

Regarding the Nature of Process in the Skinner Releasing Technique

The nature of the Releasing process is change.

The process follows laws: and yet, it seems to be unpredictable, illogical, and capricious. Change is a product of the laws of disorientation and integration experienced during releasing. Disorientation of the self (confusion) allows for the union of opposites, of diverse and disparate segments of the whole self, which is integration. **This is the process of allowing change to happen.**

There is a fine line between being in process and not being in process. Yet when one is not in process, one is a million miles away from process. When we are not in process, we achieve and we fail. Our egos are there. When we are in process, we neither achieve nor fail: It all is just happening.

Students who are learning to work in process seldom know intellectually what is happening to them. They continue studying in faith, expecting, knowing intuitively that there is something to be learned, to be experienced. The process requires great patience and persistence. One learns, often with difficulty, to simply become available, to expect nothing, to be listening to nature at all times, to become aware, in short: to witness the process happening. Simultaneously, we are immersed in, absorbed by, and involved with the experience of process.

We learn to allow nature to unfold at her own rate; if she is pushed or forced along the way, she will not respond by going faster in that direction.

Sometimes it all seems like a puzzle where nothing fits; there seems to be no order. Occasionally, pieces fit and we glimpse multi-directional and multi-dimensional order. The ego, excited at having glimpsed this order, tries to re-establish it in vain. We seem to have gone nowhere.

When we are in process, we function differently than when we are not in process. The ego is not in the way when we are in process; it has been set aside for the moment. The end result (when we function in process) is that we are being danced.

A Skinner Releasing Technique teacher can readily see when we are being danced and when we are dancing ourselves.

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