

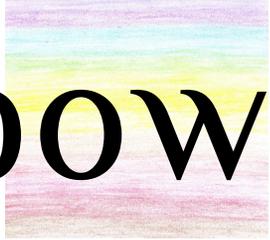
The
Pressure
Rainbow

*Sensation Communication
from One Body to Another*

Margarita Navarrete-Hutchinson



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Rainbow



*Sensation Communication
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**...breathe deeply; slow inhale, slow exhale--
throughout your entire session...**

*With love, gratitude, & appreciation to all of the things for all of the
things; & to all of the people for all of the reflections.*

Thank you, all of us.



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The Purpose:

To assist practitioners in providing quality, personalized care to each body, guided by the verbal feedback provided by their clients/patients.

This useful tool facilitates the process through assigning specific colors to communicate perceived pressure, along with a numerical aspect that relates the level of intensity within each zone.

Clear communication helps ensure a great session!

When the bodyworker understands clearly what the client/patient is experiencing during the session, the therapist can more accurately tailor the session to each body, each day--because every body is different, and every body deserves to receive the unique care it needs, during any given session.

The Breakdown:

We shall correlate colors, on a spectrum from Blue to Red, with our heart and breath rates.

As the colors gradually progress from one color to the next, our heart and breath rates are gradually increasing, as we move from relaxed, to excited, to threatened states.

We progress from one state to the next as perceived pressure gradually increases.

There is Slack in All the Colors:

Slack provides room to move, similar to how a slack rope will allow more room to move than a tight rope will.

We measure that slack on a numerical scale, from 1-10.

Keep in mind: when visualizing the 1-10 "slack scale" within each color zone, that each "length of slack" progressively gets shorter as it moves from 1-10, so much so that "10" is 1/10th of "1".

This represents how the body may typically respond to perceived pressures; the closer we are to the next zone, the quicker we escalate into the next zone--due to our bodies' self-protection systems--keeping our species alive since pre-civilization.

The Goal:

-To increase mobility (increase slack) in the body through the application of pressure (in a variety of forms)--encouraging the body's self-repair system into action, via physical stimulation.

-To increase mobility in the body through applying *no more than the necessary pressure required* by the body to help release myofascial/muscular tension, relieve constrictions & increase range of motion.

-To promote a relaxed state, while increasing mobility, through applying *no more than the necessary pressure required*, & thus remind the body what "relaxed" feels like. (Practice!)

-To increase localized blood-flow and circulation via physical stimulation, applying *no more than the necessary pressure required* by the body. (Think "holistic"-whole body.)

-To assist the body in attaining & maintaining homeostasis.

"Necessary pressure" falls below the "threatened zone."

Let's learn more about the different color zones...

blue

-relaxed
-resting
-restoring

In the **Blue** zone, our bodies feel **peaceful**.

We perceive **Dark Blue** as a sleeping state; our bodies self-repair on a cellular level while we're asleep, using the energy that usually powers our systems while we're awake.

As we become more conscious, the hue gradually shifts to a lighter **Blue**; we practice **Light Blue** with relaxation activities such as meditation, restorative yoga, & breathing exercises.

In the **Blue** zone, our bodies can dedicate more energetic resources toward self-repair; our systems perceive a low pressure load. *Light pressure is enough to release endorphins.*

Some clients may benefit from a **Blue** session; it helps relax the nervous system--minimal pressure & slow, long strokes--similar to traditional Swedish massage.

If you would like more pressure, say BLUE. Your practitioner will increase the pressure until you feel BlueGreen or Green.

happy-
rewarding-
enjoying-

green

In the **Green** zone, we feel **GREAT!**

Our bodies are basically giving us the "green light" when we feel **Green**; the pressure is enough to cause our bodies to release more endorphins, along with increasing more circulation locally. **GO!**

Our reward systems are activated and the neurochemistry flooding our bodies feels fabulous; our bodies are saying, "**Yes, please!**"

Our heart and breathing rates are more accelerated than in the **Blue** zone; they increase as perceived pressure steadily increases.

With continued increased pressure, we will reach the **GreenYellow** zone, a.k.a. "hurts so good"; there is enough perceived pressure for our brains to register discomfort, without registering threat--which increases endorphin production, to relieve the "hurt." *Release the pressure, & it just feels good.*

If the pressure feels **Green, good, enjoy! If the pressure feels **GreenYellow**, say **GREEN**. Your bodyworker will give that area extra attention before moving on.**

yellow

- alert
- shifting
- changing

In the **Yellow** zone, our bodies feel the need to **change**.

