**Term 02**

**Lesson 04**

Welcome! Before we start today, it would be nice to start with your answers to questions I had given you two lessons ago. I would like to hear a bit about what the pelvis means to you, what is the history of your pelvis, and how it is connected to it. You can put them all together and somehow talk a little bit about your pelvis.

And all of us will listen to what you say in our sensations.

Sabina: I wasn't aware of the homework, it just vanished from my mind.. For me the pelvis is like home, like the sea, the water and it is a place of safety for me, when I connect to my pelvis it is a way of grounding myself in my body like an anchor in my body. It is the easiest place to connect with. So when I started doing this somatic dialogue it seems to me that it started in the pelvis. It is the first body part I connected with, it is a place where I can always go and start the movement and when I connect to my pelvis and move it I feel also a connection to the sole of my feet and the whole surface of my body with the pelvis.

Even if you say the same things, say it in your own way. Do not omit anything because some else already mentioned it.

Tomas: I think that in my history there is something that I realized, that I played football for a long time. There was more of a focus on the feet. There is the ball, you need to articulate with the ball and perform the running, somehow I do not remember that I was working or focusing on the pelvis. We worked the muscles and the core, but I wasn't conscious of the pelvis. There is not a strong memory or sensation of it.  Somehow this physical training and this performance cultivated my body in a certain way afterwards. I think that area was quite a taboo for me for a long time. Like the front part, and the back part as well, there is some mystery about this. To not somehow not be connected, I think that I have a connection with the chest, and I simply didn't go so often to the pelvis, or let the pelvis land into itself somehow. And now it is completely different. The consciousness of the last years is different. Now it feels something like a boat, the construction of the boat. I think also during the practise of the somatic dialogue, I think there are are a lot of spaces, darker ones, open ones, I think I go more deeper into that area, and even while I am talking I feel I am connected to that part, to the sacrum, it feels that it is more connected with that part of the body. And I really think there is the joy present, if I move when I connect with it  there and I am really there with the knees, and the feet, there is a lot of this potential for happiness and joy. And what helps is the breath, one moment I started to breathe more in those places, so it helps to connect with it.

Eugenia: For me it is a very sensitive place for me, when I have problems they manifest in my hip. It is a place of life, and I feel it is where the ball of energy, it is the power of energy for me. Also the hip connects me with the earth and with the air. So it makes me feel lighter and at the same time strong, because I can be on the floor and feel the roots. When it is not connected I feel lost. So it is a mystery for me. That I have to discover every time more, and I have to travel to feel and to understand what else is there.

Katrin: My pelvis is somehow where I feel more centered, and it also connects me to the earth and from the connection to the sky starts, it is a place where I feel very strong and very sensitive at the same time. In my history it was injured during a car accident and I had some fractures, which always kept this feeling of fragility and sensitivity, but on the other hand it is a very strong place, and the source of life, the organs that are living, and I can feel them. And it was also the source of life for my daughters, when I gave birth. And the pelvis is also the area where my sexual sensitivity and impressions are located. I also like to move it in that way. But right now when we worked on it, I had to take care that I do not do too much, because then I get back pain again, so it is again this trying to find the balance between the strength and the sensitivity for me. But it is a nice place, Ilike to be at home there.

Berrak: Injuries teach us a lot.

Pedro: the pelvis form is a place of paradox, a place of pleasure and pain, struggle and happiness at the same time. The struggle might seem bad but it might be good, the pain may seem bad but I might be good, and within each polarity of the paradox there is another polarity that extends. The history of my pelvis is rather... I have been working with it since many years, and especially due to the pain and the placement, and questions as how is the placement, how do I connect to it, how to I place it correctly, it has been a long path and now more recently there has been a lot of things that have been unblocking. And I have better tools to connect with these obstacles. I think the best way to connect to it is when I lay down, and let the earth take the weight of the pelvis. Though there are many ways to connect to it.  but recently this is a way I can better feel  its vastness. As a container. And I feel it is the beginning, and what holds the whole body. Of course there are the legs that hold the body too, the pelvis gives this vastness that holds the body and I feel there is also the connection with the shoulders and the shoulder girdle. The pelvis and the girdle are like parallel levels.

