

The Inner Movement

So far, Neurosciences have no idea where the *Inner Movement* comes from*. It is not under the control of the Central Nervous System. We cannot consciously control it or manipulate it. It is absolutely independent from our will. It animates the depth of all connective tissues (fascia) carrying within a "supra conscience" and constituting a new mode of knowledge.

The *Inner Movement* not only has a role in biological and physiological self-regulation, but also in psychological regulation. This inner dynamics acts as a shape-memory in a resetting process that allows all fascia to restore their property after a trauma**. For the practitioner, the *Inner Movement* is the primary support of his/her psychotherapeutic approach. This inner dynamics is a performance facilitator as the Somatic-psychoeducation is a body-focused discipline for human potentialities.

*although the works of Dr James Oschman (PhD) is quite interesting in that matter: "Energy Medicine in Therapeutics and Human Performance" by J. Oschman.

** please note that according to the trauma suffered some tissues are too damaged to be restored into their original shape and functions