

# **ROSEN METHOD BODY WORK**

**“Accessing The Unconscious Through Touch”**

**Special Report**

**By**

**Donata Joskow**

[www.harmonyholisticmassage.co.uk](http://www.harmonyholisticmassage.co.uk)



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“Do not turn your attention elsewhere  
in search for the truth, for it is nowhere  
to be found... But **within the body**”



**Eckhart Tolle**

## The Origin Of The Rosen Method

The Rosen Method was created by Marion Rosen. Her experience of Body and Mind connection work goes back to 1930, when she first met Dr. Lucy Heyer, whose husband was working with Carl Jung as a student.

Dr Lucy Heyer and her husband were working with a group of psychotherapists, who were interested in using massage, breathing and relaxation in conjunction with psychotherapy. Having the opportunity to work with Dr. Lucy Heyer, Marion Rosen experienced first hand the effect that *touch* could have on the body.

Marion remembers arriving at her first treatment with a very bad migraine. However when the session was over, her headache was gone. Marion remembers the strong impact it had on her. She recalls:



**Marion Rosen**

*“When Dr. Heyer laid her hand on me that first time, I knew that that was the work I wanted to do for the rest of my life”.*

Marion Rosen then went to work in England, at the Tavistock Clinic to practice what she had learned: she quickly realised how visible that the impact of her work was. In fact, very soon doctors started to send her their most difficult cases.

Marion Rosen became a physiotherapist and her knowledge about the body and the unconscious deepened. When working with people as a physiotherapist, Marion noticed that when she was working on them, they would start talking about their problems and revealing facts about their *personal* lives. She also noticed that that when this happened, their physical problem would *disappear*. Through her own experience and observation of the body mind connection and the power of touch, Marion Rosen developed what is known today as the Rosen Method Body work.

Marion Rosen is widely known for her ability to treat psychosomatic ailment and for her **transformational sessions** where clients discover their true selves.



## Why The Rosen Method Body Work?

While other body work disciplines stay on the physical level, Rosen Method goes through the physical level to the **emotional content** in the body. Even counselling sometimes does not seem to help, as the tendency to intellectualise takes the person *away* from feeling.

The tightness of muscle, our posture and the shape of our bodies can tell us how we have been living our life. Often these tensions are created by protecting ourselves from past memories, fear, guilt, feelings that we could not handle. However... these 'feelings and experiences' still remain *stored* in the body, especially if they are not acknowledged.

A lot of *energy* is used to keep these tensions and postures. Additionally, when the muscles are tense the breathing is also restricted from flowing to those areas.



When parts of our bodies are restricted is also a reflection of **our life being restricted**.

The Rosen Method's most important function, is its contribution to our **inner growth**. It addresses those parts of ourselves that prevent us from growing.

Tension in the body, are barriers that we have - or needed to create - at a certain point of our lives. When the barriers are removed, growth will take place as a direct result without effort or help from outside.

The results include more mobility, loss of pain, better function of all the organs and the breath is freed to flow in a wider part of the body creating more energy. We will have a different posture and even our faces will have a different expression.



On an emotional level we become aware of the limitations we have imposed on our lives. With this we will come to a place of choice which will allow our actions to be different.

We can open up and choose to show ourselves, our ability to love, to be creative, to think with clarity. Instead of using the energy to suppress who we are now we can allow ourselves to be visible and become in touch with the *richness* we have within.

## Healing Through The Rosen Touch

Marion Rosen emphasizes the importance of the quality of **touch** in a Rosen Session. In her book she says:

*“ Instantly after we touch someone there is a different relationship with them. Even a casual touch seems to create a bond. Rosen Method work depends on the way we touch”*

The Rosen “touch” connects us with our inner knowledge, bypassing the tendency of the mind to intellectualize. When we discuss our problem *intellectually* we don’t seem to get the same depth as when we *connect* with the body. Through bypassing the mind, we cut through the red tape and connect with our inner feelings, our barriers, and our holding.

