

## Module III-1

### The 3 KEY TECHNIQUES: BVS-SND-SVA / Les 3 techniques clés: SDBV - SDN – SAV

#### BODY SCAN: Basic Sophronisation (BS) or Basic Vivantial Sophronisation (BVS)

With our voice we create an environment that allows our clients to both listen and experience with ease and this can be quite a challenge when we start to guide in a language that is not our mother tongue as we ourselves may feel more nervous, less confident and this can result in a Terpnos that feels less fluid and natural.

#### So where is the best place to start?

**Simplicity. Don't worry about repeating words** or phrases again and again – particularly for the Body Scan – if they feel comfortable and resonate with you, the experience of your client will be equally comfortable. In fact, sometimes a simple more repetitive style can be highly effective in inducing a relaxed state of both mind and body ... think of the power of the mantra and the principle of repetition!

We are now going to be looking at specific grammatical and lexical elements.

#### WHAT FORM OF THE VERB IS MOST COMMONLY USED WHEN GUIDING IN ENGLISH?

If using a pronoun, we generally use '**you**' or sometimes '**we**' but **not**, as in French, the '**I**' form of the verb. However, most commonly the **imperative form** of the verb is used – that is the same as the infinitive and carries **no pronoun**.

Eg: '**Find** a comfortable standing position and gently **close** your eyes. **Focus** on your head and face and **feel** this area start to release tension.'

'Now **pause** for a moment and **notice** how you feel'

'**Allow** your attention to settle on your neck and throat and **notice** any sensations in this part of the body ...'

'**Stretch** your whole body and gently **tense** as many muscles as you can ...'

'**Turn** the palms of the hands to face forwards then as you breathe in **bring** the hands up towards the chest'.

An alternative form of the verb commonly used is the **gerund** or -ing form which also requires no pronoun. As this makes the verb (many of which are just 1 syllable) longer, it provides an opportunity for a **gentler, more rhythmic flow** of Terpnos and **can be used in combination with the imperative**.

Eg: '**Finding** a comfortable position and gently **closing** your eyes, **start** to focus on your head and face (pause), **feeling** this part of the body soften (or softening) and release (or releasing tension). ....'

'**Turning** the palms of your hands .... **Bring** them up towards the chest ...'

'**Take** a few moments, **pausing** to connect with your body and breath, **noticing** how you feel ...'

### **A selection of verbs for scanning through the body:**

Note: While verb conjugation in English is simple, the **use of the correct postposition** after the verb isn't always easy so be careful to use the right one:

Focus **on**; pay attention/listen **to**; be/become aware **of**; take your awareness **to**; connect **with**;

Some verbs take **no postposition** at all, for example: notice; observe; feel; sense; integrate.

### **Here are some of the verbs 'in action'**

'Gently pay attention to sensations in the head and face ... perhaps you can feel the muscles around the eyes relaxing .... Or the lower jaw softening'

'As you focus on the abdomen, you may become aware of muscles starting to release ... simply notice how you feel, with no judgement ...'

'Perhaps you can sense some movement in the chest .... I invite you to observe this with curiosity, not changing anything, just connecting with this part of your body'

You can use the same verbs of feeling or observation with a particular part of the body followed by a verb of relaxation or release in either the infinitive or the gerund:

### **Let/allow; sense/feel your + part of the body + verb**

Eg: Let your jaw soften/allow your jaw to soften

Feel the muscles in your neck release/releasing

Sense your body start to relax a little more each time you breathe out

Perhaps imagine all the muscles along the spine start/starting to release one by one

Pay attention to a part of the body 'with no tension'.

Other verbs that can be used in this way are: let go (of tension), unknot (muscles), settle, quieten, calm down ....

Then, as we invite a more **contemplative** attitude from **DR2 onwards**, we may encourage an awareness of the **presence of the body** (with no tension), the sense of aliveness inside, the shape/contours of the body – or different parts – and the space inside.

Eg: Sense the presence of the head & face/of the system with no tension

Take a moment to consider/sense the shape/contours/limits/shell/envelope of the body (body part) as well as the volume and space inside.

## **NOUNS: PARTS OF THE BODY**

Here is some vocabulary to help you describe the body (potential pronunciation challenges are highlighted in green).

**Head & face:** scalp, eye sockets, forehead, temples, cheeks, lower jaw (*singular*)

**Neck & throat** – throat, vocal cords, thyroid

**Shoulders, arms & hands:** upper arms, forearms, elbows, wrists, fingertips

**Back:** upper & lower back, the spine, shoulder blades

**Chest:** heart space, sternum, ribcage, lungs

**Abdomen:** belly, navel/belly button, abdominal muscles, digestive system - stomach, liver, kidneys, gall bladder, pancreas, spleen, bowels

**Lower body:** reproductive system, hips, buttocks, thighs, kneecaps, back of the knees, calves/calf muscles, ankles, soles of the feet, tips of the toes

**Some examples of suitable adjectives** could be:

Smooth, soft, still, calm, peaceful, quiet, present ...

Using '**relaxed**' is of course also possible but, as mentioned above, it could be construed as a 'loaded' word that might bring about some resistance if the person being guided is struggling to 'relax'.

## SOPHRO NEGATIVE DISPLACEMENT (SND)

The SND uses vocabulary referring to both muscle tension/release and the breath. Indeed when referring to this exercise with clients in English we often use the expression '**tense and release**' exercise.

NB: Be careful with the pronunciation of the **noun** 'breath' (soft 'th') and the **verb/action** 'breathe/breathing' (hard 'th').

Listen and repeat the following: 'Gently hold your **breath** ...' vs '**Breathe** in through the nose ...'

**VERBS** used in the SND exercise:

Breathe in/**inhale** (aspire 'h')

(Gently) tense/contract the muscles in your head/chest/belly etc

Hold/retain your breath (as long as is comfortable)

Breathe out/**exhale** (aspire 'h') as you release/let go/relax.

If/when you want to add the **intention of releasing any negativity** you can use expressions like:

Gather/mobilise any negative **thoughts**, feelings, emotions .... and let them go as you breathe out.

## SOPHRO VITAL ACTIVATION (SVA)

Using natural breathing this technique focuses on the vital activation of our organs – with or without systems:

Sense/imagine a gentle increase in the blood flow/circulation as it moves around your body ...

Feel the vital energy – its warmth/movement – spreading through the whole body ....

Something soft/restorative/nourishing/energising/nurturing/settling in the different organs ...

Feel/imagine its presence in:

SYSTEM 1: The brain and the sensory organs

SYSTEM 2: The thyroid, vocal cords and neck

SYSTEM 3: The lungs, heart and **thymus** (soft 'th')

SYSTEM 4: The **stomach**, liver, **kidneys**, gall bladder, pancreas, spleen, **bowels**, whole digestive system

SYSTEM 5: The **reproductive** organs/system, pelvic floor

TOTALISATION: The **whole** body

Feel/imagine all your organs gently activated/harmonized/rebalanced ... working together in harmony ... the whole body as one

## PHRONIC INTEGRATION **PAUSES**/TOTALISATION **PAUSES**

These are an **integral and essential element to any sophrology session**. We focus on the sensations we can feel at that moment. We connect with/tune into our body:

Take a moment now to scan through/pay attention to the whole body to notice/listen to/sense/observe whatever you can ... with no judgement or preconceptions ....