

# Neutral-ize

## *Your posture reflects your habits.*

Conversely, you can “change your posture” to modify your patterns directly influencing how you feel. When you feel “uplifted” it is reflected in your manner.

“Neutral” is the position of least effort. It is a matter of noticing when you are bent—and then straightening. If your hands are curled-- unfurl them. Allow your fingers to stretch and straighten. Unfold your arms and untangle your legs. Align your chin with your sternum, lengthening your spine. Imagine the space between your shoulder-blades widening. Pretend that a golden cord is pulling straight up from the center of your head... allowing your head to feel weightlessly suspended. Neutral allows you shoulders to be even—your eyes level. Your head is comfortably situated, supported by your spine’s natural curves. Your hips are evenly positioned with both feet flat on the floor. Make sure that your hands are lying loosely in your lap or along your sides.

With practice, your body will begin to recognize “neutral” as its resting mode—your “comfort zone”. Most R&R techniques start from this “neutral position”.

