



# **The Listening Hand: Self-Healing Through The Rubenfeld Synergy Method of Talk and Touch**

*Ilana Rubenfeld*

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# The Listening Hand: Self-Healing Through The Rubenfeld Synergy Method of Talk and Touch

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The Rubenfeld Synergy Method is an elegant, powerful system that integrates bodywork, intuition, and psychotherapy. Memories and emotions stored in our bodies can result in energy blocks and imbalances. Rubenfeld Synergy utilizes talk, movement, awareness, imagination, humor, and compassionate touch as gateways — contacting and melting frozen tensions and emotions, freeing the body from pain and the mind from suffering.

**The Listening Hand** includes:

- Body-mind exercises designed to awaken awareness, free breathing, and reveal the body metaphors that tell your life story
- Guided steps that break through inner barriers and lead to concrete improvements in your daily life and relationships
- Energy explorations for contacting the energy field in yourself and others — and how you can use it to heal
- Experiments for couples that gently increase communication, intimacy, and sexual openness
- Practices that enable helpers to avoid physical, emotional, and spiritual burnout
- A complete 7-day Mind Your Muscles program for tension release, body alignment, and enhanced flexibility

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