In a Rosen session Practitioners touch in an *unobtrusive* and *supportive* way. Their presence and attention, and working without agenda to change somebody, creates spaciousness and freedom for the person to experience him/herself.

When we are touched in this way **oxytocin** ( a hormone ) is released allowing the muscles to relax creating space and movement in the body, and ultimately in our life.



## Surrender And Spirituality In Rosen Method Bodywork

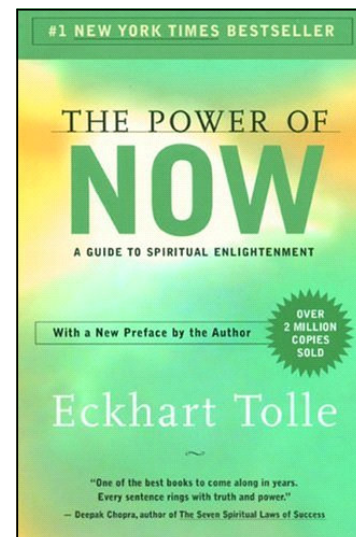
Rosen Method bodywork takes us on a journey of **self discovery** on a personal, emotional, and spiritual level.

During this process we go through *many* layers of personal and emotional life until we slowly let go of the muscle tension and our protection. **We start to trust.** When we start trusting, we realise that life stops being a struggle; it becomes *easy*. We do not feel that we need to be in control, but we are open to new possibilities. We go along with the flow of life, trusting that *everything* is going to be fine.

Eckhart Tolle in his book of the “**Power of Now**” emphasizes the importance of connecting with our inner body to find the connection with “God” or “universal Love”.

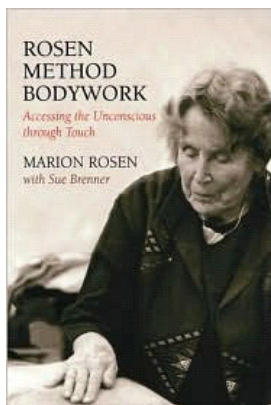
*“Underneath your outer form, you are connected with something so vast, so immeasurable and sacred, that it cannot be conceived or spoken of – yet I am speaking of it now. I am speaking of it now not to give you something to believe in, but to show you how you can know it for yourself.”*

*You are cut off from your Being as long as your mind takes up all your attention. When this happens and it happens continuously for most people you are not in your body. The mind absorbs all your consciousness and transform it into mind stuff. To become conscious of Being you need to reclaim consciousness from the mind. **This is one of the most essential tasks on our spiritual journey.**”*



## Finally...

Marion Rosen speaks of her experience in her book:



*“When the diaphragm lets go all the way, it seems that people have surrendered to whatever is happening, and they feel so peaceful . Then they say: “I feel I am part of something bigger”. At this point they look as though a connection has taken place, one that was not available before.*

*In German we have a word Gotteskind, which means you become a child of God. It describes this state where fear and uncertainty go away, and a new space inside opens up for loving acceptance of oneself and others.”*



## More About Me...

I have been training in the Rosen Method for over three years, and practice at the following locations:

- **Bodymind**  
**72, Holloway Road, Islington, London N7 8JG**
- **Chelsea Sports Centre**  
**Chelsea Manor Street, London SW3 5PL**

Rosen can help with many things, including:

- ✓ **Muscles tension**
- ✓ Chronic pain
- ✓ **Low energy**
- ✓ Stress
- ✓ **Low self-esteem and confidence**
- ✓ Helping you become more clear about the goals and choices in your life
- ✓ **Creates the feeling of more space in one's life**
- ✓ Helping you become more focused
- ✓ **Connecting with your own creativity...**

For more information, or for an informal chat to see how the Rosen Method can positively impact on your life, please contact me as follows:

**Telephone:** 0208 8896438  
**Mobile:** 07766088487  
**Email:** [cdjoskow@ukonline.co.uk](mailto:cdjoskow@ukonline.co.uk)

