



The Osho Pulsation Training 2020/2021

**neoreichian breath/bodywork
and emotional release**

by Aneesha Dillon
director: Magna David Rasulo
with Maitri Paola Gradara

"The first thing is to learn respect for the body, to unlearn all the nonsense that has been taught to you about the body. Otherwise you will never turn on, and you will never turn in, and you will never turn beyond. Start from the beginning. The body is your beginning.

The body has to be purified of many repressions. A great catharsis is needed for the body, a great "rechana".

The body has become poisoned because you have been against it; you have repressed it in many ways. Your body is existing at the minimum, that's why you are miserable.

Tantra says: Bliss is possible only when you exist at the optimum – never before it. Bliss is possible only when you live intensely. How can you live intensely if you are against the body?

You are always lukewarm. The fire has cooled down. Down the centuries, the fire has been destroyed. The fire has to be rekindled."

Osho - The Tantra Vision (vol. 2 #7)

One of the most significant contributions to Western psychotherapy was made by Wilhelm Reich, he was the first psychoanalyst to include the body and emotional release in his work with people.

Virtually all of the contemporary expressive therapies which use breathing, catharsis and emotional regression (e.g. Primal Therapy) have their roots in *Reichian* theory and therapeutic techniques. Indeed, Osho's active meditations, especially the Dynamic, are "very reichian" in nature.

We are born as wild, free-feeling and spontaneously expressive beings but in the process of growing up the conditioning by our parents, society and religions force us to repress this natural aliveness.

This repression happens through the body by tightening the musculature and controlling the breathing and feelings, which gradually deadens the whole bioenergetic system. Every model of physical tension represents a conflict resolved through the inhibition of certain impulses. A person's capacity to express emotions, to relate easily and naturally with others and to enjoy pleasurable feelings, especially sexuality, becomes greatly diminished.

The techniques of **Osho Pulsations Bodywork** help people to contact their repressed emotions and to re-experience and finally express them. This approach bypasses the mind by working directly with the body. *Neo-Reichian* deep breathing and direct "hands-on" work with the *muscular armouring*, combined with expressive body movements and vocal sounds, release the tensions which hold back the flow of life energy.

As these tensions let go, the deep repressed emotions can be released in waves of rage, terror and tears with all the accompanying body effects. Often memories of the original repressed events spontaneously re-emerge and become conscious again bringing a clearer awareness. In the aftermath of these strong, uncontrolled discharges of emotions and energies, the body becomes deeply relaxed and available to softer, expansive feelings of love, joy, trust and laughter.

Meditation throughout the Training will support our capacity to watch and witness feelings and emotions, to stop judging them and to gradually disidentify from the emotional dramas that keep us in such turmoil and fragmentation. This acceptance brings a joyful relaxation and a delight in this new aliveness that is our birthright.

The **Pulsation Training** has two *Streams* interweaving along a three years path: the "Process", more experiential, and the "Professional Training", more educational.

The "Process" offers a self-growth and discovery journey that moves through a series of physical and emotional experiences focused on the contact with the muscular and psychological armouring and the release of tensions, to restore the natural flow of vitality and the connection with our "Essential Core".

The "*Professional Training*" deepens the theory and the techniques needed to gain confidence for working with emotions and emotional release, for those who are currently working with people. In addition, it provides an excellent foundation for developing therapeutic skills as an "Osho Pulsation Bodywork Practitioner".

The first year, **Basic Training**, divided into three 7 days modules. Each module is accessible as a stand-alone experience open to everyone in whatever order. It addresses to different aspects off the *Process*. A unique approach to body movement, to the breath and the emotions, introducing the participants to a personal deep discovery and integration.

The second year, **Advanced Training**, accessible only after having completed the first year, divided into three 7 days modules, each leading up to the next one. Suitable for those who want to bring the experience of the *Process* to a deeper level, beginning also to include some aspects of the *Professional Training* here experienced as tools to make the self-growth path more complete.

The third year, **Supervision Training**, mainly oriented to whom is interested in the *Professional Training* and has already completed the second year. It articulates in a path that includes supervision, deepening of the theory and the techniques and a period of internship. The personal work develops further including an introduction of the experience of leading classes and groups and the facilitation of individual sessions.

