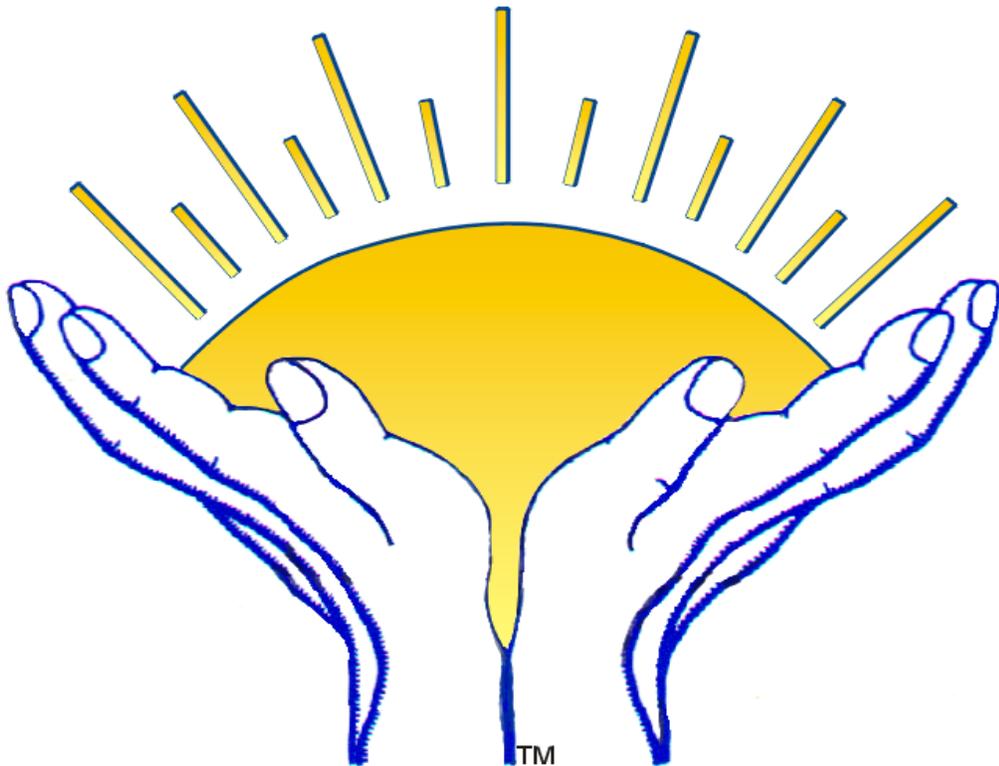


Your Six Gifts To Successful Healing!



Unlimited BodyTM Manual

Arne Rantzén

Published by For A Conscious Life

For further information about Unlimited Body workshops and for professional Unlimited Body sessions and practitioners near you:

Visit our website: www.UnlimitedBody.com

Email: Information@UnlimitedBody.com

Phone (800) 873-5828

Personal Improvement
ISBN 0-972-1062-2-7

First published in 1997.

February 1, 2008 edition.

© 1997 Arne Rantzen. Please use the contents of this manual in appropriate ways, according to your compassion to help yourself and others and with awareness of the law of karma.

**Safe Touch is the way you create
harmonious and successful interactions!**

Alive tissue is in constant movement

It is commonly understood that the tissue of a living person behaves different from the tissue of a corpse. What is this difference? The tissue of a corpse has no movement, and the tissue of an alive person is in constant movement. Alive tissue is supposed to move. It has subtle and gross movements. The subtle movement is the movement of the Life-force. The gross movements are the voluntary movements of muscles.

Subtle movements

Contacting and allowing the subtle tissue movement is the beginning of learning the magic of Safe Touch. Safe Touch is not seeking results through touching and changing the physical tissue's gross movements. The gross movement of physical tissue without the subtle movement is like moving the tissue of a corpse, and has no ability to create change. For tissue to change of the tissue you need to touch that quality of the tissue that is absent in a corpse but present in an alive person. Safe Touch touches the Life-force of the tissue to create real change.

EXERCISE

Experiencing the movement of tissue

Relax one of your hands and let it gently approach your chest.

