

Reply to Commentaries

Mikael Kindborg, Ph.D.

Certified Rosen Method Movement Teacher

Stockholm, Sweden

Email: mikael@kindborg.com

Home page: www.kindborg.com

I felt truly happy when reading the commentaries by Lotti Vialle-Maibach and Catherine Mac Guinness. It is very special for me that you put the effort into not only reading the material, but also writing two most insightful commentaries.

I am glad to hear that the text is being used by students and teachers, and I welcome Lotti's suggestion to read the text one part at a time (and not necessarily in a strict sequence). The text is indeed a bit heavy on theoretical side, and one thing that I encourage everyone to do is to make worksheets, comic strips, or lists with what you find essential, and use that with your classes. Sharing that kind of material could be a great source of inspiration for others, and I would very much like to see any such material.

My life took an unexpected turn when I got Lyme disease a couple of years ago. When writing the article, I felt sick and had terrible anxiety, and I also lost my job. With the support from Alan Fogel and the reviewers, it was possible to complete the article. I am very grateful for the encouraging feedback I got from you. Now I am running my own business, developing mobile applications. With the support from family, friends and colleagues, I am gradually recovering.

One thing I have found beneficial with respect to Lyme related anxiety is to do movements every morning. Often, just a few movements help me to feel a sense of calm returning to my body. Moving with music can have an amazing impact on my mood, going from feeling despair to feeling happiness in a few moments. My favorite mood enhancing movements are ones that open up the chest, for example, taking a hand to the side, moving the hand/arm in a circle in front of the body, or lightly lifting an arm. I also enjoy grounding movements, feeling into the feet and the ground.

Catherine Mac Guinness writes in her commentary:

"Rosen Movement allows one's essence to be as full as it can be and we teach from that place. It is about playing with all the ways we hold back both in our bodies and in life. In the movements our bodies are revealed to us as they are."

These words touched me deeply. There is something in the movements that is capable of reaching our inner being, something that is capable of connecting to pure joy.