

# Muddy Water

## ...the concept of Point Work Technique

The smooth-surfaced pond is clear and quiet, not even the smallest, softest ripple sullies the water.

If you were to plunge your hand into the pond and forcefully poke into the silt-layered bottom, spirals of tiny particles would rush up into the currents of water your hand created, disturbing the pool and obscuring your view and sense of what is beneath. By creating muddy water you would lose the ability to feel and know what really lays below that needs your attention.

But, when you gently cut the surface of this motionless pond and gently glide down to the bottom, the silt layers are revealed. You can feel and see what is there without creating a blinding torrent of silt and mud.

Kind, light touch on the first layer of silt bottom lets you know if there is pain. Come up a bit away to allow the slight drifting silt to settle back.

The first layer will give way to the second – rest the tip of your thumb momentarily on that place, what do you feel?

Is there a sense of energy in that place?

Is it dull, empty, cool, depressed?

Or, is it hot, protruding, angry?

It could be calm, mild, and smooth to the touch.

Come away from the point ever so slightly for a second, then return and gently be admitted to the third layer of silt, be content to stay there, not pressing, just hold that space.

Energy has its own pace, we are here to encourage, not force, not rush.

Hold that point with healing intention and wait for any resistance barrier to give way, stay the course, the resistance will pass and you will be meeting the need for energy to break free and flow harmoniously.

