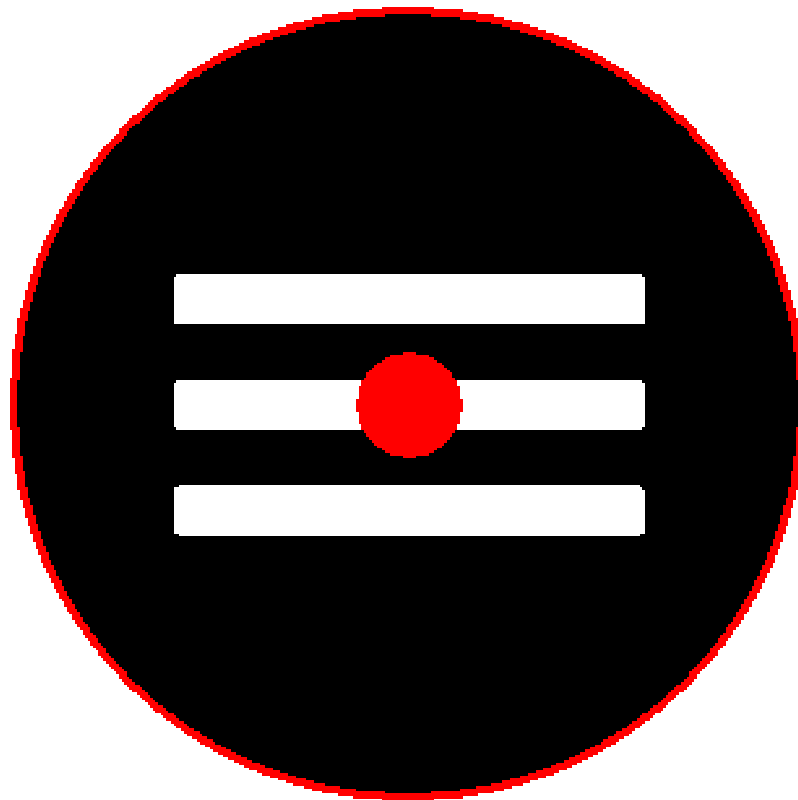


**THE NEW YOGA**  
**AND**  
**THE NEW THERAPY**



**Peter Wilberg**

*Behind your thoughts and feelings, my brother, there stands a mighty ruler, an unknown sage - whose name is Self. In your body he dwells. He is your body.*

Friedrich Nietzsche

*You're concerned about the body, but you never get to BE the body ... you never relate to being the body, or experiencing the body directly, but only in the form of perception and the conceptual process added.*

Adi Da Samraj

*The body is an awareness.*

Carlos Castaneda

## DEFINITIONS

**The New Therapy** is a fundamental reorientation of both psychotherapy and somatic medicine. Its basis is the therapist's capacity to directly sense and resonate with a client's immediate sensual and bodily experience of psychological dis-ease.

**The New Yoga** is a multi-dimensional yoga of the 'inner body' – the subjective, inwardly sensed or felt body. As such it is also a therapeutic yoga, providing a new foundation for both psychotherapy training and practice.

**The New Therapy** differentiates itself from other forms of 'somatic', 'body-' or 'bodywork therapy' by clearly distinguishing the individual's *physical* body from their own inwardly sensed or *felt* body, recognising the latter as an independent 'inner body' in its own right. It can therefore be regarded as a form of 'inner bodywork' in the most literal sense – the use of the therapist's own inner body to sense, resonate with and transform a client's own inwardly felt body and inner-bodily sense of self.

## THE NEW THERAPY AS INNER BODYWORK

**The New Therapy** switches the whole focus of psychotherapy from the individual's cognitive or emotional experience of subjective states to their immediate *sensual* and *bodily* experience of such states – exploring the felt qualities of lightness or heaviness, brightness or darkness, warmth or coolness, solidity or brittleness, expansiveness or contractedness, that make up the individual's inwardly sensed or subjective body – their psychical or soul body in the most literal sense.