Through my history of what Ihave experienced, there have been times and events that made me not relate to the pelvis, that made me think I should not, even if it was not related to the pelvic area...but to the desire, which I feel is connected to the pelvis. I had to cut the desire, in order to adapt or survive. And this made a physical cut with the pelvis. It is interesting how the physical is connected with the psychological and spiritual. And the pelvis is a sacred place.

Eliska: My history is**,** I , for me is like a new beginning, because I have health problems in this area, then I try to go different alternative way to heal, then I worked with Katerina and I realised that there is a lot of pain, hardness, and a lot of tension, and then we continued and now I am here because.. I tried to open it and trust it, and found not only the pain but also the joy and wisdom of femininity, it is a very strong topic for me. And now I felt some resistance still, but now I trust this place because it is a place of new life and centre of gravity. And when I am connecting with it, I feel stronger, and I want to continue in this way so I feel more healthy.

Steffen: When I look into the history of my place it was a place of ignorance and uncertainty. When I was 5 I had surgery in that area. And maybe this also let me not feel so much in that area. It had an influence of how to feel it, connect to it, and also the uncertainty of how to connect to others, added to it. Not to get so much in contact with it. And it took many years that I could feel into the pelvis, and try out, and work with the breath and let the breath reach the pelvis, and get softer there. So I had the chance to learn a lot and feel alot and change a lot in the pelvis. 8 years ago I found out that I had some pain in the hip joints, and it was discovered that I had a displacement in the hip joint. So that’s why the hip joints also to the hip joint, and the pelvis is reacting to physical and emotional stress. And it shows me that something is not in order for myself. It is  a chance to change it and deal with it. I discovered in the last few years also the joy in the pelvis, the joy of the movement, and the joy of relaxation, and I really enjoy the kind of dance we do. I am really happy that I have this additional way to connect to it.  I enjoy getting more alive in it than I was before.

Yigit: THe history about my pelvis is, the further back I go, I was a professional ice skater, until my university studies. That was when we extended the spine into the pelvis, outside parallel to the ground, while you are sliding on the eyes, in order to be faster you need to be closer to the ground, and take your pelvis outside, and that was how to ground. How you just get the movement, and the university while I was taking Beliz’s classes was more than tucking it in. And I was confused. Which one to do, sticking it out or tucking it in, and how to feel it. What it means is extending your spine and feeling the centre. I had ideas about it but I was not really feeling what it meant to be centered and where it came from. With the discovery of this I realized that by default, and I hadn’t recognized, I am a pelvis oriented person. Which is interesting. And I always thought that I was in the head, but finally I was in my pelvis. And now it feels like the movement , the more I focus and Iam more aware of my pelvic movement, it is the starting point of all my movements, and it reaches through the spine. Therefore I had difficulty working on the sternum without moving from the pelvis. ANd also oriental music and 9/8 music, it is inside of me, and it is a sexually intimate place as well, it reminded me of spooning, it is intimate it is strong, and also as I am a bony person, I had problems lying down, I feel the most pain, when I integrate with the ground. but when I listen to that pain, I feel how resistant I am by releasing and following that pain. And it is the central place. And the more I understand there and I feel I am starting to be in touch with my shoulders , and it also allows me to understand the lines in my body.

Buse: The pelvis was my issue, because I started to bleed when I was 10, Iconnected with it at an early age and it cost me alot but made me powerful. It is my power and I work a lot with my pelvis, it is the place where I feel the most homo sapiens, otherwise I feel most of the time more like a robot. My brain works a little autistically, but when I feel more in the pelvis I am an animal and more human in my chest. I also feel the history of my tribe in my pelvis. It is like I really need to clean with bleeding, with dancing and moving, and when I connect with my pelvis I feel more expanding and full on the ground in my body. It is my potential, it is the potential of living my capacity. And somehow the scientists say it is our second brain, but I feel it is my first brain. as opposed to the robot, my head. So I really like my pelvis.

