

HOW TO CLEAR STUBBORN MUSCLE STIFFNESS

WHEN REPRESSED EMOTIONS ARE HELD IN OUR BODIES, THEY ARE STORED AS TENSION HOLDING PATTERNS IN THE MUSCLES. THESE PATTERNS ACT AS ARMOR OR PROTECTION AGAINST FUTURE EVENTS WHICH COULD BRING UP OUR STORED PAIN FROM THE PAST. CLEARING THE EMOTIONS WHICH WE'RE TRYING TO PROTECT CAN ALLOW A MUSCLE TO RELAX, AS THERE WILL BE NO FURTHER NEED FOR THE ARMOR. THUS, STIFFNESS CAN BE RELEASED WITH A COMBINATION OF STRETCHING AND EMOTIONAL CLEARING -- FEELING THE STUCK EMOTIONS STORED IN THE MUSCLES WHILE WE STRETCH. IF WE AGREE CALL ALL STORED EMOTIONS WHICH STOP A MUSCLE FROM MOVING FREELY "UNJOYFULNESS", IT HELPS US GET IN TOUCH WITH DIFFICULT-TO-LABEL REPRESSED FEELINGS. THE FOLLOWING PROCESS HELPS CLEAR STUBBORN MUSCLE STIFFNESS AND TENSION WITH A STEP-BY-STEP PROCESS OF PROGRESSIVELY FEELING OUR EMOTIONS AND LETTING GO OUR MUSCLE TENSION WHILE APPLYING A STRETCH.

(It is not recommended that you do this process on the spine! Only do this for areas in the arms and legs.)

Step 1: Begin a stretch of the muscle you wish to clear of stiffness, finding the point where it feels like the tension is maximal. (See one example next page.) On a 0-10 scale, we will agree to call the feeling associated with that maximal level of stretch a "10" 'unjoyful'. Keep the muscle at its endpoint, applying more and more pressure as it is able to allow further stretching, repeating "I'm feeling a '10' unjoyful ... I'm feeling a '10' unjoyful", and note when the number all of a sudden goes down. Rate that new level, let's say it's now an '8' unjoyful, and say "I'm feeling '8' unjoyful... I'm feeling an '8' unjoyful..." Keep your pressure on the muscle, ever deepening and searching and finding more tension that you can stretch through even further. As soon as you feel an easing up again, re-rate the 'unjoyfulness', say it's now a '6' unjoyful, and continue the process until you ultimately reach to a '1', then a 'half', then 'quarter', and finally either a 'tenth' unjoyful or 'trace' unjoyful before you stop.

Step 2: Repeat this process for the "antagonist" muscle, which is on the other side of the joint, acting to oppose the movement of the muscle in which you have chronic stiffness. It should have some stiffness too, but whatever level of stiffness you find in it, be sure to start and rate it also as a '10' unjoyful in order to create a new relative scale to measure tension for the new muscle. After repeating and finishing this process, outlined in Step 1 with your antagonist muscle, with both of your muscles now free of tension and stiffness, you should have much more lasting relief.

... It may be helpful to remember the adage ...

"The "unjoyful" feelings and stiffness in a muscle I am willing to feel will heal...

The "unjoyful" feelings and stiffness in a muscle I am not willing to feel stay real!"

Here is an example of performing this process for your “biceps” arm muscle...



Here is an example of performing this process for it's antagonist “triceps” muscle