## THE INNER BODY – KEY INSIGHTS OF THE NEW THERAPY

It has had many names: *subtle body*, *energy body*, *etheric body*, *astral body*, *dreambody* etc. The key insight of **The New Therapy** is that the inner body is not some ‘objective’ second body made up of biological cells or subtle biological energies. Instead it is a *subjective* body with its own innate bodily shape and tone, its own innate substantiality and sensual qualities. It is not made up of subtle inner energies we can become aware of but of sensual qualities *of awareness* – qualities I term ‘qualia’ or ‘soul qualities’.

## IMPORTANT QUESTIONS FOR ALL THERAPISTS

1. How can we pass from an *outer* perception of the *outer* human being to an *inner* perception of the *outer* human being? For example, instead of outwardly *seeing* an look on someone’s face or in their eyes, being able to inwardly identify with that look - to *feel* it from within *with our own face and eyes*.
2. How can we pass from an *outer* perception of the *inner* human being to an *inner* perception of the *inner* human being. For example, how can we pass from simply *seeing* from some outward signs that someone is ‘sad’ to inwardly *feeling* their sadness in all its particularity – the unique and nameless inner quality of *their* sadness. Indeed how can we pass from outwardly *seeing* to inwardly feeling *any* state of being another person may be in – even without having words to describe or label what we see or feel?

The answer to both questions lies with the *inner body* – our felt and feeling body. For it is with our inner body that we can transform *outer perceptions of others* into *inner proprioceptions of ourselves* – proprioceptions of ourselves that are in bodily resonance with the way another person is proprioceiving themselves, the way they are feeling their own states of being as inner-bodily states.

## THE NATURE OF ‘BODY LANGUAGE’

*The clinical gaze has the paradoxical ability to hear a language as soon as it perceives a sight.*

...to the clinical gaze...all that is visible is expressible and that it is wholly visible because it is wholly expressible.

Michel Foucault

Much use is made today of the term ‘body language’ - without ever questioning the deeper nature of either bodyhood or language. People’s relation to the ‘body language’ of others can be as superficial or deep, illiterate or literalistic, as their relation to verbal language. The real danger lies in superficial translations of body language into verbal language. If we look at someone and ‘see’ from their posture or

the look on their face that they are 'angry', we are in effect reducing their body language to our own *verbal* language – to an emotion that can be described and labelled in words. This type of 'seeing' is just what prevents people from *feeling* what another person is *saying* through their body language.

We can look at a page of writing and see only unintelligible signs on a page, listen to a person speaking and hear only unintelligible sounds. This is an *outer* perception of the *outwardness* of language. Alternatively we can see or hear 'words' with conventionalised literal senses – an *outer* perception of the *inwardness* of language. But we can also read and hear what the writer or speaker is *saying* to us *through* those words – or through their body language. What communicates *through the word* is nothing that can be neatly labelled or interpreted 'in' words, but something essentially wordless – something we feel. It is with our bodies that we *feel meaning* directly – both the inner meaning of a person's words and that of their 'body language'. It is those felt meanings that communicate 'through' the word (*dia-logos*) that constitute the true depth of all 'dialogue'. What communicates through a person's physical body language too, is nothing that we need translate into psychological language – it is something we feel with our own bodies in an immediate *sensual* way. The question is – with which body?

## THE NATURE OF THE INNER BODY – KEY QUESTIONS

Which body is it with which we feel the 'brightness' or 'darkness', 'tone' or 'colour' of our mood?

Which body is it with which we feel ourselves as 'heavier' or 'lighter' without our physical weight changing by one gram.

Which body is it with which we feel closer or more distant to others irrespective of physical distance?

Which body is it whose 'heart' can make us feel heartened or disheartened, warm- or cold-hearted, heartache or loss of heart?

Which body is it with which we feel 'warmer' or 'cooler' to others independently of our physical temperature, or sense another person's warmth or coolness of feeling?

Which body is it with which we can feel 'uplifted' or 'carried away', 'sucked in' or 'trapped', 'stretched' or 'all over the place', 'open' or 'closed off', 'exploding' or 'imploding' without our physical body moving or changing shape?

