

# Water as Two-Way Connector and Screen

Brigitte Hansmann, l'estudi de respiració, moviment i integració estructural, ermie

www.ermie.net , brigitte@ermie.net, Barcelona, Spain, landline: (+34) 932173274, Cell: (+34) 606 67 64 36

## An orientation of attention

Water hydrating the tissues of our bodies is exquisitely sensitive and responsive to the orientation of our attention. Most adults habitually function in an incisive mode that overrides perception of sensory information about their relationship to their inner and outer environment. An instantaneous shift in tissue responsiveness involving the whole body takes place, when attention enters a receptive mode that allows conscious experience of this relationship and enables individuals to modulate their postures, attitudes, movements and behaviors in a way that proves most suitable.



Receptive mode: sensory perception, intuition, gestation and nourishment of images and analogies, long-term regulation of resources



Incisive mode: sympatonic activation, thought, action, critical function, emotion, fight/flight/freeze/collapse

## The key is in the exhale

With your attention, follow the natural motion of breathing out. Observe how the weight of your body rests towards its center and towards the ground, as the muscles that had done the work of breathing in relax. At the end of the exhale, take a moment to simply feel yourself rest towards the center of the body and towards the ground.



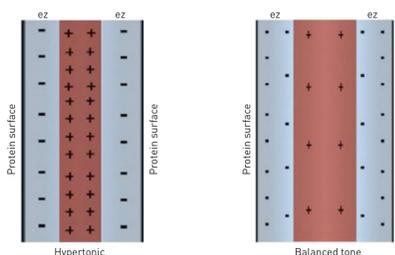
There is enough oxygen in your body for a while. You do not need to inhale right away. But don't hold your breath. Just rest a moment in the very depth of the living being you are, on the base of support of the material world you are a part of. When you feel you need new air again, simply open and let it flow in. You do not have to do it. Breathing is an autonomous function and your body does it spontaneously, if you let it.

Habitual tension tends to restrict breathing motions, so that most people barely breathe the minimum indispensable for survival. Therefore, even though during the exhale the muscles that did the work of inhaling relax, the moment at the end of the exhale, before you inhale again, may not feel very restful, because you may find the inner space of your body quite tight with habitual holding. Feeling this tension is the first step towards being able to let it go. Probably you won't be able to simply relax it. Just feel it and orient your attention towards the ground underneath in order to show the tight space in your body where it can find support. When you let new air in, you might notice that the motion of the inhale actually begins to open it a tiny bit.

Give yourself time to feel how the inhale expands your whole body. You might feel tightness also in the outer limits of your body. Feel how the expansion of the inhale fills the space within those limits and ever so slightly widens them.

## Breath by breath

Observe how with each breath your tight tissues let go a bit in the exhale and expand a bit in the inhale. The sympatonic activation keeping your muscles tight feeds a constant efferent flow of energy into the water hydrating them, leading to a build-up of positive charge. Tight muscles and connective tissues restrict the evacuation of positive charge through the exhale.



Do hypertonic tissues generate a stronger charge separation than tissues with a balanced tone?

This charge build-up interferes with clear sensory perception, concealing and/or distorting information about your relationship with your inner and outer environment.

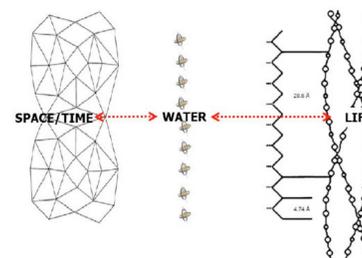
As you observe the motions of your breathing and give yourself time for them to happen more fully, sympatonic activation starts to calm down and the channels for sensory perception open. The receptive functions eclipsed by the incisive functions surface.

As sensory perception becomes clearer, people often begin to feel the tightness, nervousness, or agitation generated by sympatonic activation, even though it is diminishing. While the receptive function is eclipsed, on the other hand, sensory perception of the activation is cut off and one is fully in its grip.

## The objective reality of ground, space and breathing motions

Do not let the sensations of tightness, anxiety, oppression, or whatever may surface, activate you further. Rather, feel them and let the spaces in your body where these sensations take place feel the ground underneath your body, the space around you, and the motions of your breathing. As you stay focused on perceiving the objective reality of ground, space and breathing motions, you will be able to distinguish sensations that belong to the initial conditions of your life, when you created the holding pattern keeping your tissues in a state of constant activation. The energy generated by the tension of the tissues involved in these patterns seems to keep the dynamics that took place under those initial conditions projected onto the screen of the liquid crystalline hydration water in constant repetition.

When you orient your attention towards perceiving the ground, space and breathing motions, it passes from the incisive into the receptive mode. Although habitual holding does not let go all at once, this orientation of your attention seems to switch off enough of the constant activation to allow a felt sense of the body as a whole in relationship to the greater whole we all are a part of. As the hold of habitual tension diminishes, water seems to recover the exquisite sensitivity and responsiveness it lost under the regime of habitual patterns. The dynamics projected onto the liquid crystal screen become more transparent and give way to experience water's function as a two-way connector between the living organism and its environment.



Hypothesis: Resonance takes place between the fabric of space/time and the fabric of organisms through water's exquisite sensitivity and responsiveness

## See through the appearances reflected on the liquid crystal screen

In this manner we learn to see through the appearances reflected on the liquid crystal screen and perceive the ground underneath our body, the space around it, the motions of our breathing, and the continual fluctuation of sensations taking place in the body.



Thus, in practicing to let go and to see through appearances, we learn to wield the sword of discriminating intelligence in one hand while holding the lotus of compassionate wisdom in the other.

To share your observations, ask for the questionnaire here or at [brigitte@ermie.net](mailto:brigitte@ermie.net)