

American Society for the New Identity Process

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Basic Exercises For Basic Emotions

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Society Fellow

The expression of emotions involves the total body, with particular emphasis on the pelvis, the solar plexus area, the diaphragm and lungs, and the vocal chords.

Most of us have developed rigidity in specific areas of our bodies as we held in our emotions. When we attempt to release these long-repressed emotions, the mind may be willing — yet our bodies continue to hold on. The brain is still sending subliminal messages to muscles and nerves to block expression of feelings we long ago were conditioned not to express.

So, when we willfully scream or yell, trying to release pent-up emotions, our bodies may feel ripped apart. After an intense group session, we may have sore throats, laryngitis, painful aches in hips, abdomen and chest. It's unlikely any of us would try to compete with the pros in an athletic event without extensive training and then warming up before the occasion — yet we expect that literally hundreds of delicate muscles in our torsos will respond immediately when we suddenly decide to use them to full capacity! These are muscles many of us haven't used since childhood except in one manner: tense, taut holding. Some of us become so frightened when the inevitable symptoms appear, we stop attending groups and go back to our old, self-defeating patterns.

To help group members tone up these little muscles, to help them dissolve these "body blocks" to emotions, at the New Identity Center in San Francisco we teach some simple exercises and urge group members to practice them daily. We also recommend certain classes or instructors outside our Center, so people can get more intensive training in body awareness techniques such as hatha yoga, modern or jazz dancing and swimming. Any of these disciplines help them become more proficient in correct breathing and posture techniques and also will improve overall fitness.

My exercises are designed with two goals: First, to

(Continued on page 2)

From the President

Dear Friends,

I'm pleased to send a New Year's wish to everybody out there! I wish for each one of you what you wish for yourself.

We are developing and growing as an organization and we are more than happy to share all that is going on. Feel free to send us word from where you are and what you're doing.

Love and Hugs,
DAN

From the Editor

In conjunction with the workshop and marathon held in Binghamton, New York, a board of directors meeting was held, and as a result of that meeting several new fellows were accepted into the Society. As a part of the discussion concerning the new Society fellows, we realized there is a gap in the present structure between "member" and "fellow". To fill this gap, the board has created a new designation of "Member in Training". A "Member in Training" is defined as "a person who has substantially completed his/her therapy, and who is well advanced in his/her training toward fellowship in the Society."

In another action by the Board of Directors, Charter membership in the Society is closed, and special thanks goes to those who helped with their faith and support in bringing the Society into existence. Concurrently, the initiation fee for membership in the Society at all levels is abolished. A new schedule of yearly dues is published elsewhere in this newsletter.

BASIC EXERCISES

(Continued from page 1)

"liberate" the pelvic area so that one can experience pleasure; Second, to breathe so that full lung capacity is used and the tone of the diaphragmatic muscles is improved — thus increasing the volume and resonance of the voice. It's surprising how many people who consider themselves "in good shape" don't know these simple, basic poses for proper breathing and posture!

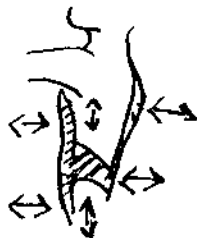
Before starting, it's wise not to have eaten for at least an hour. Wear loose, comfortable clothing as you would for any NIP group. For standing exercises, have bare feet and stand on a firm, carpeted surface. For supine poses, lie on a firm mat or carpet.

Breathing

Forget the cultural inhibitions about narrow waists, flat bellies, and squared-off shoulders! Normally, the belly wall expands with each breath. "Gut" feelings come from the solar plexus area, and inch or so below the naval. A strong upward motion of the diaphragm, just above the waist, propels inhaled air onto the vocal chords, causing them to vibrate and produce deep, resonant sounds. There's simply no way one can possibly keep the belly drawn in and the chest inflated, and express deep emotions!

Study the diagram below which shows the normal range of respiration, and practice breathing to use all these areas. When inhaling, consciously expand the base of the lungs both front and back. Expand your belly at the same time. When exhaling, begin by pressing the navel in, toward your spine. Note how this forces the diaphragm upward. Inhale through your nose, exhale with mouth open. Forget about the upper chest, and concentrate on filling the lower part of the torso, and emptying it totally on the out breath. Once you've got the technique, practice doing it faster, making an "Ahhhh" sound with each out breath.