Which body is it whose 'skin' we can feel more or less at home in, whose boundary we can feel as 'thick- or thin-skinned', 'open' or 'impervious', 'edgy' or 'irritable', rigid, porous, overly filled out and 'fat' or shrunk and contracted - without any change to our actual skin surface or physical body size?

Which body is it whose inner tone can make us feel 'dull', 'flat' or 'sharp', and whose inner texture can make us feel 'hollow' or 'empty' inside, 'shapeless' or 'spineless', 'solid' or 'airy', 'firm' or 'brittle'?

Which body is it in which people can *feel* fat even though they are thin. Certainly not the *physical* body – the body as outwardly perceived *object*. Rather it is the inwardly *felt* body – the *subjective* body with which we *feel* ourselves and others, the *feeling* body with which we come to truly know ourselves and others. This feeling body is a ‘field body’ unbounded by the flesh. Its only boundaries are the boundaries of our feeling awareness of ourselves and others. It is our awareness body.

### **INNER BODYWORK – KEY QUESTIONS FOR THE NEW THERAPIST**

1. *Is* this person feeling their body right now?
2. *How* is this person feeling ‘in’ their body right now?
3. *How much* is this person feeling their body right now.
4. *How much of* their body is this person feeling right now?
5. *How and where* does this person feel the boundaries of their body?

### **INNER BODYWORK – KEY ABILITIES OF THE NEW THERAPIST**

1. To feel the body of the other as a *sensory image of their soul*.
2. To feel our own body as a whole as a *sense organ of our soul*.
3. To use whole-body awareness to directly sense the souls of others.
4. To sense and resonate in a bodily way with those *sensual qualities of awareness* that make up our own souls and those of others.

### **INNER BODYWORK - KEY PRINCIPLES OF THE NEW THERAPY**

1. The soul or psyche is a *free awareness field* with its own innate sensual qualities, its own innate bodily shape and tone
2. We can only feel our *self* as a whole – our *soul* – to the extent we feel our *body* as a whole, its outwardness, its inwardness and the felt boundary that unites them.
3. The body is nothing essentially biological, but a *field-boundary* of identity and awareness - dividing what we feel as ‘me’ from all that we feel as ‘not me’.
4. By its very nature a boundary is itself *nothing bounded*, for it not only divides but also unites what lies outside it with that which it encloses.
5. There are no boundaries to our identity or awareness of being or to our bodyhood – except those that we create through our beliefs.

## THE MANY ASPECTS OF THE INNER BODY

In both **The New Therapy** and *The New Yoga* the inner body is understood in the following multi-faceted ways.

The Inner Body is:

1. our inwardly *felt body* or *proprioceptive body*.
2. our body of *pre-reflective feeling awareness*.
3. our *feeling body* – the body with which we feel ourselves, feel others and feel the world around us.
4. a *phantom body* - the body with which we feel phantom limbs and sensations, bearing within the phantom form of *every-body* we have *been* or *been with*.
5. our *field body* - the felt bodily shape taken by the larger field or *feeld* of our feeling awareness.
6. our bodily *field-boundary* of awareness and identity, dividing what we feel as ‘self’ from that which we feel as ‘not-self’.
7. our *foreknowing* body – the body with which we ‘know’ what we wish to say or do before saying or doing it.
8. our *pre-physical body* – the body with which we pre-enact possible actions and words before physically enacting them
9. a *trans-physical* body unbounded by flesh - enabling us to embrace the world in the larger *feeld* of our feeling awareness.
10. a *phonic* body - made up of inner tones of feelings that are phonically shaped in the same way as vocal tones
11. a *formative* body – the body with which we give *physical form* to inner feeling tones - embodying them as cell and organ tone, muscle and voice tone.
12. a *morphic* body – made up of “morphic fields” (Rupert Sheldrake). These are not energy fields but *field-patterns of awareness*, each of which configures its own perceptual world or *patterned field of awareness*.
13. a *shape-shifting* or *metamorphic body*, capable of shifting shape and tone in resonance with the bodies of others
14. a *metaphoric* body – the body referred to by such apparently metaphorical phrases as ‘thick-skinned’ or ‘thin-skinned’, ‘warm-hearted’ or ‘cold-blooded’, ‘bright’ or ‘dull’, ‘close’ or ‘distant’ etc.