Lina: My pelvis is my root, my base, my connection to the earth and the ground, connection to my source and power. When I anchor there I can remain within myself while I move in the world. WhenI can listen from there and speak from there I can remain within myself. I am used to having neglected my pelvis and moving away from that, and somehow tilting my pelvis forward, in order to protect it and hide it, I can recognize it when I look at the pictures from my 20s. And I still have a tendency to do this, when I am not connected with my pelvis, I lose myself in the world and outer space. And when I was pregnant, I felt it a lot, I felt life growing, I felt a lot of power in that area, from this experience. I really feel working these weeks, I feel more lightness within, and it connects to the ground through my feet. It feels like the legs are like the trunk of the feet anchoring into the ground and then I can fly. And I can be more connected to my creativity also.

Elif: The pelvis I am discovering and exploring deeply this work and having a completely fresh chat with a long friend, and the image that comes to me while we were doing all these exercises, connecting it to the chest and the belly, and the head, it is like the base the mother that is embracing what is above. Without it there is not a complete trust or melting, it is not happening and it is very interesting for me to redefine this all and go there very slowly to sense what it is doing and how can I connect to the upper part. It is very important to ground but also to just have it relaxed. Just exploring this sensitive point. I see that it is the point of connection to the ground and with the above. With the history, I didn’t really think about  my pelvis so much. I discovered thanks to Tango this area more, but it is a certain type of movement of course. And with the somatic dialogue it is having a different dimension, And also in my historyI have 2 C-sections. I had to really connect physically the lower area, and it took some time, still working on it. I have the pelvis area like something that is playful and creative. It is just a joyful place that can be even more playful. And also discovering what is in my mind that is holding me back from this playfulness. the taboos, and so.. all the NO no no, this is the area and part, where we should not move so much… I am really curious about what will come next.

Katerina: I really love my pelvis, I feel extremely grateful to have it to feel it to build this connection. Nowadays I feel a lot of gratitude because of my daughters, I really felt it was THE place where all things happen. especially the place around my womb. I can really feel it strongly, but at the same time in my history there were real health issues, while I was younger, and lots of fears. It is somehow still present. And I really feel that motherhood and the practise helped me to heal that area, but these are very deep memories, and it is ok, and I can stay with it and be present. Nowadays when I start to move I really feel where the pelvis is, it is a big issue for me, the lower part of my spine and the pelvis, that line is sometimes I feel it is cut, I have to find that area and be with it and work more in the vertical line, it is a theme for me that part where the pelvis ends and the upper body starts. And I know that when I started to work with Berrak I really was able to open my pelvis due to the work with my knees. Because before working with Berrak I hadn't really used my knees really. This is something I need to say because it really helped me to feel my knees and open my pelvis through the work with the knees. And it is my centre somehow, I love to be here, sexually also in the movement, when I was pregnant it is a miracle place.

Beliz: I think my pelvis that is the part in my body, that my relationship to it changed the most, because I was in love ballet, and I was getting this classical training, and the part that was really not making it possible was my turn out, the flexion of my hips and also the fact that I had a round body. So I had hatred towards this part of my body, I didn't want it, I wanted it to change. So I grew up with this inside of me, every day I would sleep in frog position with encyclopedias on my hips so that it would turn out, and so I held a lot of tension, holding there and the inside image was, I wanted to hide it, and this affected the way I was moving and living, and I think things changed dramatically whenI was pregnant, and giving birth, and when I started to do this work with Berrak. The inner space started to open up,  and my feeling of it opened. I was holding less tension and the body image was shifting. So it was this thing that was relaxing, as it was holding less tension, it was hearing itself better, I could feel how strength was moving in, playfulness moving in, joy and risks,all these things that make life more alive were moving into that part. And now when I think of it, that part that I wanted to hide the most for so many years, is now the part that is my home, my base, that is where everything is connected to right now.