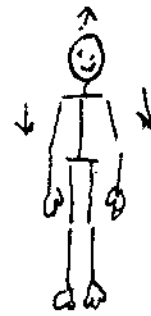
To relax vocal chords, on the out breath put your teeth "on edge" and make a slow, hissing sound as you exhale. Stop and do this "hissing breath" whenever you're trying to scream and feel your throat straining. Notice how your voice gets much lower after a hissing breath!



Respiration Areas

Basic Standing Pose

Stand with legs hip-width apart, knees slightly bent, feet parallel so that toes point straight ahead. Let arms dangle, so that shoulders are relaxed, almost "rounded" although spine is straight. Lengthen the neck in this manner: imagine a cord attached to the crown of the head. (The crown is the top of the back of the head, not the forehead.) Now, imagine that the cord is gently pulling your head to the ceiling so that it seems to "float" up away from the neck and shoulders. Observe yourself in a mirror doing this and you will actually get taller! Grip the floor with your toes, breath evenly, allowing the breath to fill the lower part of the rib cage. As you exhale, imagine pressing your navel in toward your spine.

Basic
Standing
Pose

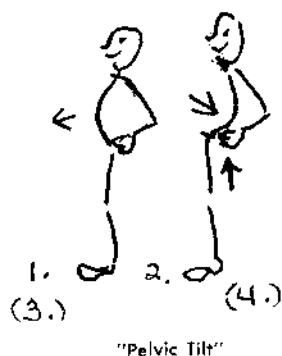
(Bend knees for Tilt Exercises)

I. Pelvic Tilt, Standing

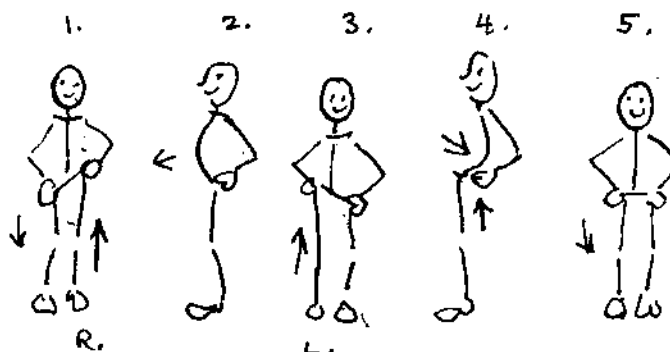
Assume basic standing pose. Place hands on hips, gently grasping pelvic bones between thumb and fingers. Throughout this exercise, be aware of the movement of the pelvic bones, which extend from either side of the abdomen at the base of the torso, around to the back and into the sacrum.

1. Let belly sag. Arch back into exaggerated "sway-back" pose. Hold this "wrong" pose a few minutes, noting the strain on lower back.
(Note how this pose "hides" the genitals. It's the stance of those who fear sex.)
2. Inhale. Tightening thigh and buttocks as you exhale, press navel in towards spine, causing pelvis to TILT in opposite direction from pose 1. (Note that back feels relaxed and eased.)
3. Keep thigh and buttocks muscles tight as you breathe deeply. Let belly expand on the in breath and contract on out-breath.
(Note that it's impossible to tense neck and shoulders while doing this pelvic tilt! Use this info when your neck hurts!)
4. Release tilt by slightly dropping abdomen, relaxing thighs and buttocks. Repeat 1, 2, 3, & 4 a dozen times. Try it to jazz or disco music. Try making a sound with each out-breath.

Between each exercise, shake legs, arms, stretch and breath deeply.



This is fun with music. Every time you do tilt (4), say "AHHHHhhh!" when you exhale.



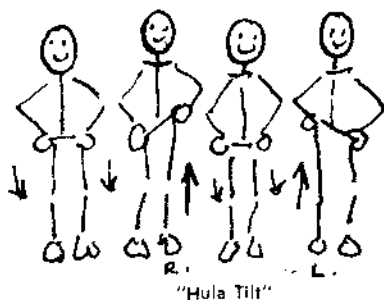
"Pelvic Hula Tilt"

(Face ONE direction only throughout exercise)

II. Hula Tilt, Standing

Assume basic standing pose. Throughout this exercise, body is in a semicrouch, although the spine stays vertical. Knees are bent so that they extend almost over toes.