Opening, Freeing, Living: the Basic Training

with Magna David Rasulo, Maitri Paola Gradara and Pulsation Team

A deep journey dealing with the *experiential stream* of the Training, divided into three modules, each accessible as a stand-alone experience and includes 50-60 hours of theory, self-exploration and practice.

We will present the Reichian Theory that underlies the work and in an atmosphere of love and support, we will be able to relax tensions and blocks in the body and the energy field, blocks which also prevent us from feeling positive feelings, pleasure and happiness.

In Pulsation we allow both outward expression and expansion with active bodywork and an inner relaxation, a deep let-go in silence and meditation, where trust is felt as a welcoming-in of life.

Osho Pulsation Opening to Feeling – “The weekend” (the first three days) and also “Basic Training 1”

This group starts with three days to reconnect with the body, beginning to discover and to let go tensions not anymore needed, to intensify the flow of vital energy.

An “antistress weekend” to be able to return to daily life unburdened and regenerated.

In the following 4 days we will use breathing and movement to open the body to a more profound energy flow inside. As we enter inwards, feelings and emotions that have been too long repressed begin to move and express, frozenness on many levels begins to melt.

Topics covered:

- Grounding;
- the Reichian Breathing;
- healing emotional wounds from the past;
- the seven Segments of the Muscular Armouring;
- the ocular segment release;
- the oral and cervical segment release;
- the Individual Session.

Osho Pulsation Freeing the Body – also “Basic Training 2”

An understanding of the Reichian Theory, combined with continued self-experience and individual sessions for all participants.

Topics covered will be:

- what is Pulsation;
- Energy: the Life Force;
- the Breathing Pulsation;
- energetic Charge and Discharge;
- Reich's Orgasm Formula;
- the thoracic segment release;
- exploration of the diaphragmatic segment;

Osho Pulsation Living the Aliveness - also “Basic Training 3”

Personal exploration and further points of Reichian Theory. Additionally, participants will begin to exchange sessions within the group, to get a feeling for the hands-on work taught in the Advanced Training.

Topics covered will be:

- Pulsation and Counter-Pulsation;
- understanding the De-Armouring process;
- the Feeling Pairs: Anger/Love, Fear/Trust, Pain/Pleasure;
- the Emotional Types by Charles Kelley;
- exploration of the belly and the pelvis;
- an introduction to the Self-Direction and Purpose work;
- preview of the Advanced Training.

Deepening, Integrating, Expanding: the Advanced Training

with Magna David Rasulo, Maitri Paola Gradara and Pulsation Team

The Advanced Training is available for whoever has completed the three Basic modules or accomplished an equivalent Osho Pulsation Bodywork experience.

Each module of this second year is leading up to the next one and includes 50-60 hours of theory, self-exploration and practice.

Exercises, meditations, theory and practice, sharing moments and session exchanges will lead us into the journey of the second year training, deepening issues, feelings and emotional memory located in the seven segments of the muscular armouring. Emotional anatomy will be taught, as well as the theory of de-armouring and hands-on skills of giving Pulsation sessions.

A personal and deep emotional learning can happen while practicing sessions together. We will explore the qualities of presence, empathy, and 'holding the space' for another, containment.

Only a therapist that has been deeply involved in a self-discovery work is then also able to create the essential conditions to support the client in a significant growth process.

From their self-experience, the participants will learn how to guide a partner through a session of breathing, expressive body movements and vocal sounds, which can lead to spontaneous emotional release.

Advanced Training 1

- Grounding (contact with legs, feet, the roots, and also the eyes);
- the inner space of the facilitator;
- the facilitator and client relation: basics;
- giving and observing sessions: basics;
- the breathing and the reichian touch;
- working with the ocular segment;
- working with the oral and cervical segments.

Advanced Training 2

- The neo-reichian body types;
- giving and observing sessions: deepening;
- supporting with words;
- client's active movements and facilitator's active interventions;
- working with the thoracic segment;
- working with the diaphragmatic segment.

