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The Role of Numinosum in *Trager*® Somatic Body Therapy

Numinosum is a term used in neuroscience to describe the quality of mind engagement that best changes the brain. This learning enhancing quality has been discovered to be curiosity, wonder or awe. The soundbite is “Inspire to Rewire”.

You can access numinosum by what you do, what you sense and what you imagine.

Our body’s movement has the potential to create numinosum. Babies are fascinated by the movement of their hands. This deep focus helps them learn to develop dexterity. Observers of a skilled dancer or athlete can develop a sense of awe leaving an inspiring mental imprint of what is possible within the human form. Sometimes, we can get in touch with numinosum as we recover from an injury or surgery. Our body’s ability to heal is supported by a sense of curiosity about the process.

Decades before neuroscience recognized numinosum, Milton Trager incorporated the attitude of focused attention and awe into his work. I welcome the numinosum explanation for the effectiveness of *Trager* Somatic Body Therapy.

When I, as the practitioner, demonstrate *Trager* movements with the client, the client’s brain is activated with fascination that they can feel themselves moving so much better. Clients realize, “Right now, this is possible for me! Look how smoothly my shoulders can move! Feel this easy flow throughout my body! Wow!”

For those of you, who do not notice your body until it hurts, the experience of *Trager* movements can show you how to start to feel better. Then, additional somatic techniques are taught to help you integrate this potential of greater well being.

As the *Trager* practitioner, I activate numinosum through curiosity about the client’s concerns and exploration of how the client’s body is organized in motion. There is a palpable shift in the client’s experience if I slip into our cultural norm of “fixing” the client’s body. You may have experience this shift when you stop ‘making something happen’ and begin ‘allowing something to unfold’.

Two clients report their diverse experiences of numinosum through *Trager*.

Recently, Joan A. Wood, an octogenarian with severe scoliosis exclaimed, “Thank you so much for the last session. It enabled me to bend over for one hour and one-half and pick strawberries which I haven’t done for a number of years!”

An active woman in her forties, Lori Kublick relates, “At the end of each session I feel as soft as cashmere, and very pliable. Chris is very gentle and my body really responds to that. I have

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experienced a lot of release of the upper back and neck tension, and overall general relaxation each ongoing session.”

Changing how your body functions is a learning process that *Trager* can help with. I am ‘inspiring’ you with what is possible in your body right now and helping you ‘rewire’ your movement patterns so that you can live more comfortably.

And, next time you are wanting to learn anything new, before you start, figure out how you can become more curious about what you are leaning. As you are developing mastery, maintain a sense of awe at your ability to learn, and celebrate what you have learned.

Engage Numinosum!

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