

Introduction to Fascial Conduction

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As we live in our bodies, taking in information and filing it in our tissues, the patterns and shapes we inhabit can be assets as well as limits to our ability to move, explore, digest and exchange. These shapes and patterns are what form the container for our fluids, the connective tissue or fascia. Fascial Conduction touches these shapes and patterns of the three layers of fascia, finding the three dimensional matrix. Using the conductivity of the matrix of collagen, cell bodies and ground substance, Fascial Conduction opens the limitations to create a coherence within the fascial tissue layers. Coherence occurs when the fascial layers slide and glide among themselves, allowing fluid tides of movement to communicate with the whole organism, the fluids of the body connect together and the fascia conducts through its web. This fluidity allows the rhythms and tides to inform every cell in the body. Fascia not only shapes our fluids, but determines how they connect and exchange.

Fascia inhabits every part of us. Through its multiple layers, it makes contact with all the tissues of the body. It also provides a conductive matrix for different currents to flow. Fascia can sense all the movements, rhythms, and currents of the body. And because of its contact with both the physical and energetic body, it is the medium from which those layers interact with one another. It is the place of relationship where the ripples and sound waves, fluidity and density, and movement interface.

Fascia is a sheath of receptivity, experiencing all the wave rhythms patterns that pass throughout the body, communicating those patterns to the rest of the systems of the body, including muscles, bones, organs, blood, fluids and nerve impulses. The rich impulses of all the systems in the body are mirrored in the movements of the fascia. Through its collagen fiber structure of liquid crystalline matrix, it is able to conduct these rhythms through the body.

Fascia is the one place where the experience of the wave is continuous within its shapes and edges giving a sense of integrity and coherence within the boundaries of the body. This sense of integrity in the body, where all pieces are communicating, adjusting, supporting, resting can be sensed as well being, agility and openness. This integrity expands into the longer tides that come through the body from a greater field surrounding the body as an infusion from the outer layers that gently gives pressure and impulse to the inside and outside of the fascial sheaths.

When the tubular shaped collagen fibers are flexible and strong, allowing for the constant movement and communication between every layer of tissue, it suspends the fluids in a way that creates a lighter and open movement within the body and sense of floating in space.

The ground substance within the fascia can have many different qualities and determines the buoyancy that the tissue and organs sense. When the substance is more gel like it creates a lack of fluidity, adaptability and vitality as well as restricted movement, blood flow and fluid exchange. The ground substance also can determine and maintain the placement of collagen fibers creating the space we live in.

By using these qualities of coherence, conduction, relationship, reception, integrity, suspension and buoyancy, Fascial Conduction facilitates and enhances these ways in which fascia informs our lives.

Fascial Conduction is a system that contacts the impulses and patterns of the fascial layers, follows their ripples and glides them into all the tissue layers of the body. It contacts both the physical as well as energetic impulses that are conducted through the fascia, creating a coherent connection felt as a current through the practitioner's hands.

Fascial Conduction is a system of contact that receives the impulses from the fascial tissue and glides the tissues to expand this reception throughout the body. When the fascial tissue is flexible and strong, able to support and move, it can receive all the levels of impulse and conduct it throughout the body, creating a sense of suspension and integrity along its edges.

In the work of Fascial Conduction instead of focusing on the specific tissues, techniques and patterns, we put our attention to the relationship between the tissue, rhythms and patterns. By focusing on the place where all impulses, exchanges, and streamings meet, we can be the witness to the interactions of systems, polarities, movements and rhythms.

The focus on the space between 2 surfaces, 2 tides, 2 systems gives us a balancing fulcrum from which information, reciprocity, support and movement can be initiated. As these relationships expand and infiltrate the whole body, the ability of the fascia to bring a sense of buoyancy, coherence and suspension is enhanced.

The work of Fascial Conduction doesn't focus on the hands or techniques used on the tissue, but takes from various methods that touch the fascia, whether direct or indirect, and applies them to the ways the fascia functions and its fluid quality. By concentrating on the quality of the tissue, using the sensations of viscosity, pulsation and glide, the practitioner is able to connect with the rhythms of the client and feel the places of inertia and congestion. Letting the places that are open and moving inform the places that are not.

By touching and mirroring the quality of density, fluidity, ability to glide, compartmentalization, resonance and innate patterns, we can inform the fascia of a vast array of choices in quality and patterning. This touch communicates the quality of one area to the next and begins to bring the body together in its coherent and suspended nature.

The work of Fascial Conduction draws on the contact and movement of the fascia to awaken the parasympathetic part of the nervous system. As the practitioner slides and glides the fascia, bridging impulses from the whole system, the parasympathetic nervous system responds to the gentle caresses by reducing the tonus of preparation and readiness.

Fascial Conduction is a way to enliven the tissue of the body, allowing them to find an interconnectedness that creates cohesion and balance. This enlivening will open the tissues to better communication within the whole and give them a sense of belonging and wholeness, that reflects into the sensing of the client.

The work of Fascial Conduction is constantly being informed by the client as well as by the practitioner. The work is conducive to many types of cranial and fascial modalities, as it does not follow technique and sequence. It is a field of intention that draws on the practitioner's natural and learned talents to feel deeply into the voice of the fascia.

We will examine the structure, function, and relationships that fascia has with the other systems of the body, learning to palpate and discern its qualities, feeling how it responds to the energetic impulses, and opening its inertial patterns. With these hands on intentions, we will dance with the rhythms of living, experiencing the sensations of buoyancy, suspension, coherence and wholeness.