

**The following excerpt is from Richard Harty, PT an advanced Myofascial Release Therapist. Richard responded to someone on our MFR Talk chat line who was afraid to stop thinking in fear of what they might feel.**

MFR does not circumvent your will. Only YOU can choose to let go. You can have treatments for the rest of your life, but the responsibility for letting go is yours. MFR therapists do the best they can to provide a safe place for you to do this, but they can't choose for you.

MFR is not based in thinking, what John calls channel 5. It's based in YOUR feeling and intuition. Thinking and studying are not the heart of MFR. Your thinking is part of what you have to let go of. It appears that you are trying to think your way through instead of feeling your way through.

You don't have faith in MFR. You have faith in your own body and its essence to take you where you need to go. You have faith in your intuition and give yourself permission to feel. MFR is the vehicle, not the driver. It is a process, not an answer.

One does not "do" MFR. What you "do" is to stop doing and start listening and feeling. What it sounds like to me, and I am clearly guessing here, is that you want to know what is going to happen in advance. No one knows what is going to happen when one "let's go." That's why it's fearful for those who have been taught that there is a concrete answer to everything. I believe that you are getting distracted by all the noise going on in your thinking and the "need to know" is generally the source of the fear. If you are in chronic fear, no wonder your whole body is in pain.

It is a journey of exploration that requires you to feel without trying to figure it out.

Many of us struggle at this point. I know that I did. What I have written speaks as much to myself as it may to you.

And remember, since I don't know you and have never treated you, take what resonates with you and leave the rest.

Richard Harty, PT

MFR 1, 2, 3, Unwinding, Advanced Unwinding, Rebounding, Cervical/ Thoracic, Fascial Pelvis, Skill Enhancement, Subtle Energy