

Discover the Real Secret & Inner Peace Within

SPIRAGENICS *The Spiral Pathway Home*

The Seven Primary Postures

There are 7 Primary Postures that you are always consciously or unconsciously engaging in. Standing, Sitting, Lying, Kneeling and Squatting. In each of these postures there is a Point of Dynamic Balance and Equilibrium which is both a resting/rejuvenation place and a place of dynamic movement or departure. When you discover this place it FEELS LIKE HOME, because it is the place of optimum alignment, connection and comfort. For instance between the primary posture of Standing to the primary posture of Sitting on the floor there are a myriad ways of moving and "getting down" onto the floor. Just watch a dozen people clamber and clumsily make their way down onto the floor and you will see their bottom line movement strategies for or against Life revealed. Better still make your own way down onto the floor and notice – BE AWARE – of what's going on as you begin the descent to sit and ascend to stand. How do you do the movement? How does it make you feel? Does it feel easy, light, graceful? Is it a movement for life? or does it feel stressful, heavy and cumbersome? Is it a movement against life?

The Illusive Obvious

Most of us move through life with such hectic speed and stress, that we never slow down enough to really notice what and how we do, the most essential everyday movements. We are constantly and unknowingly moving against the flow of life, creating some form of stress and pain. We are following the path of "more resistance". We forget or don't know that there really is a "right way" for your body to move with a grace and effortless ease that maintains a whole Body Brain Being Connection. We never feel at home in our body's, so we get caught up in the relentless search to end our suffering and pain either through trying the many alternative therapies available such as chiropractic, yoga, massage or resort to the medical model of drugs and surgical intervention. When the illusive obvious and answer has always been in front or should I say underneath us all along in the very movements we do all day and every day.

The Path of Least Resistance

So what is this right way? It is an entrainment and reconnection to our primal movement roots embodied in the very movement of nature, of the universe and the very innate design of our bodies. The very movement of creation itself – SPIRAL – the movement of the VORTEX. When you begin to consciously tune into this primary movement flow within your body you set up a resonance frequency within every cell that begins to inform and instruct from the blueprint of your WHOLENESS. It's not something you have to do its something you already are!! When you begin to honor your body's intelligent design by taking nature's spiral path to sit on the floor from standing, you also take the PATH OF LEAST RESISTANCE – the path of NO STRESS and NO PAIN. This after all is the coveted goal of all the body therapies from yoga, pilates, feldenkrais etc...

INTEGRATED..... EMBODIEDCONSCIOUS ...CONNECTEDMOVEMENT

Spiragenics – The Spiral Movement Pathway

This is how our bodies are designed to move with absolute maximum or optimum efficiency, ease and joy. Does this sound like something you are doing now or when you grimace to stretch your legs or go into some contorted yoga pose. Or does it open up a possibility a new way of moving, exercising and even meditating with effortless spontaneous ease. If you still feel there is something missing in all the robotic and linear ways of moving and exercising, then you are right – there is. Every time you move or exercise against the spiral movement of nature you create stress, struggle, limitation and pain in you body – sound familiar. This by the way is revealed and demonstrated using Kinesiology – muscle testing techniques. A strong arm indicator muscle will weaken when you sit on the floor in the normal and habitual linear straight down fashion. The good news is that the spiral movement pathway can now once more be accessed through a timely and revolutionary way of holistic movement, exercise and meditation known as SPIRAGENICS, which teaches you the "right way" to move ie sit down on the floor, exercise and even meditate, without stress, strain or pain. In fact the opposite result occurs after you "SPIRAL" down to sit on the floor. When you muscle test a previously strong indicator muscle it stays strong and any other muscle that was previously tested weak immediately switches back on and strengthens. How's that for an INTELLIGENT BODY. Maybe it's time to start listening and moving from this place of INNER KNOWING.

Awakening the Movement Genius within You

The Awareness of discovering and moving from your Body's – Point of Balance Posture in the 7 primary postural positions has a profound effect in everything you do. Learning HOW your body's innate spiral movement signature operates within every movement you do, is the essence of Spiragenics. It opens up a new awareness and movement pathway that correspondingly awakens the movement genius within you. Following this *Movement for Life* pathway will bring you into the very source the very *MOVEMENT OF LIFE* itself. This enables you to "hook up" to the universal intelligence through your body intelligence. This is also the key to being and staying PRESENT not only in the moment but in your body. It is the difference between following outer directed movement and exercise techniques to becoming inner directed and following your intuition - your inner teacher. It opens up a completely new pathway and foundation for a very intimate and lifelong journey you will have with your body. Freeing it finally from pain by coming home to your Beautiful Self.

The Real Secret

The beauty is you begin to FEEL AT HOME wherever you are and in whatever body position or posture that is appropriate for you in the moment. Because you now KNOW the REAL SECRET to finding the INNER PEACE within. Staying connected through the spiral pathway, with every breath and every movement from standing, sitting, lying or walking. It's all one beautiful dance, where you can be fully present and enjoy the unfoldment and evolvment of your True Nature and Beingness. As you look back on all those years of stressing and pushing your body through the relentless and never ending search of something you could never quite put your finger on. The more pain = more pain paradigm and ask why wasn't I shown this before. Ah well there's nothing like the PRESENT MOMENT to be open to the presence of your Self. You smile that inner smile as you traverse the path less traveled – the Spiral Pathway Back Home to enjoy the effortless yet pleasurable spiral journey back down to sitting from standing.

Welcome Home... Welcome to Spiragenics.

**For More Information Contact Ryszard (RISHARD) Stelmach 04109 48274
Email: spiragenics@yahoo.com Web: www.spiragenics.com**