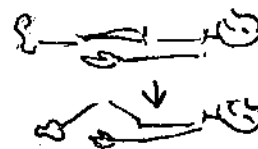
1. Straighten right leg — but keep rest of body in upright "crouch" pose. Pelvis will be pushed up and to right side.
2. Bend right knee to original upright crouch. Straighten left leg.
3. Repeat 1 & 2, swinging rhythmically from one leg to the other, creating a hula-like movement.



(Shake and stretch again)

Basic Supine Pose

Lie on a rug, carpet, towel, or firm mat. Align the body so that the spine is straight from neck to coccyx. Lift the head and lay it down again so that it rests on the base of the skull, with the neck bones extended down toward the floor. Imagine touching your chin to your chest, yet without lifting the head from the floor, in order to further lengthen the neck. Legs are hip width apart, relaxed. Arms stretch along sides, close to body, palms down. Now, draw up the legs, bending knees, soles of feet flat on floor. Legs are bent at 45° angle.



Basic Supine Pose

(Shake out legs, arms, stretch)

III. Pelvic Hula Hoop

This exercise puts together the Pelvic Tilt and the Hula Tilt so that the hips "draw" a circle around the body like a child's compass, or an imaginary hula hoop.

Assume basic standing pose. Bend knees deeply keeping spine straight.

1. Raise right leg as in Hula Tilt, 1.
2. Drop right leg to bent knee pose. Drop belly as in Pelvic Tilt, 1, forming mild "sway back".
3. Raise left leg to straight position as in Hula Tilt, 2.
4. Bend both knees again. Tighten thighs and buttocks. Press navel in while exhaling, as in standing Pelvic Tilt, 2.
5. Voila! That's the Pelvic Hula Hoop! Now, speed it up, so it's almost like a stripper's bump & grind.

IV. Bonding Tilt

Assume supine pose. Inhale, letting belly rise like a balloon. Exhale, pressing small of back into floor. Maintain this breathing pattern throughout the exercise.

1. Lift the tip of the spine (coccyx or "tail bone"). Tighten thighs and buttocks while exhaling. Replace coccyx on floor while inhaling. (An observer won't be able to see this movement, but you can feel it.) Repeat 3 times.
2. Lift coccyx and the vertebra just above it. Sacrum will lift slightly. Exhale while lifting, tightening buttocks and thighs at same time. Inhale as you replace spine on floor.

(Note: ALWAYS reverse procedure as you return to floor, putting the last part of spine which was lifted, down first, and so on. As the exercise proceeds, the back will arch AWAY from ceiling as

you replace back on floor, and TOWARDS the ceiling as you lift it).

3. Lift again, this time raising spine until entire lower back is off the floor, up to the waist. Hold a few seconds, keeping thigh and buttock muscles tight. Press pelvic bones up toward ceiling. Replace spine on floor, slowly, inhaling, putting down waist, then sacrum, then coccyx.
4. Repeat several times, building up speed, exhaling as you lift, inhaling as you release. Make a sound (ah or oh) when you lift and exhale.
5. Have someone kneel over you in Bonding Position and as you lift, try to touch your partner's body with your pelvis.

(Note: Power for lifting the lower torso in the Bonding Tilt comes from muscles of buttocks and thighs. For added strength, press soles of feet into floor. Never try to use the tiny muscles of neck to lift your back! Keep shoulders and neck relaxed, loose.)



"Bonding Tilt"

By relaxing these rigid areas of our bodies, the tremendous amount of feeling which has been held back in the static portions can begin to release. Once these body areas are relaxed, a channel for expression opens within us so that feelings are more spontaneous, and flow forth easily, gracefully, naturally.

RECOMMENDED READING

- Casriel, Daniel. *A Scream Away From Happiness* (p. 288) 1976 Grossett & Dunlap.
ALSO SEE Casriel's paper on NIP, sub "Logic of Emotions".
- Feldenkrais, M. *Awareness Through Movement*. New York: Harper & Row, 1972.
- Kurtz, R. & Prester, H. *The Body Reveals*. New York: Harper & Row, 1977.
- Lowen, A. *The Language of the Body*. New York: Mac-Millan & Co.
- Neuman, D. *How to Get the Dragons Out of Your Temple*. Milbrae, CA: Celestial Arts Press, 1976.

