

## Cécile Guillon



Cécile defines the Zen-Stretching® as a "ritual" that leads to self-knowledge and gives us the ability to act independently on our well-being. Practiced regularly, beyond the physical well-being and maintenance of health, this method of energy rebalancing is the pathway of a mental and psychic transformation that can lead to a deep evolution of behaviors in the long run, to move away from old conditioned and reactive attitudes, often responsible for our illnesses.

Cécile, a professional teacher, reveals curiosity, the pleasure of learning and a real appetite for the transmitting and taking care of the others towards their personal fulfillment. Here is how she expresses her discovery and understanding of Zen Stretching® with her words or borrowing from her many readings:

### EXPERIMENT YOUR SENSATIONS

The practice of Zen-Stretching® reconnects with the body, your own body and its wonderful network of sensors that open us to the world. Our five senses are the antennas that decipher the outer world; the exercises inspired by Masunaga bring us into our inner world.

### DEVELOPING THE INTERIOR LISTENING

In this sense, the Zen-Stretching® is a meditative act that involves us physically, beyond our breathing. It mobilizes our attention and our concentration, that are the bases of our personal development. Listening is welcoming, with kindness and consideration, our body's messages, before appeasing tensions and interpreting them. This approach helps us to reveal the way we function, our resistances, our contradictions, our weaknesses ... sometimes to answer our questions, at least to raise questions.

### PERCEIVE OUR ENERGETIC QUALITIES

I experience a better awareness of the cycle of the seasons and a greater harmony or synchronism. Our Energy trends are no longer lived against the current; I agree to follow the flow and let go.

### ENSURE RESPECT FOR YOURSELF

The Zen-Stretching® approach is radically different from the Western body practices: it privileges comfort and respect for our limits; it first explores the easier movements to free the more stiff areas, through a transfer of energy from Jitsu to Kyo; this softer philosophy guarantees an edifying progress that could inspire on a larger scale our society, always eager for performance.