Berrak: the pelvis for me I think the first thing I connected to my pelvis was through my fears. and this is the first thing I can remember, that the real fear I would feel in my pelvis, everywhere, not only in my belly, but also in my sexual organs and my butts and inside of my hip joints. I must have confronted so many situations that I remember this vividly from my childhood. And then I started dancing very soon, and I have no idea why, but when I watched my first live dance performance, it was the russian ballet in Lippstadt in Germany, performing Swan Lake, I saw all these swans, I remembered these balls moving in space and it gave me so much confidence, I wanted to dance. And I did. In the  dancing I discovered that the pelvis was something one needs to be strong, but the education was that it forced you to hold your pelvis all the time, you hold your hips, your butts, all holes are closed, legs in tension, belly muscles are uptight, and you are in rotation. I was lucky that I was naturally turned out and flexible, butI had to work very hard to keep the tension in the pelvis. And also the fear was very quickly replaced by desire and sexual energy. I have gone through a vivid and wild sexual past. So I held this experience in my pelvis, and it all ended up with a big accident. While dancing I fell on my coccyx and broke it. And I had to stop everything. And my life turned upside down. I had to learn to reconnect to my pelvis again. I put on weight around that area, in order to protect it. And I actually lost the sensation of my pelvis and all that was there, it was replaced by pain and by learning again. And the learning again helped me to reach into it and to get in touch with my own roots. Why do I have so much fear? When we fear music and we can dance, I went into belly dancing and discovered that there was something mysteriously beautiful happening there. That actually part of the unconsciousness was there and not only in our mind but in the pelvis, also the dark side, the force of life. and through belly dancing I recreated my pelvis. And it is still an area where I keep the fears, so whenever I have fears I feel it in my pelvis and my hips on my skin, in all the tiny little muscles. It was so tight that while giving birth… but it was not my only pregnancy, my history is very very painful… I was pregnant 7 times, and only one came out. She did not come out, could not come out because my pelvis would not open. So I had a c-section. So all my paradox is in my pelvis. And then I had to reconnect to my belly muscles. All these difficulties lead me to feel it as much as I can. And I can say now that I feel whatever I do, everything comes from there, all the darkness, the force, the pain, the pain and pleasure and desire, and all of it, when you take away the meaning they are pure energy. And you can really reach into it and transform it through your body. It is a transformative and mysterious area for me. And everything you have said, I can fully relate to absolutely with every cell of my body.

I was expecting that your comments would be just as rich as you are able to connect with it in movement.  That is really the base and the source, that is the warehouse where you have all your stock and your fuel, and you can burn it. It will really help you to move on in life but also in work. Move on with the movement, the feeling and the sensation and thus communication. All these things that we are able to say about our pelvis, most of our clients will not be able to say, and they will not be able to connect to it this way.  And just by saying now what the pelvis means to us, and by listening to each other, connecting to what we listen to in our sensation, we can feel how powerful an impact it has on us.  So when we accompany people connecting to their pelvis, we need to be patient, because we can put them back to their strong traumatic memories, or we will put them back to their child status, emotionally. There the quality of our accompaniment is very important.

If we consider that the anchor is in the pelvis, that it connects to the legs, helps us to transfer weight and enables us to move in space as a volume. to walk, to take our place and take our space in our life.

Taking the floor...you will hear me say take the floor… not rushing and really accompanying the process of transfer of weight, what it means to place the foot on the floor and making a conscious step.

Taking the floor,

Taking the space, the space inside of the body, the volume of your space, your ability what is inside of you, and as a result of that what you feel in the space, and how you connect with the space.. the empathetic intelligence.

Filling your body and letting your body resonate with your memory, feelings, thoughts, emotions and being present. All these things are very difficult. Only in one single exercise of walking slowly in the space, you will see how much we struggle with all of this.  And in life somehow we know, we know how to walk, run, deal with problems, confront people. But we allow ourselves to go through it in a simple, basic and minimalistic way, a lot of things stir up. And when we are able to do it we help ourselves, it is a cleaning that is happening, just by simple walking, exercises, taking the floor, taking your space, filling your body being present in your body and accompanying yourself during the process of transfer of weights, helps our mind to really connect with our body. Not doing things automatically. But doing them, being there really. With all our senses, the 5 senses, the 6th, the 7th, the intuition, all this together to work with it in the present. When we achieve that we can become fantastic performers, and also we can experience this mysterious thing that is called love happening with a person and also our client. And when we achieve that we don’t need to force things, and we get in touch with the trust, with the sheer joy of being.

Playing is a very good concept we should think about when we work with people and also with ourselves. Sometimes all this can be very heavy and serious and the playing helps us to relate to other emotional layers in our memory and body.

