

"With having experienced IBSR, one thing that's still very present is allowing myself to express tears when I feel the need too. I knew 'crying was okay', but I didn't know it was important for homeostasis. And until my IBSR session, I didn't realize how much I physically hold back my tears. Learning to be able to understand of what's going on with my body (newly obtained through IBSR), has given me the permission to let go of some of that pent up energy. And to say "let go", I feel the need to address what I mean. Usually when I hear the words, "let go", I hear it as someone is minimizing whatever it is or devaluing my experience. So when I say "let go", it's not through the lens of sweeping things under the rug. Rather it is quite the opposite. Especially in this case. With the help of IBSR, it's helped me to express openly what's going on in my body and where. So those physical feelings were actually being acknowledged. I suppose this may or may not be important to some people, but it has been insightful for me, as I've never been able to give words to my physical pain. The experts are right when they say we have 'body memories', and with that comes a story all on its own. It's truly allowed me to further experience myself as a person. I'm starting to integrate my mind and cognitive process into my body experiences. It's really a wild thing to go from having physical sensations and not knowing why or being limited vocally as to what's going on, and start having these new ideas and questions about my experiences. I have a feeling that this IBSR session that I've had, is what is going to help me tie everything together and become whole. For me, having body memories, has been like having a secret. And most people would acknowledge the fact that secrets aren't healthy. If you come from a religious background, there's actually scripture you may have heard of. James 5:16 says; Make this your common practice: confess your sins to each other and pray for each other so that you can live together whole and healed. When I'm trying to maintain a secret, I can literally feel it in my body, it can be draining and be physically ailing. And thank you, so I'm going to use a different approach in this next line. Sin is sin and unfortunately we are effected by sin-especially when it has been influenced by another person. I wish there wasn't such an attachment of shame/guilt for the wrong doings of other people. But any who, I've found that expressing secrets and expressing them to the right people, can be a very freeing experience. That is what it's like to really "let go". At least that's what it's like for me." Joe