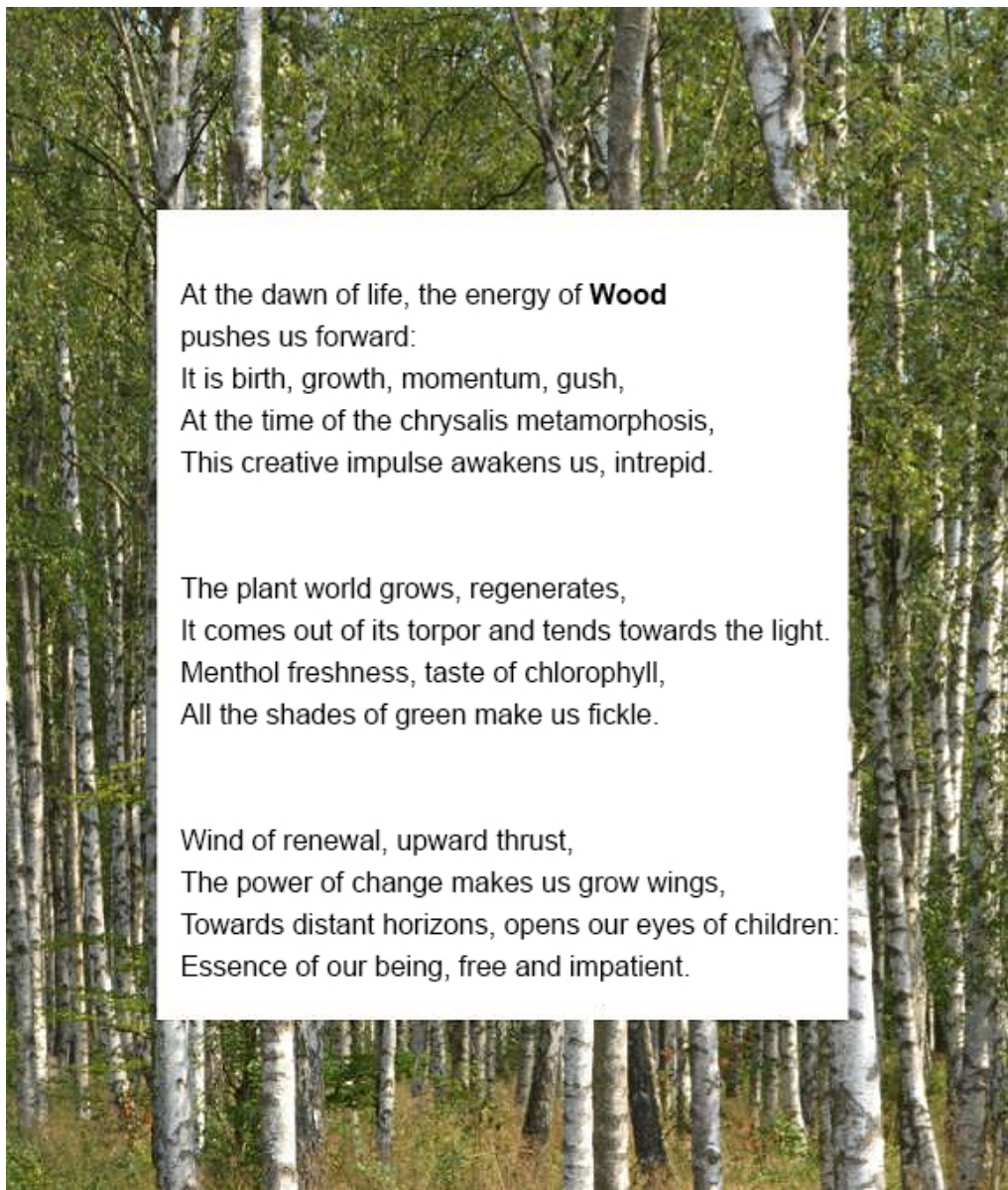
### PATHWAY TO THE SELF KNOWLEDGE

The Jitsu, manifestation of the existence of being: the temperament. The Jitsu, thunderous and demonstrative, translates in a very expressive way how we react to our environment: it defines our temperament, characterized by our level of activity, our adaptability, our attitude towards the novelty, the duration and the persistence of our attention, our distractibility, the intensity of our emotional reactions, the quality of our mood, the rhythmicity of our biological functions and our threshold of receptivity (according to Stella Chess, 1997). In short, our emotional behaviors, our cognitive attitudes and our functional modes, our motor skills, what moves us and what affects us, express our own, sometimes composite nature.

The Kyo, a secret expression of the essence of being. The Kyo, discreet and subtle, tells us more about our deep and constitutive vulnerability. According to Lao Tzu: "Everything that exists has its

origin in nothing and comes from emptiness." According to Masunaga: "The true essence of life can only be found in what is hidden beneath the surface." The Kyo defines the essence of being, which is at the root and foundation of our actions and thoughts; it is the expression of the mystery of our soul. Beyond its identification, it is a question of understanding its meaning ...

In her Zen-Stretching® training Cécile did a great job of introspection that she translated into several poems and written meditations of which we give here an example for the element Wood, most often her Jitsu:



Developing the research on meditations has been a priority for Cecile.

Since the beginning of her collective practices, she has been able to understand the importance of closing the sessions with this time of intimate refocusing. She thinks that its function is to gather and fix, for each person, the proven energy experiences. It punctuates the partition of the session with a soothing culmination. It is therefore a matter of not neglecting the time granted for this

integration and foreseeing the necessary tempo so that each session ensures this conclusion, without any haste.

She then devoted much of her time to search any relevant materials to conduct these meditations by looking for criteria that seemed appropriate to correlate with the element of the season:

→ the posture (sitting, lying down, on the back or stomach ...),

→ the visualizations (suggestion of natural environments, solicitation of the 5 senses, invitation to explore one's own emotions ...),

→ the breath (accompanied or free, complete or alternating, breath centered or targeted, ...).

In addition to the text, other elements must also be taken into account:

→ the fluidity of the enunciation,

→ the stamp of the voice,

→ the rhythm (reading speed and pause time),

→ the duration.

Finally, the choice of the musical support turns out to be a crucial point which constitutes, , an object of study. on its own.

Indeed, the musical supports are more than just a backdrop that embellishes the meditation. Its power of evocation is much more than a sound decoration and can just as well carry and transcend the gait or, on the contrary, spoil it. Therefore this choice cannot be left to chance. Like everything that speaks directly to our senses, the music speaks to each one of us; characterized as we are by our education, our culture, it also touches our sensible chord: the one that vibrates to the sounds of memories and emotions. If it is not possible to take into account the socio-emotional heritage of each one, it is interesting, here too, to look for the music that will best reflect the quality of a season, an element. The music will then be a precious travel vector for meditation. This complex selection task meets many criteria:

→ the timbre (character and "color" of the sound, in particular related to the instruments that express themselves),

→ the intensity (characterized by the power of the volume and the number of instruments resonated),

→ the height (from the lowest to the most acute),

→ the rhythm and duration.

The music is "Energy". It conveys its material, its own density, expresses its contrasts, infuses its melodic movement and prints its tempo: in short, it makes us vibrate, speaks to our senses and makes our emotions resonate! It is impossible to neglect its impact. Cécile's project is to humbly explore the wonderful world of the sound and to continue her research of musical media with regard to the work of music-therapists such as Fabien Maman and Emmanuel Compte. Her work is just beginning ...