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Somatic Archaeology™ for Bodyworkers

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Somatic refers to *the body*, and archaeology to *the study of ancient cultures through examining their remains*. When we bring the two words together, Somatic Archaeology (SA) denotes *the excavation of familial and cultural memory imprints held in our body*. Within each body is an archaeological site that holds the details and wisdom of our extraordinary life story, composed of generational, spiritual, and personal experiences, both joyous and traumatic. These stories reside in the body — tissues, organs, physiology — and when unresolved or forgotten can manifest as chronic pain, disease, addictions, emotional patterns, and repetitive circumstances.

During bodywork when a client experiences a “relaxation response”, the neurological shift allows memory to come to the surface. Learning how to effectively support your client at these times is so necessary in the progressive healing climate of 2012. When healing does not take place, a person can remain under unconscious stress with respect to a shocking event – sometimes for years or generations – and a part of her being, a portion of her energy, is appropriated.

The unconscious meaning or unexpressed memory of the event is held within the soma, and finds meaning in symptom. “*It’s undigestible*” (which would affect the stomach); “*its suffocating*” (which would affect the lungs); “*dismantling*” (bones); “*disgusting*” (colon); “*a breakdown*” (kidney). An event becomes a sense and then becomes a sensation. When it is impossible for this sensation to be expressed, it moves into the unconscious: our biology, brain, body, and energy field.

Somatic Archaeology™ seeks to remedy the stress of an event to offer resolution in a somatic framework so that one’s energy can be redirected toward healing and balancing body systems. Somatic Archaeology™ combines somatic attunement, breathwork, aromatherapy, neurophysiology, nature resourcing, medicine wheel principles, and stress management models formulated from kincentric principles to create profound shifts in hormonal, physical and emotional well being. Acquire techniques to help your clients heal inherited stress patterns!

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The Somatic Archaeology™ techniques and intervention have been practiced and taught for over 25 years within a variety of traumatized populations with promising anecdotal results. The steps and practice of Somatic Archaeology™ are outlined in Ruby's book, *My Body, My Earth, The Practice of Somatic Archaeology* (2008, iUniverse).