

desire and, on the other hand, grief, love, pleasure, sympathy. Rigidity of musculature, in short, represents frozen emotion (5). This frozen emotion finds its expression in neuromuscular tension, postural defects and visceral disfunction.

Reich's therapy was devised gradually as he began to touch patients where he saw tension and rigidity. He gradually invented non-verbal techniques that penetrated bodily/armored resistance and had a reorganizing effect. The therapy is based on methods of breathing, movement, and relaxation which have the aim of dissolving the horizontal bands of tension which cross the body. He discovered these bands of tension which can be seen as segments: ocular, oral, neck, chest, diaphragm, abdomen, pelvis. Later researchers, such as Alexander Lowen, have added the knees and the feet ("grounding"). In the respiratory block, for example, the person may have a chronic condition of holding the breath, or shallow breathing, originating in childhood fears and aimed at keeping control. Through the breathing methods in Reichian therapy, there is a gradual relaxing of this "holding," and the underlying feelings of anxiety, etc., can be released.

" As the bands of tension dissolve, the autonomic nervous system becomes able to react strongly and powerful sensations, "streamings" (see below) and feelings emerge. Many people find such active sensations frightening and uncomfortable. If the therapy continues, however, the patient will ultimately find total release of tension, and experience what Reich referred to as the "orgasm reflex," a relaxation of the organism accompanied by a shivering, much as a cat does when it relaxes. This full release, occurring on the couch as the patient lets go of control, brings an enormous sense of well-being, re-organizes the character structure, and enables the individual to enjoy deep, open tenderness with others. Vulnerability is accepted, as well as the capacity to experience exchanges in which the core of their being is in connection with others. A natural sexuality is central in this exchange, as well as a natural morality. "

A person's armor is what either precludes sensations which should be erotic or pleasurable, or prevents build-up and discharge alike, leaving people in a chronic condition of unreleasable tension. Aggression and hate are among the few emotions that heavily armored people express. Their eroticism is converted into hate, just as does the surrounding armored culture. One of the most characteristic changes in Reichian therapy is that people begin to refuse to continue relationships which were exploitative, battering, or injurious. Yet the culture is full of such negative relationships, and Reich called the collective condition of armor the "emotional plague." He felt that such a label was accurate because of its chain-like reaction, when people are involved with flurries of truth-twisting, rumors, gossip, persecution and automatic rejection of the new, as well as a fear of freedom.

The very vivid tingling sensations which people experience in therapy, called "streamings," along with clonisms and other somatic phenomena, occurring in various regions of the body, become expressions of the bio-electric energy which Reich felt he had discovered. This quite concrete development of the libido idea, Reich called "orgone." At first, Reich recognized that these tinglings and