

## Module III-5

### DYNAMIC RELAXATION LEVEL 4

#### Specific vocabulary for Sophro-presence of values:

##### DR4 posture

Standing up, arms up above your head extended in a V position with your head gently tilted back.

For **each system/each time we work with a value** we invite the person to stand then:

- Let a value come/emerge – or choose something that is important/meaningful to you – if possible let it arise/come from the depth of this particular system ....
- As you connect with the value that has emerged, with straight arms, bring your hands together in gentle/loose fists then as you breathe in, start to draw/pull your fists up the body as if you were pulling up the value itself
- As your hands move above your head, stretch the arms wide and open the fingers, exhaling and letting the head tilt back gently
- Then stand in this position for a few moments, breathing freely as you live the presence and the energy of the value released
- When you're ready, turn the palms of the hands towards the body and allow them to float down the body, scanning each integration point to let the value sink into each system one by one.
- Then sit down on the chair and pause for a moment to welcome this value and fully live its presence ...

Notice how you feel and what it brings to you.