

Bones di Rosaria Di Leva

In my personal experience Bones has meant knowledge, awareness, vital energy, optimism. The meaning of this path was the discovery to give strength to my body and to others' by armonically connecting and integrating the different parts. This was not in any case something which can be neither taken for granted, nor as predictable at the beginning, nor easy.

In my personal experience Bones was a powerful key. I often use this term when referring to Bones, and not by chance.

I met Bones years ago, when Rudy took it to Italy.

At that time my life was limited by bony pains and contractions which were considered as chronic and irreversible and that I could only temporarily treat.

At the beginning I hadn't thought of Bones as a job, but of something which taught me to softened me and taught me to learn again and that gave me the opportunity to listen to and interpret that scream which was coming out of my body. I had never been able to translate that scream into a solution so far, neither to undo that which I was feeling as hard as stone.

The doctors had not given me any solution hope, on the contrary, they told me that I would have only worsened, since I had a skeleton of a sick woman of 80 according to them, and I would have never been able to stand in a few years.

So I should have lived with my physical pains and limits, using painkillers and staying in bed.

Isabella Turino took Ossa to Naples. Whenever she invited to listen to the differences after our work, my sensations were so emotionally and physically strong that I blushed and felt unable to express them. I even felt like crying. I started to understand that a fluid path was in front of me, although limited at that time, but I was able to transmit the strength-lines to a body which had been so distressed for the hardships I had endured.

The training with Rudy has meant to know and feel my body and the possibility to create le strength lines again, to move my chest, which had become a shield, not only energetic, to learn to breathe consciously, to learn to walk, run, jump again. It was the opportunity to feel the strength in me and went across my body, this time without feeling chronically tired. And again it meant the possibility to feel myself an efficient and soft organic structure. I had discovered my feet and the relationships among the various parts of my body.

Initially It was just a physical transformation, but with the time it became multilayered, giving me trust and hope, and I heard myself say "It is possible" after my work, as I was uttering a mantra. So it was really possible, without any drugs, without any fatigue, without judgement, just by accepting with love and experiencing what was there.

I became able to feed and grow it and protect it, and after some time to offer it.

Ruthy invited me to experience it, but I didn't believe it would be possible. She wrote Inspiration as a dedication on book of hers. It was so: inspiration, creativity, intelligent movement, stimulus and strength, optimism and the possibility to look at every problem as a resource.

I am offering Bones with this awareness, a real opportunity to give bones oxygen and to experience a new way to move, different from the automatisms which have been structured over the years.

I have been teaching it for eight years now. I started at the Humaniter, a humanitarian association which offers a wide range of cultural activity. I started in a small room, the people were enthusiastic and they called others to my course. Later the board asked me to use the wider room, the registrations increased and my husband helped me by teaching in another class.

I would like to share the most significant experience of these years:

Marisa started to experience of Bones eight years ago and she attends it every week with great enthusiasm. After months of steady work she arrives at the class and tells me to walk with difficulty, she is worried but she doesn't understand. I ask her to walk slowly, then more and more quickly, then slowly again. And I can't see any problem.

I know that she has a shorter limb since her birth. It is not that much, but she has to wear a soled-shoe. At the gym she walks bare foot and she walks smoothly. I ask her to sit by stretching her legs

and putting her feet to the wall at 90°.

An object is put under her shorter limb, the difference is clear. In spite of my expectations, she is disappointed because she has to change her shoes!

I can't do anything but smile and invite her to buy plain shoes and enjoy them.

Bones gives us the opportunity to expand our limited sight, by experiencing something that allows us to feel ourselves in our body, so that the impossible becomes possible.

I advise to do a MOC every year and to repeat it in the end. It happens generally that at the beginning a lack of minerals is diagnosed, which disappears at the second exam.

These results are a success for us all. It is a fact that people can move smoothly, can stand up from a chair or from their bed and sit on the ground.

It is the same with the right use of the towel: it is really powerful and it is a pleasure to give and share this experience in protected room, by experiencing the different possibilities and letting everybody trust their bodies.

I consider it useful to ask everybody how they feel after each session, this is a sort of feedback on the experience, which keeps on acting in the following days, it helps to lay the foundations for our structure, where the movements turn into pleasure, discovery, curiosity, will to experiment, trust.

When I was training with my husband and my daughter, Ruthy spoke to us as the Bones family.

Now, as a trainer, I taught my other two members of my family, my other two children, and now we are really the Bones family; it has become our job, our project of life.

Rozaria Tesina