

Experiencing the Embodiment Tide

*An Interview with Stephanie Abramson, by Mimi Ikle-Khalsa
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Background Information: This is an interview with Stephanie Abramson, a BCST teacher with the Wellness Institute. Stephanie and I were first introduced to the idea of the Embodiment Tide while attending a class in Advanced Biodynamics Shock Resolution class taught by Scott Zamurut in the Washington, DC area, hosted by the Wellness Institute. The March workshop was the first time that either of us had recognized the Embodiment Tide happening in a session.

Ikle-Khalsa: Thank you Stephanie for making time today to talk about your experience. I wanted to start off by asking you, what was the intention of the demonstration you participated in?

Abramson: After Scott had reviewed the different possibilities on how shock can be held in the body, it was an open session. We had just gone through the material so the intention was to see what came up.

Ikle-Khalsa: So the purpose was to look for different ways that shock is held in the body as inertia?

Abramson: Exactly. I remember being very excited to be chosen to be on the table so I had a heightened excitement with no expectations. Nothing in mind, just very open to receiving a session.

Ikle-Khalsa: And as you were getting on to the table, did you have any particular complaints or physical things that you were noticing and hoping would be addressed in the session? I remember that you were having some back problems that day.

Abramson: Actually I was really having trouble moving in class. My walking was really being impinged. I also remember having a little trouble getting up on the table. I could feel that it was not so comfortable to begin. My body was in pain and I was having trouble sitting through all the lectures. I had just babysat my grandchildren's dog. He was a pup about three months old and very strong, feisty and not trained. In walking him I had pulled my back out. Also the first day he had jumped on me. He turned on me when I was trying to walk him and I did go into a bit of a shock. Actually a lot of fear came up. I then had two more days to go to take care of him. My family was out of town and he pulled every time I took him outside.

Ikle-Khalsa: So not only were you physically being pulled on repetitively but you had an overall sense of fear and trepidation, wondering when he might jump on you next?

Abramson: Yes. And I knew that I needed to follow through on taking care of him. I didn't have an out. Or at least I didn't think I had an out on the caretaking responsibility I had signed up for.

Ikle-Khalsa: So you were feeling trapped, by a sense of obligation to your family. That leads me to my next question. How did you feel as the session began? You

already mentioned it was hard to get on to the table. You had been physically uncomfortable sitting for the lectures. You were excited about being chosen for the demonstration, because that was also a surprise in a good way.

Abramson: I was surprised. It was a good surprise. I remember feeling very comforted by Scott's presence and where he was sitting. He was on my right side, between my shoulder and my hip. So I could see him. Yet I didn't feel crowded. I felt very much like there was a good, spatial dynamic in where he positioned himself. I don't remember him going to the feet or any other place then starting right there where I could visually see him. I felt like he was holding me from the very beginning. And I really felt seen without being crowded at all.

Ikle-Khalsa: So what was your experience, if you could just recount what you noticed? Were you able to track the tides? What came up for you as you received the work?

Abramson: As I remember, he felt like he was very well paced. I don't remember feeling any discomfort in my body as we started. I was feeling relaxed and his voice and presence created a container that was just exquisite. I do remember being able to feel the mid-tide, in the beginning of the work. Then there was a sense of slowly moving out to a very wide field. At that point, I had never done this before, so I just assumed that the long tide was working. I remember being very quiet. Later in the session there was a little bit of verbal dialog, but in those early stages I remember it being silent. I felt like I went out very far into another dimension. After a little while I totally lost track of time and space. Often I'm self-conscious if I'm in the limelight

too long. I had no self-consciousness at all. It felt like my body was dissolving piece by piece, and it felt very airy, ether like.

Ikle-Khalsa: And that's "ether" in the context of the Polarity Therapy element of space, not ether the anesthesia medication.

Abramson: No, not the medication, the element in Polarity. And this is interesting. I did feel like there was a bridge. I didn't feel ungrounded at all with this, very, very spacious but not ungrounded. It was almost the sense like I was a kite flying and Scott was holding on to the string. And then at some point, possibly, again, I felt held without being contained. I felt free. There was a sense of freedom in that. No one was holding tight, as the body, piece by piece, seemed to just dissolve.