Society Calendar

Feb. 2-12 — Sinsheim - Reishen, Germany

Contact: Ingo Gerstenberg, M.D., Secretary of German Association of the New Identity Process
Tel.: 07261-61523

Feb. 13-15 — Strasbourg, France

Contact: Richard Meyer, PhD. Tel.: 35-17-27

Feb. 16-23 — Dalarna, Sweden

Contact: Gunvor Gustafsson, PhD., President of the Swedish Association of the New Identity Process
Tel.: (08) 305215

Feb. 27 - Mar. 1 — N Y C Institute

Contact: Ora Yemini, MSW.
Casriel Institute, 47 E. 51st St., N.Y., N.Y. 10022

Mar. 6-8 — Church Falls, VA.

Contact: Lori Eisenberg, MSW.
Tel.: (703) 998-5550

Mar. 13-15 — N Y C Weekend Workshop — Geared to treatment and training

Contact: Mike Morrison, MSW.
Casriel Institute, 47 E. 51st St., N.Y., N.Y. 10022

Mar. 16-20 — N Y C Training Week Workshop — (prerequisites required)

Contact: Mike Morrison, MSW.
Casriel Institute, 47 E. 51st St., N.Y., N.Y. 10022

Mar. 20-22 — N Y C Advanced Training Workshop — (prerequisite - training week)

Contact: Ora Yemini, MSW.
Casriel Institute, 47 E. 51st St., N.Y., N.Y. 10022

Mar. 28-30 — Ann Arbor, Michigan

Contact: Mike Brown, PhD.
Tel.: (373) 426-3903

Apr. 3-5 — Washington, D.C.

Contact: Dr. Caroline Sperling
Tel.: (202) 362-9794 With special references to psychosomatic symptoms including Cancer

Apr. 9 — presentation, S.W. Institute, Nashville, Tennessee

April 10-12 — Los Angeles, CA.

Contact: Dawn Tress Tel.: (213) 475-4249

Apr. 12-17 — Esalen, Big Sur, CA.

Contact: Rick Tarnas Tel.: (408) 667-2335

Apr. 17-19 — San Francisco, CA.

Contact: Pat Maybruck, M.S.
Tel.: (415) 921-2853

Apr. 24-26 — N Y C

Contact: Ora Yemini, MSW.
Casriel Institute, 47 E. 51st St., N.Y., N.Y. 10022

Charter Members

December 12, 1980

Society Teaching Fellows

Daniel H. Casriel, M.D., President, Board of Directors
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47 E. 51st Street, N.Y., N.Y. 10022
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Director, Human Resources Unlimited, New Identity Center
21 Mitchell Avenue, Binghamton, N.Y. 13903
(607) 722-8900

Society Fellow

Board of Directors

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Ronald Kissick, M.S.S.W., C.S.W. 210 Hardy Road,
Johnson City, N.Y. 13790 TREASURER
(607) 722-0552

Patricia Maybruck, M.A., Director of New Identity Center, 3216 Fillmore Street, San Francisco, CA 94123 (415) 921-2853 NEWSLETTER

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316 Magnolia Drive, Vestal, N.Y. 13850
(607) 754-7595

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Gabriel, Mark, M.D.

Gamba, Mary Beth, M.S.W. — Box 103, R.D. #3,
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King, Lucie, C.S.W., A.C.S.W. — Director, 69 Redwood Trail, Wheeling, Illinois 60090

Kissick, Patricia, B.J. — 210 Hardy Road, Johnson City, N.Y. (607) 754-0210

Quinn, Robert, Ph.D. — Director Assoc. in Human Development, 11484 Washington Plaza West, Suite 309 Weston, VA. 22090

Ravson, Christine

Thiel, Marjorie — 213 Sheridan Drive, Cape May, N.J. 08204

Wiggins, Frankie — New Identity Process Center, 4445 Stirling Road, Ft. Lauderdale, FL. 33314

Workman, David, B.S., M. DIV. — 414 20th Avenue, Brookings, South Dakota 75006
(605) 692-4345

Wolfson, Theresa, M.A.

Wolfson, William, M.D. — Director Metrotag.

