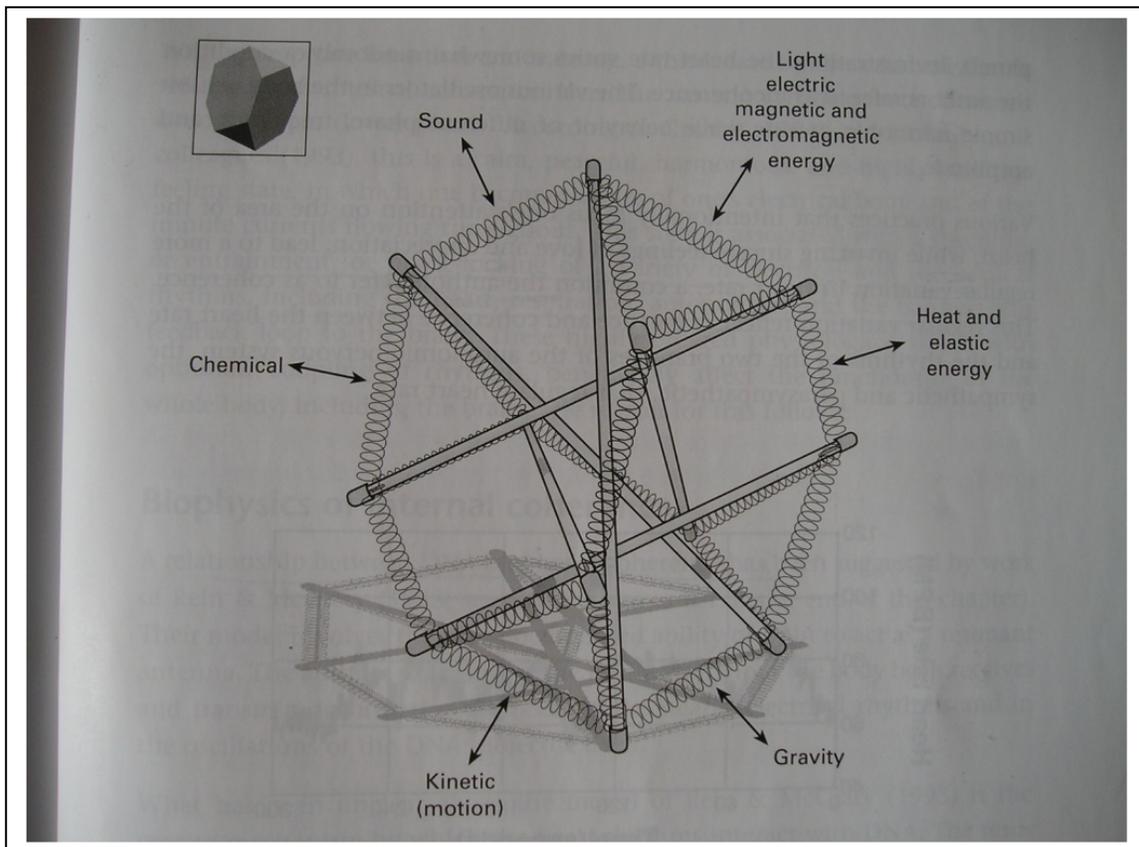


## *Tensegrity and Gravity vs health and wellbeing*

Tensegrity is an architectural principle developed in 1948 by R Buckminster Fuller.

### TENSEGRITY MODEL OF BUCKMINSTER FULLER



Tendons represented as coils

Each coil has the capability of converting energy from one to the other

Because the living tissue is an elastic tensegrous

Semi conducting continuum, any form of energy can be readily absorbed and conducted from one area to another

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The tensegrity concept underlie geodesic domes tents sailing vessels stick and wire sculptures toy models and cranes

It is an architectural principle

Tensegrity also provides a valuable perspective for therapists who work with the body from a structural state

It provides a link between structural systems of the body and the energy and informational systems of the body

This will help you to understand why touch heals the body

This concept also explains the ability of the body to absorb impacts without being damaged

As strain in one area of the body affects the whole body, an improvement will also radiate outward

This explains why if bodywork is done further from the specific painful area, the painful area will benefit as the living tensegrity system is a **Continuous semiconductor vibratory network**

Since this system is simultaneously a mechanical and vibratory continuum, restrictions in one part have both structural and energetic consequences for the entire organism

### **Structural integrity and energetic informational integrity go hand in hand**

Tensegrity also work as one unit with GRAVITY

Tensegrity is the polar opposite of gravity

Simple mechanical calculations reveal that gravity gives rise to surprisingly large forces within the body

Illness is a sign of a body out of alignment, pulled down by the forces of gravity so the tensegrity concept lifts the body back up

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It is a dance of the body and forces of the earth. When the body aligns with gravity the tensegrity concept can flow from one cell to another

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**Fear grief trauma and anger each have a pose and pattern of movement and has its own body language**

If an individual continues to dramatize an emotional situation the physical body becomes set in a psychological pattern

This affects the respiration and the spine which in turn affects the whole being Breath is a gift of life, our inheritance from God

**No amount of discussion thought or mental suggestion can change this pattern**

To escape from chronic fear anger grief, the physical tone of the muscles and structure in relation to gravity must be changed

With Postural Integration and alignment and the way of the healing deep touch the body eases back into alignment, in line with gravity and the tensegrous concept with muscles in balance

The imbalance from physical or emotional trauma lead to a whole realm of chronic problems for which conventional medicine has little to offer

An example is to consider the relation of the head to gravity and usually for various reasons we hold the head forward with the cervical spine bent

Less nourishment reaches the brain and affects various systems in the brain and now we have digestive complaints stomach aches headaches and so on

The body's fundamental pattern or inherited form is specifically designed to enable us to function **with and in the field of gravity**

*The body and the mind are one, and both are the home of the soul (Prasado Munch .Rebalancing and deep tissue massage)*

**Acknowledgements**

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Renaissance Magazine jun/jul 06

Energy medicine the scientific basis James L Oschman