Advanced Training 3

- Giving and observing sessions: deepening;
- the facilitator and client relation: deepening;
- working with the abdominal segment;
- working with the pelvic segment;
- sexuality, sensuality and pleasure;
- preview of the third year of the training.

Osho Pulsation Supervision Training: the Third Year

with Aneesha Dillon and Pulsation Team

To adapt the educational path to the international standards of the Training, it is established one year of integration and deepening, needed to conclude the process and to start working as an Osho Pulsation Bodyworker.

The third year provides to participate in some **mandatory activities** and the acquisition of further tools in some specific **suggested groups and courses**.

Mandatory Activities

After having completed the Basic and the Advanced Training, the student will have to:

- Take part to a **first Supervision Group**, after having given 5 individual sessions to one or more clients, subjects of discussion during the course. We will deepen some personal growth experiences and go over specific tools to support the individual work and learn the structures to lead weekly Pulsation Classes of 2 or 3 hours. A five days Supervision Group will happen every year. It will be a precious moment not only to expand our professional skills and bring on our personal formation path but also to meet old friends and fellow travellers, sharing experiences and celebrate our energies, going deeper in the body and breath work.
- Give 15 more individual session, bringing 5 of them to be supervised live or on Skype with the teachers of the Training.
- Receive 10 individual sessions.
- Assist two weeks of the Training or of Osho Pulsation Bodywork groups (15 days).
- Lead two cycles of classes (each of 6 - two or three hours - meetings), following the structure given during the first Supervision Group.
- Participate in a Primal Awareness group.
- Take part to a **second Supervision Group** in which the student will have the "Test Session" in front of the colleagues and the teachers of the Training, to receive from Aneesha a qualifying feedback to practice the work.

Suggested Activities

Even if not part of the compulsory requirements, just to expand and to deepen the professional and personal growth path, you are suggested to integrate your educational process with these groups and courses:

- "Osho Therapist", with Tarika Glubin, an experiential group about the issue of Transfert and Counter-Transfert (<http://www.free4being.com/osho-therapist.html>).

- “Rebellious Spirit”, with Tarika Glubin (<http://www.free4being.com/rebellious-spirit.html>).
- “Body Types and Body Reading”, with Moumina Jeffs and Agni Thalgott, a full immersion in the work of character analysis through the body (<http://moumina.online/workshops/body-types/>).
- A massage course, to refine the ability to touch the body of the client in the individual work.

Aneesha Dillon was trained in neo-reichian therapy by Charles Kelley at the Radix Institute and has been resident therapist at the Esalen Institute until 1976, when she travelled to India to meet Osho. She is the founder of Osho Pulsation and has developed Tantric Pulsation, which is rooted in the body's natural capacity for pleasure and joy, and the spirit's longing for silence and meditation. In the last 40 years she is been leading groups and trainings all over the world. Her recently published book: “Tantric Pulsation: The journey of human energy from its animal roots to its spiritual flowering”.

Magna David Rasulo in the last 25 years has been exploring and experimenting dynamics of awareness of the body and the feelings. His education includes elements of physiological integration of emotional experiences, trauma and conditioning work of the prenatal, birth and childhood experience. Trained by Aneesha Dillon in 2001, currently in supervision with the Radix Institute, he is director and trainer of the Italian Osho Pulsation Bodywork Training.

Maitri Paola Gradara, trained by Aneesha Dillon in 2002, is a Yoga teacher and has explored the body through different massage technics, dance and Taj Ji. She facilitates the process of deep diving into the emotions, exploring the different qualities of the energy so unique for each individual, supporting the grounding of them into the body.

The Pulsation Team:

Leela Federica Araco (Training teacher) and Lahar Cornelia De Girolamo (Training teacher), both also body oriented counsellor with a Bioenergetics alignment and A. Lowen style Bioenergetics Classes teacher; Anusati Chiara Batoni, educator, trainer and business consultant; Nirdosh Pierluigi Andreassi, physician and Yoga teacher, certified psychotherapist and psychiatrist.

And other assistants still involved in or have already completed their Third Year Training internship.