

Quotes from Ida Rolf

This is an important concept: that practitioners are integrating something; we are not restoring something. This puts us in a different class from all other therapists that I know of. It takes us out of the domain designated by the word "therapy," and puts us in the domain designated by the word "education." It puts our thinking into education: how can we use these ideas behind Structural Integration? How do we put a body together so that it's a unit, an acting, energy efficient unit? One of the differences between Structural Integration Practitioners and practitioners of medicine, osteopathy, chiropractic, naturopathy, etc., is that the latter are all relieving symptoms. They make no effort to put together elements into a more efficient energy system.

Ida P. Rolf, Ph.D.

When the pelvis is not balanced, we do not have the upward thrust that creates zero balance, the sense of weightlessness that can be experienced in the body. When the pelvis is aberrated, it does not allow this equipoise, this tranquility in experience that a balanced pelvis shows. The combined forces acting on a balanced pelvis are in a moment of inertia near zero. It is always in dynamic action, but the forces balance out to near zero.

Ida P. Rolf, Ph.D.

Over and over again, people come to me, and they tell me, You just don't know how strong I am. They say "strength" and I want to hear "balance." The strength idea has effort in it; this is not what I'm looking for. Strength that has effort in it is not what you need; you need the strength that is the result of ease.

Ida P. Rolf, Ph.D.

Go around the problem; get the system sufficiently resilient so that it is able to change, and it will change, It doesn't have to be forced. It's that forcing that you have to avoid at all costs.

Ida P. Rolf, Ph.D.

Rolfing is permanent. As one student put it, after you're Rolfed you're like a Jaguar. No matter how long you drive a Jaguar, it's not going to turn into a Ford. That's a very good emotional answer. It's beautiful because it appeals to all levels. We are not truly upright, we are only on our way to being upright. This is a metaphysical consideration. One of the jobs of a Rolfer is to speed that process along. We want to get a man out of the place where gravity is his enemy. We want to get him into the place where gravity reinforces him and is a friend, a nourishing force.

Ida P. Rolf, Ph.D.

Some individuals may perceive their losing fight with gravity as a sharp pain in their back, others as the unflattering contour of their body, others as constant fatigue, yet others as an unrelentingly threatening environment. Those over forty may call it old age. And yet all these signals may be pointing to a single problem so prominent in their own structure, as well as others, that it has been ignored: they are off balance, they are at war with gravity.

Ida P. Rolf, Ph.D.

Rolfing can be like making your bed in the morning. You think you're going to get by without pulling that bed apart, so you pull up this cover and the next cover. When you get all the covers puffed up, you've got nine ridges running across the bed. Now you've got to go to a deeper layer and organize the deeper layer, and make your bed on top of that. Then you've got a made bed. Well it's the same with the body: you've got to organize those deeper layers.

Ida P. Rolf, Ph.D.