Ikle-Khalsa: So it sounds like, from what I'm hearing, you began with a sense of the room and a sense of your body on the table and a sense of Scott, in a relationship, negotiating that initial holistic shift of coming into the neutral. And as the session went along, what felt like a mid-tide shifted into the long-tide, then even shifted more and morphed into a sense of a wider, vaster container in which the various parts of you could expand into something else.

Abramson: Right. It was almost as if I was an inter-dimensional being that was very much not of this world. A sense of really transitioning.

Ikle-Khalsa: And would you say that that feeling was sort of a hallmark for you about sensing the difference between the long-tide, as we know it, and the

phenomenon of the Embodiment Tide that was remarked upon by Scott during your session?

Abramson: Yes. I would think so. And there seemed to be a threshold I had to go through. It was definitely a threshold to get into a larger field. And yet it wasn't uncomfortable. There was no fear with it.

Ikle-Khalsa: Could you say anything more about that threshold? How it felt to you, what it looked like or how you sensed that?

Abramson: It's kind of hard to recall but it's like you are letting go of everything. For example your history, and everything you might know about yourself. I would imagine that it is very much like dying, losing a sense of who we are and what we know.

Ikle-Khalsa: What you are explaining sounds like what might happen if all of life's imprints that we have acquired in this incarnation, were to lift away.

Abramson: Lift away, yes... And that's one of the things that is different. It does feel like the blueprint has changed. It's hard to say exactly how, but I feel differently about my parents, who are both deceased. And even other family members. It's very curious because I feel a bit of, I don't want to say detachment, but yeah, there is definitely a difference in the way I perceive my relationships, particularly with my parents. I just feel freer. I feel more positive.

Ikle-Khalsa: Like your relational field shifted?

Abramson: Yeah. It really shifted. Particularly with my father, which is a big deal, a huge deal!

Ikle-Khalsa: So during this session there was a sense of different, improved relational fields between yourself and the primary relationships in your life? And did you notice anything else during the session? How did you notice the returning of the Embodiment Tide?

Abramson: It felt like I turned around and was coming back in which was gradual. Scott seemed to stay in the same position and it felt like my body then started to re-coalesce, you know, bit by bit. When I was out, it felt like in the larger tide, I don't think I was aware of Scott. I felt like I was there pretty much alone. Not connected to this reality. As I came back it felt like pieces of matter than coming together coalescing to get to a place where I was met by Scott, which really helped bring that process together. Again his presence made a big difference in slowing that down for me so that it was well paced and it didn't feel like a shock at all to my body. It didn't feel like a shock going out or coming in.

Then I got to a place where I was able to talk in that process with Scott and he was pacing the experience and said there were "still things reorganizing". That was very reassuring. Then I started to notice other people. First there was Scott, then I realized I was in the room with everyone. So that was another transition. Definitely feeling my physical body. Again my body felt totally comfortable. I was not thinking of the discomfort I had before I got on the table. There was a sense of joyousness. I was very joyous and light, mood wise. Like a new beginning. Like when you are with a new born baby. That same field dynamic of a pristine quality, might be the best

way to say it. My process felt very slow. Like I was on the table and then when I noticed my surroundings I got a little self-conscious. I thought, "wow, I've been here a long time!" But I had lost all time and space there for a while.

Ikle-Khalsa: Do you remember what you said to him at that point?

Abramson: I don't. You might remember.

Ikle-Khalsa: The sense that I got from the question was something like "is this too much, or am I too much, or is this okay?" It was looking for an approval that your process was not too much or too big.

Abramson: Right. That rings true to me. I didn't feel ungrounded, but it was a bit dreamlike. And that continued when I got off the table.

Ikle-Khalsa: So from your account it seems that the part of recognizing the embodiment phenomenon was noticing a shift from the long-tide to something bigger, longer, wider. That you were able to see the turn of when the going out, "expansion" shifted and became a coming back, "contraction". And that as you came back in, there were these experiences and ways of noticing coming back in. And that being met by Scott's presence allowed that re-introduction or that negotiation back into self to happen in a gentle and easily digestible way. And as you became more aware of your relationship to linear time, space and relational field, that at one point a certain awareness, an affect, came up.

