



An Introduction to The Lightner Method™

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Foundations:

1. Coming to Your Senses

- Sensations give you valid and useful information.
- Sensory information is crucial for artists.
- Sensory information has been dismissed by culture.

2. Locating in Being • A physical and verbal practice of well-being • Anchoring self in realistic/healthy perspective

Link to video of locating practice on this page: <http://www.lightnermethod.com/well-being.html>

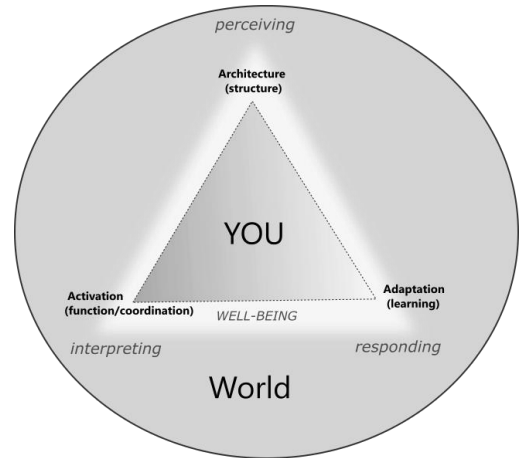
Human Compatible Teaching/Learning:

1. Aligning teaching with the way things work. This point of view determines our strategies.
2. Always updating our understanding of how things work, our point of view.
3. Making our point of view transparent.

Architecture (Structure)

Pre-sprung elastic Suspension system model is a more accurate model of our design than a postural/alignment model. It is a new paradigm and requires totally different strategies than a postural perspective. Some strategies:

1. Teach ways to self-assess organization and movement through comparison not fixed positions – Goldilocks Approach (stature handout on website) Link to Video clip of sample warm up based on this material at bottom of page: <http://www.lightnermethod.com/professional-development.html>
2. Update body-map
3. Develop new vocabulary for 'posture' such as: stature, buoyancy, lively being, upright freedom, elastic suspension





Coordination (Functioning)

Motor-learning research, among other sources, is pointing to movement and function being coordinated most efficiently by having a clear intention, external focus, rather than an internal-body focus/manipulating body parts. Strategies for this paradigm:

1. Looking for sources of interferences before giving new instructions or trying to fix problem. Who has the information about interferences? Often the student is the one who has the information about what s/he was thinking or attending to when the problem arose.
2. Refreshing intention and being clear there is an intention, a way for the system to coordinate the music making. Does the artist know what s/he is trying to say?
3. Understanding how thinking coordinates the physical structure.

Adaptation (Learning)

The human system is constantly perceiving and interpreting and responding to the world. The system is constantly adapting and learning.

1. Target Practice (Leon Thurman – VoiceCare Network) – You have to go off target to learn to find the target. It isn't so important to get something accurately as it is to know where you are in relation to the target. Most learning happens in the other-than-conscious. Our job is to set up the conditions so the system learns rather than trying to make learning(getting it right),happen.
2. Learning happens best in a **safe** environment in which **success** is felt and **autonomy** is nourished. (Leon Thurman – VoiceCare Network)

Well-Being (you in the world) • Out of the basement and into the light.

The most crucial element of learning and expressive arts is our well-being. It is also the most invisible and ignored aspect of learning. One can understand architecture, movement, music, but if the mind is chattering to fear the outcome will be disturbed.

1. Here I am, As I am... we start and end with well-being, validating the importance of well-being.
<http://www.lightnermethod.com/well-being.html> video of this practice.

When we explore our architecture, discover clear intentions, allow learning and support well-being then we empower our innate artistic nature. This is a pedagogy of empowerment.

Resources for all these aspects of our being are on my website: www.lightnermethod.com

The resources page has articles and hand-outs. There are also videos scattered throughout the site.

To learn about upcoming learning opportunities and receive new articles subscribe to my newsletter on the home page.