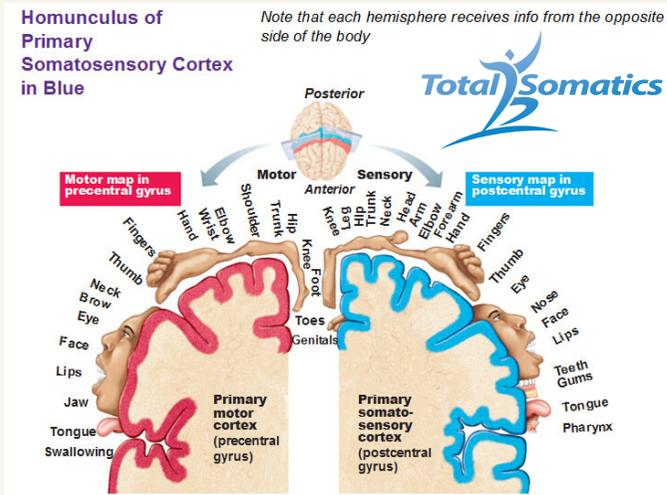


The Power of Pandiculation

Created by
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Why is this area important in pandiculation?



What is this area called?

Considering the real estate of your brain, why can you lose muscle memory easily through the centre of your body?

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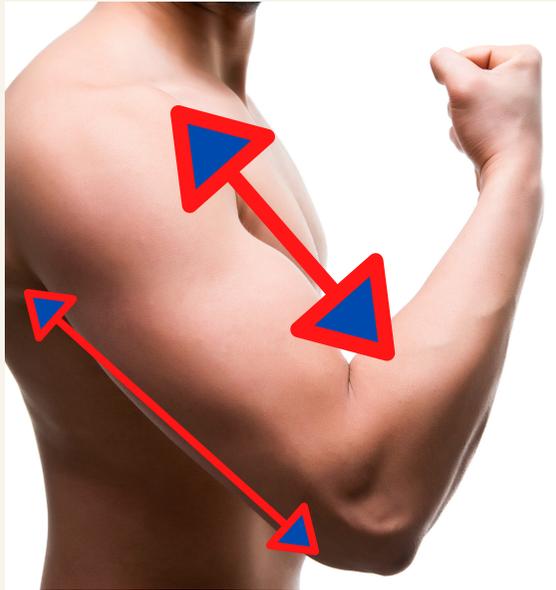
Having insight into your default reflex and personality can be really helpful when you are pandiculating. If you are a green light person, your personality can be "go, go, go." You may find it challenging to fully release and let go of residue tension in step 3 of a pandiculation. By slowly releasing from the contraction, with as many breaths as you want, allow your brain to record how to fully release. Then when you return to your start position, take 2 or 3 additional deep breaths and notice what else you can fully release with every out breath. Allow your nervous system to fully relax, this is something a green light personality can condition out. High functioning anxiety is a sign seen with green light personalities, so really take your time to stop and feel what it is like to let go, not always overthinking or controlling everything. Green light personalities can be very cerebral and over analyse everything. This is great in some instances, however with pandiculation, allow your mind and body to connect again. Allow for time with your eyes closed to fully sense and feel what is happening from the inside. Allow feelings such as vulnerability or frustration sit with you for a while. This is allowing repressed emotions to surface. Pandiculation brings emotions to the surface. So instead of pushing them down, which is a conditioned behaviour, just allow them to surface. This can happen as you practice step 3, so take several deep breaths to release stored tension and emotions.

What is SMA?

How does it affect muscle memory?

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How does natural movement work?

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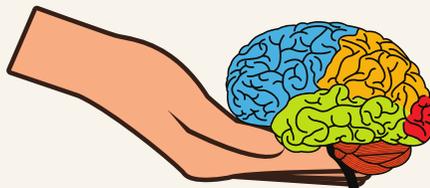
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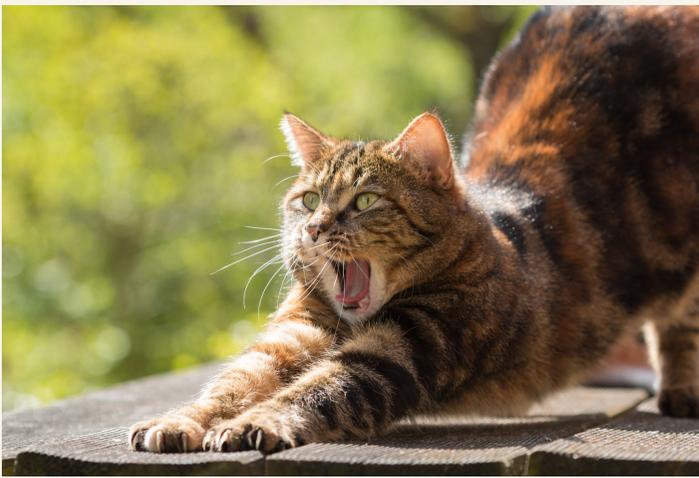
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If you feel that it is a challenge to sense your muscles release because they have been chronically tight for a long time, remember that your hands cover a large amount of real estate in your sensory motor cortex.

