

## CONCEPTS AND PRINCIPLES

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### MODULATION

Integrative Modulation is a powerful experience in the Holistic Model. It is a pervasive shift in regulatory function. This creates a feeling of clarity, alertness and control. It is often referred to as "cranial calm." People often associate this with activities of great physical exertion and relief like cutting wood, sex, vacation, working out, deep massage, etc. It is a state where irritants do not have their usual charge and issues are addressed with less drama. Tasks, learning, environments, relationships and life in general become easier to manage.

**Modulation is the ability to regulate with varying levels of intensity and complexity.**

**Recovery and responsiveness are boosted.**

**Do not confuse modulation with reducing sensitivity.**

Improved modulation means that the nervous system processes more sensory information while maintaining the Window of Performance. It is like speeding up the system processor, cleaning out the garbage programs and adding more memory. The nervous system remains organized while expands the ability to multi-task. It has more resources. It is better able to direct those resources to relevant tasks. It is unencumbered with the management of the accessory stimuli of pain and dysfunction.

Improved modulation also allows the nervous system to remain calm and alert when total load is diminished. This means that the person is able to attend in situations where they would normally become restless, fidget or fall asleep. This happens because the system needs less resource to perform to "idle." It has not only become more capable but more efficient.

There are a few ways to get into the Window of Performance:

- ❖ change the environment around you
- ❖ willfully force yourself to attend
- ❖ make changes to your own stimuli through calming activities like fidgeting or rocking
- ❖ ingest stimulants
- ❖ widen the window of opportunity to accommodate a greater range of possible scenarios

The last item, widening the window, is the aim of this bodywork. Integrative Modulation causes the body to widen the window dramatically and become more able to continue to self-correct until a pervasive level of organized well-being is achieved.

Unlike emotional release, Integrative Modulation does not usually involve a cathartic process or an uncomfortable settling process after treatment. At times, the client may emotionally release but it is the exception instead of the rule. When that emotional release occurs, functional organization often resolves the discomfort. The focus is on organizing the energetic-emotional system, not just releasing it.

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## INTEGRATIVE MODULATION

The task of resolving components in a pattern can be done to different degrees of completeness.

Starting with governing components, the practitioner may:

- ❖ simply establish basic functional flexion and extension
- ❖ or take it further to include mid-line patterns
- ❖ or take it further to include structural release of torsions
- ❖ or take it further to include structural releases of the maxilla
- ❖ or take it further to somatic release of trigger points that generate pain
- ❖ Or, well, you get the point. This example is about how detailed one might get in resolving patterns.

As a greater number of restrictions and key irritants are eliminated, internal stimuli are reduced. The body becomes capable of activities that are more diverse. At the same time reciprocal inhibition works more effectively, the body becomes more efficient and requires less effort.

### INTEGRATIVE TREATMENT

As governing components are released, the system releases control on its accessories.

The restriction in zygomatic movement can be the strongest governor in an extension pattern. Release of that zygoma facilitates release of a satellite restriction in the lateral coronal suture. This can also release satellite trigger points in the posterior shoulder girdle. That referral of irritation into the sympathetic ganglion is released. There is a domino effect as the release of the zygoma influences many other restrictions.

As governing components are released, systemic encumbrance is reduced. Parasympathetic dominance is increased. The body begins to correct accessories that were previously perpetuated. This integrative state allows the system to organize itself where it could not do so before.

This goes beyond removing irritation. The center of craniosacral motion sits under the center of regulatory functions. The diaphragma sella is the central juncture of the reciprocal tension membranes. It surrounds the infundibulum that connects hypothalamus to the pituitary. Releases here reduce nerve entrapment to the pituitary. As the motility of the sella turcica increases, the hypothalamus, pituitary and cavernous sinus are rhythmically pumped. This increases circulation at the center of regulatory control.

The key is to release governors that put the Holistic Model into a state of self-correction. This leads to better regulation. If accessories release at the same time, the client experiences Integrative Modulation during the session. The client is more likely to associate this calm and euphoric state with the treatment. This can also happen as the system unwinds over time after the session.