

## What is Process?

# Unfolding

Process, in the Skinner Releasing Technique, is an ever-deepening unfolding. It is awakened and set in motion when one encounters the transformative imagery and graphics characteristic of Releasing classes. These teachings might be diametrically opposed to one's prior experience with movement training. And yet, intuitively, the work feels right somehow. So, one takes a leap of faith to see where the Releasing process leads.

Each person's process arises from a vast inner wellspring that cannot entirely be verbalized. The wellspring, in part, contains consciousness, the unconscious, intuition, both Mind and the Self in the largest sense of the words, and the entirety of one's inner felt life and experience. It also includes the rich field of kinesthetic awareness that is the province of the dancer. And, in part, that wellspring contains what cannot be named.

Unfolding is triggered by one's availability to letting go — not just the willingness to let go of bones and tissues, but the willingness to release preconceived notions, judgments, and expectations, as well. This includes preconceptions about one's self — the physical self, and even deeper layers of self. Preconceptions, judgments, and expectations are the province of the ego as it is referred to in Releasing — the contracted sense of self.

The Releasing process unleashes ever more fully realized potential. The abandonment of restrictive habitual patterns and preconceptions liberates not only bones and tissues, but facilitates greater creative and imaginative freedom, subtlety, and authenticity.

Process is unique to each individual and is wholly uncontrived. It is neither linear nor product-oriented. Never the less, in retrospect it seems that one's process unfolds in accord with some kind of higher, or deeper order — both natural and primal — an order that intellect alone could not have conceived or planned. In fact, the application of the intellect or the ego can confound one's natural unfolding.

Process is developmental in nature. With its ebb and flow — sometimes disorienting, painful, or disheartening and, yet, often uplifting, enlightening and transformative — comes patience and compassion for one's self and others. Open-mindedness and suspension of judgment result. Maturity evolves.

In order for higher or deeper levels of integration to evolve, disintegration is often essential. So, one's unfolding is an ever-deepening cycle of disintegration leading to reintegration and round, and round again. Falling apart can be troubling, integration exhilarating; and yet one learns to take both in stride — judging neither as good nor bad — knowing that each is natural to the evolution of one's unfolding.

Over time, experience with this evolution builds an unshakeable confidence in the soundness of the inner workings of each individual's process. It builds trust. Trust, deepening, allows one to let go further.

And so it goes — the Self unfolding in the dance of letting go.