Their sensitivity is heightened and as a result can act like a second pair of eyes. By tapping or holding the contracted portions of your body and allowing your hands to sense and feel the muscles soften and let go is really powerful feedback. Don't be overly focused on specific muscles being tight, rather become attentive to the sensations within your body, which you may not have noticed for some years or decades. Notice the principle "when one side contracts, the other side lengthen and releases." When you begin to sense and feel these areas, you are beginning to break the 'amnesia' within the sensory motor cortex specific to those areas of jerky, shaky sensations.

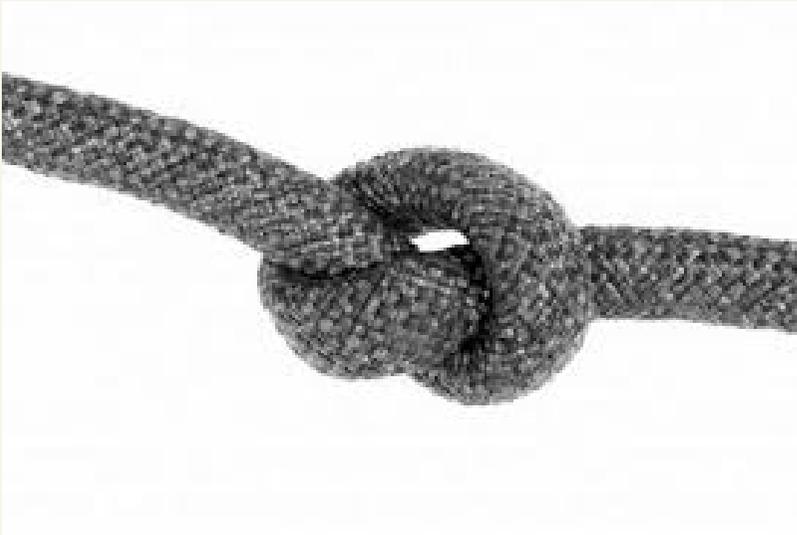




What are the three steps in pandiculation?

- 1)
- 2)
- 3)

How does this knot explain the difference between stretching and using the methodical approach of pandiculation?



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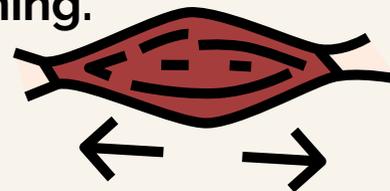
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What is the reflex action called that can cramp and shorten a muscle further when stretching?

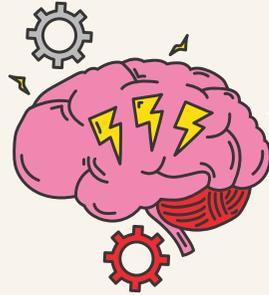
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Pandiculation is known as lengthening.

Stretching is known as lengthening.



Why is it important to go slow with pandiculation?



Why is step 3 important in pandiculation?

In order for your brain to be receptive to learning, what mindset & approach would you want for pandiculation?

When your brain to muscle communication begins improving, your muscles learn how to fully release and let go. This muscle behaviour has been foreign to you to for a considerable amount of time. So during the early days of learning pandiculation, allow yourself time to really absorb sensations within your muscles and body generally. Become curious of the inner workings of your mind and body. If you are use to pushing sensations or emotions down, it may take a little longer to sense and feel sensory feedback from your body. So don't put pressure or deadlines on yourself. Instead, use this as an opportunity to notice the subtle and until now, subconscious actions of movement (or lack of) in your body. Everytime you practice pandiculation, you are beginning to wake up your sensory motor cortex and heighten sensitivity.