



Yuji Oka: Rising Again When the Body Is In Despair



Yuji Oka is the founder of Spiral Praxis, a contemporary bodymind modality which presents a new paradigm of the human learning process. The Spiral Movement Center is a bodymind school that offers a 1500 hours somatics certification program.

TOP EMBODIMENT TIP: Make time.

Spiral Praxis: A New Dimension of the Somatic Field

- In ancient days, geometry (lines, circle, and points) and logic came together at the same time
- Similarly, in the late '60s and early '70s, the birth of somatics occurred with the “**chaos theory**”.
- Spiral praxis improves inner functioning through internal flow techniques, gently freeing and shifting into relaxation.

4 Spiral Fields: The Somatic Journal by Eleanor Criswell Hanna

- **0 Field:** Field awareness (spiritual experience; exists as an undifferentiated whole)
- **1 field:** Primary / Perception (perceptions, cold, touch, smell, taste; province of children / center of the world)
- **2 Field:** Constructive (relationship, other beings around us; collaborate in groups / abstract knowledge)
- **3 Field:** Amalgamation (artists work in perceptual fields, music is hearing a learned composition, and the audience is floating in the science visionary: unifying consciousness, intuitive state)

Interval Awareness

- Noticing or focusing on an object like a mini-meditation (i.e., look at the lightbulb, how is the heart or stomach feeling?), identify what is in our consciousness, and shape using the following techniques:
 - 1. Energy modulation:** Simplest type of shaping (i.e. holding body to adjust over time) or in the more complicated half opposition reflex, build up energy, quickly release, and disperse the energy.
 - 2. Sequential initiation:** Bodyshaping with consciousness (i.e. handstand & spiderman push-ups).

Applied Spiral Praxis: Primary Principal - Never Cause Pain!

- Pain is a guide and signals where the body is hurting, and possibly why.
- After surgery, many patients feel “Not quite right” or are told “Nothing is wrong”. This is when somatic practitioners support patients in chronic pain, chronic injury or advanced age at Spiral Praxis.
- Somatic Practitioners support kids with disabilities (non-locomotive) and special needs (autism ADHD, global developmental delay; see References).

Resources

- ❖ **Website:** [Spiral Praxis](#) / [Applied Spiral Praxis for Kids](#)
- ❖ **YouTube:** [“Bodymind Control: Heart Rate”](#)



- ❖ **References:** [Theory of Colour by Johann Wolfgang Von Goethe](#); [Somatic Journal](#); Case Study: UK program for AADC and Transitioning Through Dyskinesia

Yuji Oka





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