The perceived pressure on our bodies has escalated to a level where our systems need some sort of shift or change; with regard to bodywork: pressure reduction.

Our systems do not (yet) perceive the pressure level as threatening.

Our bodies can only tolerate **Yellow** zone pressure for a limited time, before the shortening slack (1-10) pulls us quickly into **Orange**; we need to make the change promptly.

Yellow-3 is around where you may want to alert your bodyworker that you are in the **Yellow** zone. **Yellow-2** may be a good place for deep treatment (short duration), paired with slow, deep inhales & exhales.

Should you feel your body getting nearer to **Orange**, express it; your practitioner will reduce the pressure to *no more than is necessary* to release the fascia and muscles tissues, without triggering your body's **threat alert** system.

When perceived pressure exceeds "hurts so good" (YellowGreen), you are in Yellow. Say YELLOW and your therapist will adjust accordingly.

cautious/wary-
preparing-
tensing-

orange

In the **Orange** zone, we feel **unsafe/insecure/unsure**.

Our bodies are entering **threat alert** mode, which will escalate into the **Red** zone, unless we make pro-active changes; "**ORANGE!**" clearly expresses that pressure needs to be reduced immediately.

When our bodies perceive a threat, our systems shift into the early stages of "fight/flight/freeze" mode; our complex self-protection systems engage, shifting the physiochemistry in our bodies.

Our heart & respiratory rates are accelerated; muscles begin to tense in anticipation of fighting/running away; energy begins to be directed to muscles for action vs. directing energy toward restoration, thus immune response is suppressed.

Reducing the pressure ASAP until reaching the **Green** zone helps return the body to a relaxed (self-repair) state; once the body is in **Green**, pressure may be increased to the **YellowGreen** zone again, if needed.

Alert your practitioner immediately if the pressure feels **Orange. Say **ORANGE**, and your therapist will reduce the pressure until you feel **Green**.**

red

- endangered
- fighting
- fleeing
- freezing

In the **Red** zone, our bodies feel **threatened**.

Our self-protective systems have engaged; our bodies want us to fight, flee, or freeze.

Energy is being redirected, from self-repairing & providing immune support, to our muscles; causing them to engage/tense.

Unable to fight or flee (on a massage table), our muscles tighten; we may freeze--holding our breaths or breathing shallowly.

The **Red** zone is counter-productive with regard to receiving bodywork; the goal is to relax fascia/muscles & support the immune system.

Clear communication should prevent us from reaching the **Red** zone, by alerting our practitioners when we feel **Yellow/Orange**.

Sometimes, there may be areas that are very sensitive to pressure.

Should your therapist find a particularly painful spot or the pressure is too intense, say **RED. Your bodyworker will adjust the pressure to **GREEN**.**

stuck-
aching-
constricting-

brown

In the **Brown** zone, we feel...err...well, like **poo**.

Our bodies get stuck in **Brown** when we regularly ignore our threat alert systems--we frequent the **Orange** & **Red** zones; we may fail to act in our daily lives--our systems require proactive change to return to **Green**.

Muscles that are engaged and holding, waiting to fight or flee, adhere to each other over time; muscle fibers stick, fascia sticks--more fibers are pulled in by the fascia and so on, and adhesions, a.k.a. knots, form.

Adhesions may form due to repetitive movements, another type of repetitive pressure (stress) on our bodies; adding to our perceived discomfort, & contributing to the stress perceived by our systems.

Adhesions may create constriction. Constriction may increase our perception of pain--when internal pressure increases to the point of nerve compression, triggering a pain response, we may ache.

We can help our bodies out of the **Brown zone with:
regular cardiovascular exercises, which help condition our
bodies to better cope with **Orange/Red** zone pressure;
laughter & similar activities that put us in the **Green** zone;
& practicing meditation, restorative yoga & breathing
exercises that put us in the **Blue** zone.**

The Application:

The Pressure Rainbow is a useful tool; it may be applied to how our bodies register ANY KIND of perceived pressure on our systems.

The more conscious & aware we are of our emotional states, the easier it is for us to use our Emotional Navigational Systems; they help guide our choices as we journey onward through our lives.