## THE NEW THERAPY AND THE NEW YOGA

**The New Yoga** is an integral part of **The New Therapy** because it is the means by which proprioceptive *feeling awareness* or ‘field awareness’ is cultivated.

**The New Yoga** offers a sequenced and graded progression of meditational practices which begin with the cultivation of field-awareness and culminate in a capacity for identification with the inwardly felt body and self of the other. The sequence can be summarised as follows

- exercises which enhance and expand our bodily sense of the spaces of awareness between and around thoughts and emotions.
- exercises which sensitise us to field-states and field-qualities of awareness.
- exercises which enlarge the field-spatiality of one’s inner bodily awareness.
- exercises which expand the field-spatiality of one’s outer sensory awareness.
- exercises which restore *whole-body awareness* through ‘grounding’ in lower body awareness and ‘centering’ of awareness and breathing in the abdomen
- exercises in altering not only one’s *focus* of awareness but its *locus* – moving it between different centres of awareness in the spaces of one’s felt body.
- exercises in feeling one’s entire body surface as an open and porous *field-boundary* of awareness through which one can breathe in and absorb one’s awareness of the body of the other.
- exercises in feeling the unique sensual field-qualities of another person’s awareness within the inner spaces of one’s own felt body e.g. feeling the sensual *field-qualities* of their inner ‘head space’, ‘chest space’ or abdominal space with and within one’s own head, chest and abdomen.
- exercises that cultivate ‘embodied presence’ and enable one to make fully embodied *contact* with others through whole-body awareness.
- exercises that cultivate the ability to actively embody, emanate and directly communicate or ‘transfer’ different field-qualities of awareness to another.
- exercises in altering the field-qualities of one’s own awareness and thereby transforming one’s own bodily sense of self.
- exercises in ‘transformative resonance’ - transforming another person’s bodily sense of self through amplificatory resonance with the field-qualities of their awareness and direct field-transference of new and different qualities.

## **THE MANY DIMENSIONS OF THE NEW YOGA**

1. Inner awareness work - the new yoga of field-awareness
2. Inner mind work – the new yoga of inner body mindfulness
3. Inner identity work – the new yoga of bodily field-identity
4. Inner space work - the new yoga of spatial field-awareness
5. Inner time work – the new yoga of temporal field-awareness
6. Inner light work – the new yoga of inner light and darkness
7. Inner mood work – the new yoga of field-qualities of awareness
8. Inner colour work - the new yoga of field-colours of awareness
9. Inner music work – the new yoga of field-tonalities of awareness
10. Inner breath work - the new yoga of awareness breathing
11. Inner sound work - the new yoga of healing inner sounds
12. Inner face work - the new yoga of the inner face
13. Inner eye work - the new yoga of the inner gaze
14. Inner voice work - the new yoga of the inner voice
15. Inner touch work – the new yoga of inner touch
16. Inner communication work – the new yoga of communication
17. Inner sensory work – the new yoga of deep sensory experiencing
18. Inner elemental work – the new yoga of elemental qualities
19. Inner word work – the new yoga of felt bodily meaning



20. Inner gesture work – the new yoga of inner gestures
21. Inner healing work – the new yoga of soul-body sensing
22. Inner tantric work – the new yoga of soul-body intercourse
23. Inner dream work – the new yoga of soul-body journeying

## **PERSONAL AND TRANSPERSONAL DIMENSIONS OF INNER BODYWORK**

In **The New Therapy**, the ‘unconscious’ is understood as bodily *field awareness* as opposed to ordinary focal consciousness – consciousness of a localised object, internal or external, on the part of a localised subject or ego. No matter how many issues are thematised in psychotherapy, no amount of *focal* awareness and insight can substitute for direct *field* awareness of self and other. Such inner-bodily field awareness - cultivated through **The New Yoga** - is the only medium through which we can come to directly *feel* the inwardness of another person - and experience that infinite trans-personal awareness field that constitutes the divine source of our being.