



NOVEMBER 2025, PART 2

HELLERWORK INTERNATIONAL

LISTENING FOR NEUTRALITY



For me ever since I became a Hellerworker there has been a discovering into the many meanings in the subtle work. I find myself very curious of the spaces in myself, in relationship with the client both in the verbal and nonverbal, and in the space of reflection after the sessions. One word that kept coming up was neutral or neutrality.

This month, I invited members of our community to share what neutrality means to them — how it lives in their bodies, their work, and their relationships. Some contributors received a series of five guiding questions to help shape their reflections, while before I could share the questions, others responded more freely from their own experience. The variety that came through feels true to the nature of neutrality itself: not a single definition, but a living balance that keeps shifting, moment by moment.

As you read these reflections, notice how the word evolves — how each voice finds its own rhythm and gravity. Together, these perspectives offer not an answer, but a shared inquiry into how neutrality moves through us all. -Greer Bailey

Andrew Rosenstock opens our contemplation by reminding us that neutrality is not fixed — it moves like breath, relationship, and gravity itself. His image of shifting proportions and elastic presence sets the tone for this exploration:

1. When you hear the word “neutrality,” what arises for you?

“Neutrality doesn’t feel like a fixed line but like a shifting center of gravity. Early in our marriage, my wife once said that support isn’t always 50/50. Sometimes one of us carries 70 while the other carries 30, and then it shifts again. That image has stayed with me. Neutrality is like that — not a strict balance, but a moving point of adjustment that keeps the relationship, or the moment, intact. And it’s not just one line tipping back and forth; it’s many balances at once — emotional, physical, relational, situational. Neutrality is the capacity to stay present as all of those axes shift together.”



2. How does the idea of neutrality show up in your practice?

“Neutrality shows up as an openness to let the balance move in more than one dimension at a time. Some sessions call for more structure, others for more spaciousness. Sometimes I lean more into guiding, sometimes more into listening. Just as in relationship, the ratios change — not only between me and the client, but between stillness and action, empathy and steadiness, presence and technique. What matters is not forcing equality but being present to how all these balances are moving in the moment.”

3. When neutrality is present or absent, what do you notice?

“When it’s present, there’s elasticity — things bend but don’t break, and the interaction can move across different dimensions without strain. When it’s absent, I notice myself or the client leaning too far in one direction: effort replaces ease, control replaces responsiveness, and the process feels flatter, less alive.”

4. How do you distinguish neutrality from detachment, empathy, or involvement?

“Detachment steps away. Empathy leans in. Involvement can sometimes blur lines. Neutrality is different — more like being available across multiple balances at once, staying steady while leaning as needed without losing the sense of a shared whole. It’s not absence; it’s the capacity to hold shifting proportions without clinging to symmetry.”

5. *What is moment neutrality stood out to you?*

“I’ve noticed in sessions where I arrive with too much of a plan, the balance tips — like insisting everything must be 50/50. But when I let neutrality guide me, the work finds its own rhythm. In one session, I simply stayed present, not doing much. Later the client said it felt like a turning point. That reminded me that neutrality isn’t passivity. It’s trust in the shifting balance — across many dimensions — of the process itself.”



Andrew’s words remind us that neutrality is not a lack of feeling but a refined sensitivity, one that honors relationship without losing the self.

From there, Douglas brings us into a wider field — from the intimate space of session work to the collective space we all inhabit. Through stories of Ram Dass, caregiving, and humility in practice, Douglas invites us to explore neutrality as a moral and spiritual stance — one that bridges personal experience with the larger social fabric.