Improvisation: All the information that you have heard, and everything that you have said about your pelvis are very vibrant in you. So the first improvisation will be on the floor and I invite you to do everything from the pelvis. And the rest of the body will follow. Please stay on the floor, and if you need to project into space you can do so but come back to the floor. Feel your space, feel your pelvis and play. Remember the bone structure, remember the joints, the connecting joints, the knees, the legs are the extension of the pelvis, the intestines, your genitals, the muscles, the fluids, the other centres that are intimately connected to your pelvis, and everything you have said. All that life that is there.

improv…

stay there please, stay in connection with your pelvis please. I will give you time without music, and I would like you to start a movement dialogue with your pelvis...and after a while I will send music and let you finish the conversation. Please start now in silence.

improv: you will start the same way on the floor and then you can go up. Again generate and focus the start the movement from the pelvis and now really engage the belly muscles consciously. so that you feel the space happening between your pelvis and your chest, and through this awareness you can really send this energy through your legs, through the knees, until the tip of your toes. That you use the legs like a paintbrush, you use the leg on the floor or in the air like a brush. Two magnificent long soft brushes. And the centre of the impulse is starting in the pelvis.

I would like you to pay attention where you will need to anchor into, in horizontal or vertical position. Also to become conscious of the transfer of weights. Which part is really keeping the weight and which part is working freely away from that anchor.

improv…

The legs and the feet have so much to say because we usually just use them to carry us and move us. Except for Tango dancers, they have a different relationship to legs and the art of walking. There is a whole story and while life is going on in one transfer of weight. Tango is like a dance where you can really feel that, and with every other person the story of that step changes because you're not one but two.

The legs have a life and in fact as we became vertical animals, we reduced their capacity and we focused on the hands, but nevertheless we come from our brothers the monkeys and they use the legs just as much as the arms. And when we were children we used to use them also actively, hands and feet the same way. And somehow it connects us to these two poles, they are our poles, connecting to gravity and to space, and to all the directions in space. They become limbs of communication and meaning and action. And also they are like gates of connection. The sole of our feet are like our palms. It is a membrane if we work mindfully on our feet and on the articulations of our feet and toes, we can feel a lot in space and the earth, also when you touch someone with the feet. It is an energetic gate, and that is why sometimes it feels unpleasant to have someone’s feet  turned at you, and not because they are smelly or ugly, but because of the energetic charge that is emanating from them.

By working this path from the belly the pelvis and through the legs until the feet, we actually open these ways, the rivers, these channels, these road, and we clean them energetically, so that the weight and the energy and emotions find a way to flow through and therefore go and join the horizontal plane, the earth, the gravity.

In our work this is of utmost importance, not only because it is very liberating to be able to use your legs and feet like your hands and arms, because it gives a lot of power, (it is an empowering feeling to be able to be in full charge of your arms and hands as well as your legs and feet) but also when we will work with people, through touch. And whatever you will receive through your touch you will evacuate it somewhere and you will need to  send it out again. And this evacuation happens through the legs, because you cannot evacuate through your hand, because you will be touching the person with your hands. So you will receive through your hands and you will process it and then you will send it out through your legs. All the body parts need to be connected, open, vibrant and clean. And the way to clean them, not because we are dirty but just simply by recognizing how they are. We don’t even need to change them. By the sheep recognition, and the simple acceptance we already connect to them in a different way. So we don’t transform actually, we get closer to what we are really. But we have the sensation that we are transforming.

Katrin: I would like to share something with you. Last time you said that we should reach from the feet into the body, and I tried to practise that and I had the feeling something can reach from the ground to my body, it was a very interesting feeling, because I felt I was connecting to something more than what I am, I felt like a plant, there is this exchange from me and whatever is what is nourishing me, and from there it flows into my body. It was a beautiful experience. And if we open the feet and legs this can happen.

Berrak: it is a double gate, a membrane that gives and receives, and this happens at the same time. like the hands.

Yigit: Adding to Katrin, I have a similar experience in my body, when I feel a real sensation on the sole of my feet and starting groundedness from that sensation, rather than releasing my feet. And sometimes I don’t feel the ground from my feet and I push so that I can feel and start. But if I push it and focus it, the more I feel grounded as a plant, the more the sensation increases, it pushes me in my upper body to the higher. The more it goes the more it grows up.

