

Title: **INCREASING RESOURCES FOR BIOENERGETICS. THE SPHERE: A MOTHERIFIED OBJECT.**

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"The single story creates stereotypes, and the problem with stereotypes is not that they are untrue but that they are incomplete...

The consequence of the single story is this:  
It robs people of dignity... when we reject the single story,  
when we realize that there is never a single story about any place,  
we regain a kind of paradise."

*The Danger of a Single Story.*

**Chimamanda Adichie**

## **Abstract**

Some classic techniques in the field of Bioenergetics have been described in numerous publications. According to Lowen (1990), their modus operandi includes both manipulative procedures and special exercises. Further, he adds that people who do these exercises report a positive effect on their energy, mood and work. Knowing the different exercises, their scope and the therapeutic aims they may help to reach has been a demand which has received different answers considering the changes that Bioenergetic Analysis has been subject to since its origins.

This article shows our understanding of the importance of the sphere as a novel element facilitating both clinical work and training in the field of contemporary Bioenergetics. Through a process of reflection, realization and conceptualization of our practice, we have characterized the main focus of what we have termed "Biospheres". In order to do so, we have shown how Bioenergetic Analysis integrates with some aspects of the principles governing the technique of *Esferodinamia - Reorganización Postural*. Some questions guiding our reflection on this practice are: How can spheres be used to increase the multiple nuances of our inner sensations? How do their features add to the construction of a Bioenergetic experience? How do they contribute to clinical work and training? Which are the qualities that clients find in spheres that enable them to construct a somatic experience?

In this article, we systematize the main features of spheres: we show the multidimensionality of their qualities and how they can contribute to a psycho-corporal therapist's work. Lastly, we describe two experiences in order to show the validity of this tool for clinical practice. We conclude that it is of paramount importance to convey our work, insofar as this validates our career path by providing us with the opportunity to question contributions and enrich our practice as new questions arise.