

# KELLY'S CORNER

by Jan Kelly

Continuing our research of alternative approaches to health care, this week the subject is Kim Rilleau who practices Hellerwork at Wonderful Hands. The practitioner of Hellerwork is not a fixer, though he can work on a specific ache or pain within the program.

It can be called physical education in its most pure form and can be referred to as a way to prevent disease. Most of us live unconsciously within our given bodies and act according to a habitual patterning. We don't know how much stress we have until we pull a muscle or are inconvenienced by lower back pain. Not just muscle or bone problems can be predicted by Hellerwork, but present or possible high blood pressure, ulcers, and other disorders can be detected by the practitioner. The program is designed to educate and sensitize the self as to what causes the physical and psychological disorders of the human frame and mind. Through integration work the consciousness is moved into the body to be aware of its condition and to eliminate any discomfort which can build up and finally incapacitate.

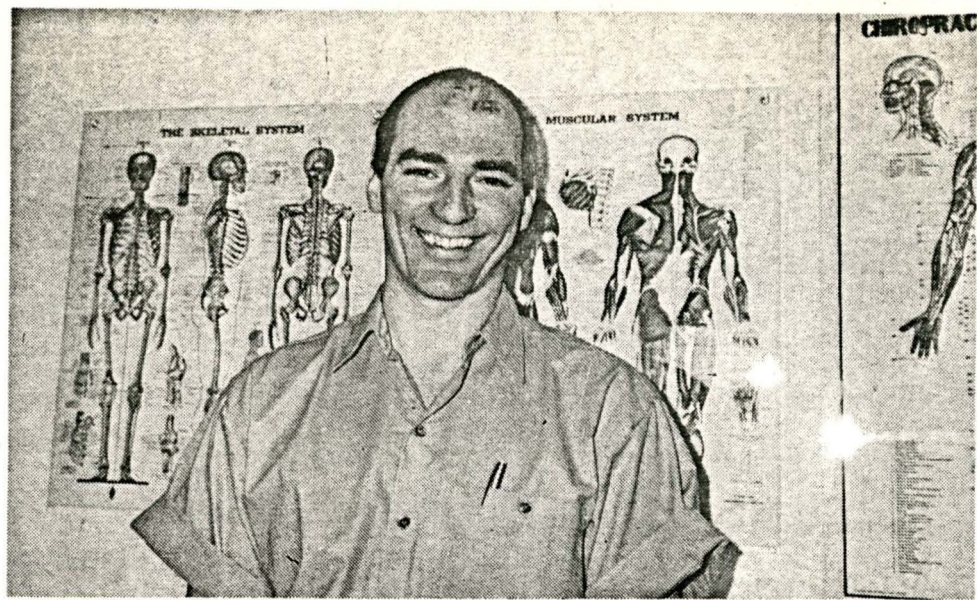
Hellerwork is a blending of physical and mental education. One very simple clue to your own well-being is your breathing. Your breathing can tell you whether you are upset or in a state of well-being. Breathing is your most immediate source of energy, food and water following.

Hellerwork is also a way to facilitate change in our lives and to make us responsible for what we do with our lives. We can all "grow up" even further. We all respond to traumas with the least emotion possible individually. This is a method of self-protection since we are all seeking happiness by avoiding pain and by making efforts to control bad situations. In

this manipulation of circumstances we armorize ourselves or put on an overcoat to stop reality before it hurts us. If we are not sure of an experience we keep it all at a distance. Our past experiences have taught us how to cope and the tactics to use to maintain our present makeup. But through Hellerwork you can learn to change that, can learn to be more self-assured in a threatening circumstance. You can learn what to leave in your life and what to drop from your life. Hellerwork is different from psychology or psychiatry in that it is both physical and mental, in that it will not extend over an indefinite amount of time and visits and in that, it enforces integration of mind and body so that you are whole. When you leave a psychiatric situation your body is the same and your mind will mull the problem over and over until you are in the confidential office to speak again. But Hellerwork helps you release the problem and the tension of the problem both mentally and physically. All types of people subscribe to Hellerwork. Youth who want to look their best, older people with pain or a desire to change, overweight people seeking permanent weight loss by the elimination of the compulsion to overeat, and all who wish to maintain their health and improve totally. You have to want to change, to inspect, and possibly drop the armoring, the remoteness, the mental filters that make us up. We all want love in our lives and want not to be hurt. You must change the body as well as the mind.

Hellerwork aids you to do this in eleven 2-hour sessions of hands-on therapy, by voice dialogue, a non-intrusive vocal investigation, and movement education. Approximately half the session is deep-tissue bodywork.

The movement re-education takes place at the begin-



Kim Rilleau, dedicating his life to Hellerwork

ning and end of the session. Video is used to show the visible change in the client's body. The desired effect is harmony versus insulation, an outgoing and involved attitude rather than a retiring or insular attitude. There are many battles going on within the body and mind and Hellerwork helps you to work through them. Not to adjust to them, but to confront them, change them, and eliminate what you don't need anymore. You will become more aware of how you use and live in the body and how that body supports you. The practitioner, in this case Kim Rilleau, aids you to change but you must do it. You can make the results permanent and allow yourself to continue growing. You earned it; you deserve the clarity and can maintain it for the rest of your life.

Kim Rilleau is a native son. He received his first physical education from his parents, Roger and Peggy. From his childhood days of learning the sandal trade with his parents, he was encouraged to use his hands as tools to sculpt and to build a piece of beauty for a grateful receiver. This is the celebration of life through the use of the body. Kim as an athlete honored his body. That combination of physical grace dictated from the brain made him a winner. Kim has seven years of mime background and taught mime at Castle Hill in Truro. There, Kim took gestures and movement onto an artistic and spontaneous level. A love of humanity grew from these varied practices of awareness.

With Hellerwork he helps others to this platform to be aware of and to instruct the parts of the body which live in the past. Kim took his training at the Body of Knowledge, Inc. in Hellerwork at Mill Valley, California. It is an accelerated course demanding 1,000 hours in one year. The practitioners study and work

from 7 am to midnight with only food breaks, six or seven days a week. The Hellerwork was begun by Joseph Heller, a Polish refugee and first president of the Rolf Institute. Hellerwork is a furtherance and variation. All practitioners are trained at his institute. There is a man in Hyannis who practices Myotherapy, but to continue to Hellerwork you would have to go on to Boston, New York, Philadelphia, Burlington, or Martha's Vineyard for the east coast practitioners.

So, do you realize how lucky Provincetown is to have its own Hellerwork practitioner? A town of 3500? These practitioners are pioneers in this work. If you would like stress and tension reduction and would like to facilitate some positive change in your life, be aware that this service is available to you. There are eleven sessions of a two-hour duration, ideally on a one-a-week scheduling, but the timing is flexible. There is also flexibility in payment and if you prepay there is a discount. You are welcome to a free consultation so that you may better understand the work and determine for yourself its value to you. Or you may wish to experience the standard first session at less than half price for a decision-making base. Hellerwork is a unique system of physical integration designed to relieve stress and to attain self-support. There is professional sanctity; your privacy is insured.

Kim Rilleau's enthusiasm and articulate energy is a joy and a gift of nature. He has furthered his strengths and well-being to the point that it is not only beautiful to watch him and listen to him, but also to the point that he can and wants to help others. As you realize by now, the intensity of that interview demands the entire column. Think about it.