We can apply the same color/pressure zones from the bodywork setting to interpret psychological/emotional/environmental pressures that we may encounter on a daily basis.

- Practicing **Blue** helps our systems restore
- BlueGreen** is a great zone to live in; **relaxed** & **happy**
- Practicing **Green** stimulates our neural **reward** centers
- In **GreenYellow** we are **challenging** ourselves & **problem solving**
- Yellow** alerts us that we need to **change**: set, setting, or perception
- The **Orange** zone makes us **cautious** & **wary**--protective; **CHANGE!**
- In the **Red** zone, we feel **threatened**; requiring immediate **ACTION**
- If we feel **Brown**, we realize it's time to actively **take care** of ourselves

There is Slack in All the Colors

On the Subject of "Slack"

"There is slack in all the colors," refers to the 1-10 pressure measurement scale--within each color zone, there is room to move; as we approach the next color up, we accelerate into the next zone. *It's how our systems protect us.*

When we're **calming** our systems, moving towards **Blue**, it takes longer--the slack lines are longer as we progress back; "1" is ten times longer than "10".

We can reach the **Red** zone in seconds, given the situation and how near we are, at the time, to **Red**; but it could take 10-20 minutes before our nervous systems calm back down to **Green/Blue**. *We must communicate when we need space.*

"Slack" also refers to "giving ourselves slack"--to bend, to change, to make mistakes, to fail, to fall down, and to get back up again. Practicing giving others slack, helps us give slack to ourselves; when we don't give slack, we feel lack.

We all need room--slack--to bend, change, & grow.

What Does Your Body Need Today?

Your therapist/bodyworker/practitioner tailors your session based on the information you provide.

Clearly communicate to your therapist what areas of your body need specific attention; whether or not you have sustained any recent injuries; & where your energy level is currently at.

Your bodyworker will be applying varying pressure to all of your body (avoiding genitalia), holistically; because everything is connected--slack needs to be increased throughout the whole body system.

Treating some areas and neglecting others may increase our perceived discomfort in the neglected areas; the increased slack in the treated areas may create enough space for the neglected areas to feel more tightly bound, &/or pull on the treated areas.

Special attention will be directed to the areas that you have specified need work, while your therapist addresses the whole system, increasing slack throughout the body.

By communicating your current energy level, your practitioner can tailor your session with the use of more relaxing or stimulating techniques.

If you need to feel more alert after your session vs. sleepy, please say so, and your therapist will adjust accordingly.

Aftercare

-hydrate! *Drinking plenty of water after each session cannot be over-emphasized.* Water helps our systems flush out what our bodyworkers may have stirred up-- waste products, like lactic acid, that could increase the sensation of soreness for a day or so after our sessions, similar to when we exercise vigorously.

-stretch! *Gentle, mindful stretching--taking care to not overextend our muscles.* Stretching regularly helps to maintain the increased mobility (slack) that our practitioners have introduced to our bodies, through body therapy. Stretching helps support circulation, which assists in moving waste products out of the body; think "gently wringing out".

-rest! *Take it easy.* Let's give our bodies a break, & enjoy the benefits of the bodywork we received--we don't want to detract from the detailed care and attention our therapists gave our bodies by running "full steam ahead" after our sessions.

Good bodywork is an art; appreciate your masterpiece with rest and relaxation.

Follow these web links to
more in depth information:

<http://www.webmd.com/balance/stress-management/effects-of-stress-on-your-body>

<http://well.blogs.nytimes.com/2012/02/06/how-massage-heals-sore-muscles/>

<http://en.wikipedia.org/wiki/Massage>

<http://en.wikipedia.org/wiki/Sleep>

<http://en.wikipedia.org/wiki/Breathing>

http://en.wikipedia.org/wiki/Fight-or-flight_response

http://en.wikipedia.org/wiki/Physical_exercise

http://en.wikipedia.org/wiki/Cellular_waste_product

Additional Recommendations & Notes:

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***Thank you for allowing me to facilitate
your body's self-repair.***

For Bodies Who Work on Bodies...

...and the bodies that receive their work.

The Pressure Rainbow is a communication tool; by relating a set of colors to specific perceived pressures, bodyworkers can better understand what the individual who is receiving therapy is experiencing, and better tailor each session for each body.

This book provides a brief explanation of the different "color modes" our bodies experience in response to pressures--both physical and environmental.

Share this guide with your clients before each session.

There is Slack in All the Colors