr. Mark E. Rosen, D.O. says, "Health is that perfect blueprint present within us from the moment of conception. Health is more inherent in the geometry than the genetics."^{xiv} As an architect, artist, and Rolfer, when I began to look at how to access the information of health, balance, and order present in the energy field, it was natural to look at geometric pattern as a doorway to this information.

Point to Line to Plane

I began by speaking about “point to line to plane.” For me, this is a personal metaphor for how form emerges from a matrix of energy and information. From waves and particles, lines and dots, patterns arise, and these configurations emerge into recognizable form, in a constant dance of point and line and plane. I experience this process in my painting, I see it reflected in the research of contemporary science, and now, with the development of SourcePoint Therapy, I am able to access this process at an energetic level to help the body align with this flow of energy and information. The blueprint is like a seed of health, containing all the information necessary to the health and life of the human being. This seed flowers into pattern and then into form. It is profound to work with this process and observe the effects of accessing this information.

Conclusion: Our Work with SourcePoint Therapy in the Context of Structural Integration

We would like to share a few instances in which we regularly see SourcePoint Therapy specifically enhance and support Structural Integration practice. One example lies in the simple use of the “entry point” as described above. Our first question is always “What do we do first?” Rather than relying entirely on visual or biomechanical analysis, by doing a manual scan of the energy field of the client we can determine the location of primary blocks and discontinuities. Often these do not have an obvious structural relationship to the presenting symptoms; however, we are identifying where the client’s body wants us to start. It is common for clients to comment: “You could not have found a more re-assuring place to touch me.” That is a considerable advantage for your first contact. When this starting place is honored, we consistently find that the session is more effective.

Duffy Allen, Certified Advanced RolferTM and Rolfing® Instructor says, “When I integrate the SourcePoint practice into my work, ‘seeing’ from a Rolfing® perspective becomes about seeing what *is* for the client in the present moment, rather than about what

the procedure might be for the session. In this way I see my client more clearly, both before and after the session. Work is better integrated because the client receives only the input necessary, which is not always what my ‘Rolf-brain’ thinks is necessary. The autonomic nervous system responds to the work in a more even manner and more quickly. The client gets up off the table with clarity and ease; the work does not require a lengthy settling in period or extensive tracking.^{xxv}

The practice of SourcePoint Therapy emphasizes awareness of energetic patterns in the body’s field, and this leads to an enhanced understanding of the line as an energetic pattern present in the prone position as well as standing. In other words, it is not primarily related to gravity; it is an organizing factor in any position. By working with this line while the person is lying on the table, our experience has been that the line we are attempting to evoke with Structural Integration in the field of gravity is much more easily established. If the line is coherent at the energetic level when the client is lying down, then it will be better established in standing and movement. SourcePoint does not replace our tissue work; it enhances and complements it, producing greater results with less effort on the part of both the client and the practitioner. We have found there are two fundamental reasons for this. First, it addresses the uniqueness of the client and second, it recognizes the hierarchy of causality.

When we work incorporating the orientation of the energetic blueprint as expressed in the SourcePoint approach, we are addressing both aspects of the client: the universal and the individual. We can, moment to moment, in a way that is relevant and meaningful to our client, answer the three questions (where first, what next, when done), and strategize and work accordingly. We let the wisdom and needs of the client’s body direct the session and the series. We work in a way that honors and responds to each person’s “radical individuality.” We have the potential and possibility of doing post-ten work the way Dr. Rolf intended it be done. Karl Humiston, who studied directly with Dr. Rolf, has said that she conveyed to him and others that each human being has an inherent internal pattern for optimal organization of form and function; that the pattern is essentially self-organizing, and that the intent of Rolfing® is to identify and address that which keeps each person’s pattern from manifesting as a higher level of order and function.^{xvi}

Those who had the privilege of watching Dr. Rolf work often comment on her shocking economy: how much change she was able to evoke with a bare minimum of contact. You can see an example of this in the DVD of her doing a first session.^{xvii} We don’t presume to know all the myriad factors that contributed to Dr. Rolf’s economical prowess. Certainly, her ability to see more than the physical was a significant factor. Intentionally employing the reality of an energetic template enables us to work at levels that include, but are beyond, the physical body. Physical structures do not create energetic structures; just the opposite: they are the result of the in-formation from the energetic templates. No matter how skillful we are in organizing tissue, if there is a block, a lack of relatedness that prevents the organizing information of the blueprint from interacting with the tissue, our efforts will be compromised. This hierarchy of causality accounts for the dramatic results produced by the energetic approach.

When asked where music comes from, the highly creative composer Philip Glass said that he was willing to “let it be a mystery.” The mystery of how order arises in a body cannot necessarily be explained, but it can be explored. Utilizing an energetic

approach, specifically SourcePoint Therapy, enables us to deepen and enrich our exploration of the mystery while producing more positive and satisfying results for our clients and ourselves.

Acknowledgements

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Endnotes

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^{xv} Allen. Duffy, in private correspondence with Donna Thomson, October, 2009

^{xvi} Humiston. Karl, in private conversation with Ray McCall, 2008

^{xvii} DVD with Ida P. Rolf, *Vintage Footage of a Classic First Session*, ©2007, The Rolf Institute of Structural Integration™.