From my experience as a witness, what was interesting to me was that in the demonstration Scott noted that you had gone into an Embodiment Tide. He said

something to the effect of "her Embodiment Tide was expanding for about five minutes and that it feels like a long tide that keeps spreading, widening, and deepening" and what I noticed was when that expanding energy turned around. And for me, visually, as I was looking at the top of your head, I saw you going out to what I understood to be a star and then turning around and coming back again. And as the essence of you came back from that star, there was this sort of energetic swell, like the swelling of a wave coming into shore. I could see parts of what I would consider soul contracts or relational fields transmuted, shifting, changing, to me it looked like sparks. It seemed to be coming from past your left foot back towards you. I definitely felt a relational field with your parents. So what you are saying about your sense of relationship with your father is really interesting to me. When you came in and made that statement, that awareness to Scott that you were in the room and wanting to make sure it wasn't too big or too much, the voice that you said it with, and we've worked together for fifteen years, the voice was a different part of you, a very young part. Even in the tone and timber. That's what I remember from that part. So that makes me wonder how you felt after getting off the table? He had you walk around and feel into how differently you were moving after you got off the table. I noticed that you were walking and moving quite differently, with ease and a deep sense of ground.

Abramson: Yes, I was moving very differently. I do remember that young voice part, that's curious that you mentioned it, I did feel young. I mean, I'm 72. I felt very different in vitality, very, very different. And when I got off the table it was still a bit dreamlike, people said that was amazing to watch. It was a little hard to identify with what they said because it was my experience and it felt so personal and so big. For the whole rest of the day I was in a bubble, in awe and still really "in the

experience". That followed through the whole workshop, even when I was called to work with one of the people who was in distress, to partner up with. There felt like, I don't want to say a detachment, but...

Ikle-Khalsa: Was it more like the boundaries of your own bio-field got stronger and healthier and lot more clear?

Abramson: Yes, much clearer ... much, much clearer. I feel like since that workshop on I have reconsidered the possibility of having a relationship, going forward, with a loving partner. That whole context seemed to change where before it didn't even feel like that was a possibility for the rest of my life. And I really view that differently.

The healing from the incident with the puppy took till the end of the workshop and it still was working through. The physical felt like it was taking longer to heal. It had started in the demonstration, but there was a bigger shift in the mental, and emotional. That was the big shift. I feel like that's what this experience was. I moved into another dimension and came back. So I feel clearer that I can help midwife others in this same way, that is the next journey for me. I'm very clear on my own interest in it, and also to be able to bring this to other people.

Ikle-Khalsa: So was this your first experience with an Embodiment Tide?

Abramson: Yes. I don't think I had ever even heard about that before.**

Ikle-Khalsa: And since you've had that experience, have you noticed it occurring in your own practice, as a practitioner?

Abramson: Not in the same way, not the way that I experienced it, not yet.

I think that whenever there is a class, there is heightened energy, that we have the field to do this great work. I'm excited about the possibility. But I don't think I facilitated it or I've been able at this point to revisit it in a session that I've been in. It's exciting to think of the possibility though. Very exciting for other people. I don't know that I need it again, but to revisit it, that's rather exciting too.

And this is the other thing. I feel like I am more on track with revisiting some of my old fears. I have a more clear sense of not getting stuck in the same ways that I have been stuck before.

Ikle-Khalsa: Wonderful. Well thanks so much for taking the time to do this interview, Stephanie!

Stephanie Abramson and Mimi Ikle-Khalsa have been working with Roger Gilchrist for the past 15 years and are both teachers for the Wellness Institute. They live in the Washington, DC area.

**To her surprise and amazement, the day after the interview, the embodiment wave showed up with one of Stephanie's clients. The client commented on how dreamlike it was. They made sure to ground her before she left. They noted a significant physical change, major heat and inflammation were released. The client commented on how this really was a life changing session for her.