

# AcroSage “Dialog”

(Benjamin's personal recommendations)

- 1. Introduction:** *“Hello my name is \_\_\_\_\_ and I'd like to share with you a **very gentle** technique called AcroSage. This technique is all about surrendering. The more you can fully relax and surrender the more the energy will flow and the tension will go. So tell me how is your body feeling today?.....Any chronic injuries, recent surgery, glaucoma or detached retina?”*
- 2. VERBAL DISCLAIMER** (with eye contact)  
*“If at anytime you should feel at all uncomfortable, for any reason at all, just let me know and I can readjust my feet or I can gently lower you back down.”*
- 3. Standing Prayer & Massage** (Standing behind your partner)  
*“Now, let's take a couple of deep breaths together and allow our energies to become fully grounded and present in this space and time.  
(At this point you may want to say a prayer.) I like to say:  
“I call on any spirit guides and healing angels to be present with us at this time to help facilitate the release of any tensions or negativities. I give thanks for this opportunity to be of service and I see my hands being guided in the perfect manner to bless and assist in bringing this magnificent body temple back into perfect alignment & radiant health. Blessed be.”*  
**As you begin the 'Standing Massage' remind your client.....**  
*“This is your time to receive. I want you to think about totally relaxing and let me do all the work. Remember the more you can surrender and relax the more the energy will flow and the tension will go. If at any time the pressure feels too deep or not deep enough or if something doesn't feel good or does feel good I encourage open communication..... you can speak to me at anytime.”*

**Finish standing massage, back, chest, arms then working down the legs to the ankles and feet.** (Be creative, explore your own variations)

***“O.K. we're ready to begin....nice and slowly.”***

**(maintaining hand contact, sit down with your buttocks as close to your clients feet as possible. Lay down on your back and place the balls of your feet on the center of the buttocks)**

*“I want you to hold my feet lightly. Now open your legs wide apart and have a seat like you're sitting in a chair. Now lower your head and torso backwards. You can let go of my feet and drop your arms over the top of your head. Take a deep breath in exhale & relax”*

4. Transition to **Back Bridge** (1<sup>st</sup> holding position) Take a deep breath in and holding your breath, lift your client into 1<sup>st</sup>.holding position.)  
*“Is there any pinching in your lower back?”* (if so, slide your feet down the buttocks a bit) *“Can you totally relax in this position? I invite you to take this opportunity to completely surrender. Scan your body and notice where you may be holding any tensions. Focus your breath into that area and with the exhale allow the tension to release. Surrender into a puddle of complete nothingness. Imagine you're like a rag doll. Totally relaxed, totally safe..... totally loved.”*
  
5. Transition to the **Inverted Buddha** (2<sup>nd</sup> *'major'* holding position)  
*“Hold my wrist **lightly** with your hands (knuckles) facing out. Now simply pull your knees around towards your chest. Keep pulling them around keeping them open wide.”* (You now move your feet around from the butt to the inner thighs with your feet slightly pigeon toed)  
*“Now bring the bottoms of your feet together flat into a frog like position and reach up with your hands and hold your ankles lightly. How is the pressure on your thighs?”* (If the pressure is too much you can bring them down and attach thigh pads)
  
6. Transition to the **Open Wings** (3<sup>rd</sup> holding position)  
*“Holding your ankles, open your legs as wide as you can. Now leave your legs where they are and let your hands slip off and relax.”*

