

## *Doing Nothing=An Invitation to Change!*

by Kathryn Hansman-Spice

In Trager® we speak of doing nothing. What could we possibly mean by this? How does this mesh with the incredible effectiveness of this approach? To me, doing nothing represents a shift from the “fix-it model”, in which we feel responsible for creating the change in other person by the power of our skills, to a “collaborative model” in which we are partners in sharing presence. We accompany our clients on their journey, joining them on their path. Our presence and touch offers the message: “I am here with you, paying close attention.” It is a process of “being with”, without an investment in a specific outcome. It is a process of facilitating self-awareness and self-empowerment.

Mark Weisberg, MD speaks of the PARADOXICAL LAW OF CHANGE:  
When something is accepted as it is, it changes.

In *Winnie the Pooh*, Pooh says it well. He asks Christopher Robin: “How do you do nothing?” Pooh finally summarizes the discussion: “It means just going along, listening to all the things you can’t hear, and not bothering.”

When we offer the gift of accepting someone else totally as they are and offer our curiosity in getting to know them at a deeper level, the brain absorbs a profound message which changes everything—biochemistry to self-perception! The new sensory information offers new possibilities:

I am OK as I am; I can relax into this knowledge; I can let go of all this unconscious holding; I can listen to myself in this moment.

By accepting what is, we actually offer an invitation to listen more purely so that the body can follow its own inner wisdom. It is what Milton Trager called: psycho-physical integration!