Berrak: this means that the tension in your thighs and pelvis is giving in. Because when we ;e go off that holding in our pelvis.. how many times will you hear me say open your holes in your pelvis.. so when you let that tension go, you can actually feel this simultaneous, oppositional movement happening. The more you go into gravity the more you will lift. The more you reach with your foot into the floor your heel will lift off the ground. That is the principle of a releve. (I show the releve, and talk it through) This is the intelligent way of using gravity. It all happens with your pelvis through your legs and your relationship with the floor. The more you work with your legs, the more you will feel and understand how to work with gravity. It is a very simple movement, but when you have understood that it changes a lot of things.  This will also give you the sensation of the space in your body.

Beliz: And the balance changes. the whole relationship to balance changes and it opens so many possibilities of movement.

Berrak: Coming back to these ways, later on when you will work with touch, and if you don;t keep your body accessible, so that the information can flow, without any barriers and tension inside, if you keep your body in this state of being, then you will be able to transform and redirect a lot of things that you will get from your clients. And you will get a lot of things from your client. It is the most difficult thing in somatic dialogue, how to find a way to clean away or redirect and get rid of what goes to you from your clients. I am still working on it. I manage somehow, and this is one of the most effective ways. Even though in time a lot of things accumulate, and I think that if we are more to do that, then we can help each other. And therefore, when you will have to accompany your five clients in the last term, I decided that one of your clients will be me. And I am very much looking forward to it.

Pedro: I have a question, you mentioned this double gate, and that the energy goes through as if you have a channel of energy and the energy is constantly going through both ways, and if we receive and we give it to the earth, there is also something that is going through the earth to the other person. I think this was always there, but I never put words on this… But now I understand it better. so we also pass on a lot from the earth...

Berrak: yes but also we give, because when it passes it passes through you. And therefore hygiene is very important. the energetic and movement hygiene, that’s why it is important to recognize all the mysteries, darkness, and energies and desire etc in the pelvis, because finally it mostly goes through there, through the pelvis, and then the chest and the head somehow organises the alignment....What you feel through your hands you let it pass through your chest, then it goes through the pelvis, then through the legs out. and what you receive from the ground, the nourishing energy, it comes in from your feet, goes through your legs, passes through your pelvis, takes in the pelvis a lot of things, that fuel, sexualit, desire (which all in pure form is powerful and healing) and it brings it to the chest area and then back through your hands. We cannot only be a channel, we are a transformative vessel. We cannot be only a channel, because we have too much information and experience flowing in us.

The only thing to think about is to keep our mind in a harmonious state with our being, i.e. being in the present, being intentionless and being in the mode of listening. And it is beautiful. It is for me a way of making love, but not in a personal way, but making love in an existential way..

Elif: Muhabbet.

Berrak: Yes Muhabbet. You feel it is flowing and you cannot even find words for it. It is just flowing.

Yigit: The more you merge into the ground it moves, but there is a force, because something is moving,but personally I feel I do not push anything. But it is powerful and yet gentle, it is dense and flowing without pushing. When I start to push, for example mind based or something,  then it is stuck somewhere.

Berrak: Yes! you will experience this in the workshop. It is good that you can already feel that in your body. It is possible to do that with the floor and the wall. But there it is through the weight and pressure. The ways are the same. But the wall and the floor are so strong and hard that when you reach into them they will make you move and become a support for you. They will throw you into movement. But when you work with a person it will be different. Anyway we have to learn how to stand on our legs, how to take our ground, how to take our space and how to feel what is going through them.

I would suggest that you continue working on your legs and pelvis. If you feel this opposition flowin your body, try to see if you can feel it reaching your chest through your feet. Have a look at the video, arms and chest in sitting position. so when you sit try to reach your chest through your feet. and then do it also in a standing position. And this will prepare you for your wings.

Remember we talked about the ability to feel what you are doing in the moment that you are doing it. And this helps us really to fill our physical existence and then the way we relate to the movement to the world, the outside, the other person is extremely different and it is very rich. So the 6th sense, the capacity to feel oneself is something worth working on, and the more we live the more we will feel. Because every experience that we will have will bring us closer to ourselves, so it is a sense that we will not lose in time but it will grow in time. So we have things to discover till we die.