Zatkin, Gilbert, Ph.D. — 1210 Woodside Parkway, Silver Spring, MD. 20910 (301) 588-5839

Zatkin, Marilyn, M.S.W. — 1210 Woodside Parkway, Silver Spring, MD. 20910 (301) 588-5839

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Daniels, Lillian, B.A. — Assistant Director, New Identity Center, 3216 Fillmore Street, San Francisco, CA 94123

DeMotte, Kathryn (MIT) — Pierce Hill Road, Vestal, N.Y. 13850 (607) 754-0122

Dowds, Nancy — New Identity Center, 3216 Fillmore Street, San Francisco, CA 94123

Eichengreen, Linda, M.S.W. — Crestmont St., Binghamton, N.Y.

Judkovics, Monroe (MIT) — 626 High Street, Endicott, N.Y. 607) 785-9108

MacLaury, Lyle, M. DIV. (MIT) (Member A.A.P.C.)
Waverly, N.Y. (607) 565-3720

Piliarick, Charlotte, (MIT), B.Sc. N.; (Ph.D. candidate)
Therapist Humanistic — Psychotherapy Center, 23425 Northwestern Highway, Southfield, MI 48078
(313) 646-5753 — 30500 Longrest Drive, Southfield, MI. 48076 (313) 646-5753

Thomas, Gail, M.S., C.S.W. (MIT), (Ph.D. candidate)
4395 Oak Grove Drive, Bloomfield Hills, MI 48103
(313) 626-2846

Thurik, Steve — Family Therapist, Family Renewal Center, 3346 17th Avenue South, Minneapolis, Minnesota 55407; Adolescent Specialist at Fairdale Southdale Hospital

Workman, Dee — Therapist, Missouri Sioux Consultants, LTD. 414 20th Avenue, Brookings, South Dakota 57006 (605) 692-4345

Associate Member

Crean, Gail

(MIT — Member In Training Towards Fellow)

We have made every effort to make this information accurate and up-to-date. However, mistakes do occur, and if you know of any errors or changes that should be made in our listings, please notify us. Help us keep up with you.

American Society for the New Identity Process

MEMBERSHIP REQUIREMENTS

1. ASSOCIATE SOCIETY MEMBER
 - A. Interest in New Identity Process.
 - B. Some group experience under a Society Fellow or two Society Members.
 - C. Associate Society Member is non-voting.
 - D. Receives Society Publications.
 - E. Annual Dues \$10.
2. SOCIETY MEMBER
 - A. Two workshops with Daniel H. Casriel, M.D., or with a designated Society Teaching fellow.
 - B. Society member votes in Society matters.
 - C. Receives Society Publications.
 - D. Annual Dues \$25.
3. MEMBER IN TRAINING
 - A. Must have substantially completed his/her personal therapy.
 - B. Must be well along in the training process toward recognition as Society fellow.
 - C. Votes in Society matters.
 - D. Receives Society Publications.
 - E. Annual Dues \$25.
4. SOCIETY FELLOW
 - A. Complete training program with Dr. Daniel H. Casriel, M.D. or with designated Teaching fellow.
 - B. Complete Peer Group honors.
 - C. Pass Qualification Exam.
 - D. Is recognized as qualified practitioner of the New Identity Process.
 - E. All Society fellows must attend one workshop with Daniel H. Casriel, M.D. annually in order to sustain their membership standing.
 - F. Receives Society Publications.
 - G. Annual Dues \$50.

Certificate fee for any of the above designations is \$15. Certificates are available to those whose annual dues are up to date.

To Submit an Article or Letter

Articles for publication must be typed and double-spaced. These articles should provide new material or significantly expand existing material related to the New Identity Process. Please make copies of your material since we cannot return submitted material. Articles will be reviewed by us for relevance and accuracy. We invite theoretical and research material.

Letters and articles should be clearly signed and dated. Items sent to us will be taken as intended for publication unless otherwise specified.

Send you material to:

American Society for New Identity Process
c/o H. R. U.
21 Mitchell Avenue
Binghamton, New York 13903
Phone (607) 722-0552

To Submit Announcements

Submit your announcement to us at least two months in advance of the event. List the time and date, purpose of the event, cost, name(s) of the leader(s) and name, address and telephone number of a contact person.

Memberships in the American Society are always welcome, and we invite you to share the following information with persons you feel meet the qualifications for membership. Membership application forms are included with this issue of the Society newsletter. Additional forms are available on request from:

American Society for New Identity Process
c/o H. R. U.
21 Mitchell Avenue
Binghamton, New York 13903

Your information

or article

could be in this space