Notice the experiences you encounter as the hand gets closer to your chest _____

Melt your hand around the tissue of your chest _____

Notice any other experiences you might have _____

Imagine your warm hand melting into the tissue of the chest.

Feel the breathing, heartbeat, pulsation, temperature and texture in your hand.

Notice any effects elsewhere in your body _____

Lose the distinction of where your hand ends and where your chest starts.

Pull your hand outwards, without disengaging your touch from the tissue.

Notice how many layers you can feel as you gradually pull your hand outwards before you disengage your touch _____

The tissue responds differently to different touches

A healthy tissue is fluid, alert and has a flexible tension.

A tissue that is avoided and not touched feels ignored, forgotten, weak, floppy and has a lack of movement.

A tissue that is confronted, approached too fast or moved in the wrong direction, defends, holds back, hardens and stops moving.

From your past experience of touching tissue you didn't experience it as having a personality. Your touch was probably not aware of the tissue's subtle movements and touching too fast or too strong, compressing and stopping the subtle movement rather than allowing it to move freely.

EXERCISE

Experiencing how cornstarch behaves like tissue

Put 2/3 of cornstarch in a bowl and add 1/3 of water. Mix it.

Every 15 minutes or so it needs to be stirred to stay mixed, otherwise it separates, leaving the fluid on top and the corn starch at the bottom. This the same way as tissue needs movement to stay alive and that a tissue that is not moving hardens and separates from its spirit.

Touch the tissue-like corn starch:

- Hit it with straight fingers. This means to approach too fast. Notice that it feels hard and difficult to penetrate.
- Let your fingers touch it slowly and watch how easy your fingers can enter it.
- Pull your fingers out too fast and watch how it immediately gets hard and holds onto your fingers.
- Disengage slowly and watch it release your fingers.

Notice that how fast you move affects the density _____

A touch that inspires the tissue to be more fluid needs to flow with the tissue's natural movement. The more sensitive and allowing your touch is, the freer the tissue can move.

Just as people reveal more of themselves when they feel safe and supported, so too, will the tissue reveal more of itself when it is inspired. When you touch the tissue with the knowledge that it is alive and has movement, you can receive more information about its past and present condition and what it wants. The tissue, like a person, has had many experiences, some of which need to be released to restore its freedom of movement. When you learn to feel and see what the tissue is communicating and accept where the tissue wants to lead you, you become an unconditional support system.

**Once the tissue has been acknowledged that it is alive
and its movements allowed
it remembers that it can trust that it is safe to move.**

Using your hands as the means of doing Safe Touch

Unlimited Body uses physical hands-on touch as an effective entrance point to healing. Safe Touch gives a physical reminder to the body, its tissues and cells and this awareness is the catalyst for the inherent movement and aliveness.

This process may seem awkward at first. Trust the blending of your wisdom aided by the knowledge of the body which is requesting healing. Much information may be received simply by asking.

Safe Touch qualities

The unique ingredient of Safe Touch is a non-doing, non-threatening, non-confronting, supportive, and inspiring approach. Safe Touch specializes in noticing and allowing all and their tissue give, including what they want and what makes them feel safe. It gives people and their tissue the safety to release issues and clear any holding in the tissue. Safe Touch allows and follows the tissue without ever applying an additional healing. It knows that healing doesn't happen from creating health but when tissue decides to move.

EXERCISE

Experiencing the aliveness between your hands

Slowly move your hands towards each other, without physically connecting.

Be aware of the experience between your hands.

What do you feel? Maybe you feel like you have a balloon between your hands, that can be squashed or like magnets opposing each

other and pushing your hands apart. It might feel like your hands are breathing. _____

Feel the tissue in your hands pulsate _____

Feel it move around _____

Feel everything in between your hands as a pulsating mass.

If you don't have any experience you need to move slower and have more awareness of the palms of your hands.

Feel the subtle movements in the tissue of your hands.

Notice the experience you have in your hands _____

Safe Touch engages with the subtle tissue movement which is how life-force expresses itself.

Safe Touch includes the awareness of the subtle tissue movement in the hands that are doing the touching, which is the Passive Touch, as well as, the experience of the subtle movements of the body that is being touched, which is the Active Touch.