

Wholeness in Motion™ Basics

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“If you want to feel flexible, live flexibly”

Here are a few principles to consider as you move:

Efficient movement is getting maximum result for minimal work. The experience of moving efficiently is a sense of effortlessness, ease, wholeness, the absence of strain. Forces are distributed thru the whole of you.

When you are feeling effort you are generally feeling the feeling of working against yourself not the actual effort it takes say to get up off the floor. Forces become focused on body parts, (lower back, knees). There is a sense of strain, an important warning signal.

Your state of mind has more to do with physical efficiency than anything else. You can be the master of biomechanics and if you are, for example, stressed or rushing when you move, you will inevitably be moving inefficiently. **Form effects function, attention effects form, intention/belief effects attention.**

Flexibility is the ability to get the full range of motion in your joints. You are innately an elastic, flexible structure.

Balance involves even distribution of contact with the supporting surface and the freedom to move and let natural counter balances occur in the rest of you.

Posture and alignment maybe useful for sculptures but have little to do with human functioning. Getting out of the posture conundrum is a major part of this work. These ideas while popular and solving some problems may lead to a whole new set of problems to the degree they are inaccurate to how we are designed to be upright and functioning.

Wholeness in Motion™ Earth to Sky Sequence is intended to:

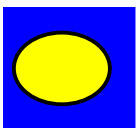
1. Invite you to listen to and understand the signals you are designed to perceive that give you information about yourself - your personal built in navigation system.
2. Explore and gain mastery of your innate ability to move with balance and freedom. This territory involves experientially understanding the relationship between support and mobility, counter balancing and straining, you and the planet.
3. Create the conditions for developing slow fatiguing muscle fibres that underlie stamina and healthy movement that includes flexibility, strength, elasticity.

The following are movement patterns to inspire variety and fun throughout the sequence:

- Expand/gather - fold/unfold - open/close.
- Peripheral/central initiation (tactile/proprioceptive/kinesthetic).
- Stillness - suspension to flow - cellular breath.
- Radiating, arrow like movement
- Sweeping arch like movement
- Planes of movement- horizontal, front to back, side to side, up and down.

Cellular Being/Breath/Stillness

Container/Contents/Environment – inner/outer and the differentiation between the two, expanding/condensing, rhythm, no improvement, here is what is, accepting the facts of this moment simply because it is this moment, no conflict, senses awake, noticing anything that is actually happening at this particular moment. Meeting the moment as it is. Notice what you hear, smell, taste, feel. Notice how different kinds of thoughts effect you? Watch your thoughts flow past as you might watch a river flow past. Meet this moment



exactly as it is with no need to improve anything, change anything. "Here I am, as I am, nothing to change or improve, just meeting myself exactly as I am at this particular moment, being with what is, simply because it is, accepting the facts of the moment." Notice your contact with the planet, the support of the floor, the movement of air in and out of you, the air crossing your lips. Imagine the possibility of you being like a single cell, environment, cell membrane, and inner world. Breathing thru your pores, fundamental being, no coming or going. Your basic properties already present in a single cell - sensitivity, evaluation, responsiveness. Gently start to move however feels good, like you are waking up. Follow your impulses.



Earth Level/ Radiating Starfish - noticing warm

golden glow in your navel area, let the glow begin to flow> belly to tail, belly to right foot, belly to left foot, belly to left fingers, belly to crown, belly to right fingers, filling in golden from the marrow of your bones to the cells of your skin, limbs radiating around navel just like when you were suspended from your umbilical cord in your mother's womb-the whole interwoven web of you, all at once, no parts, wholeness of being. The emphasis on this level is contact with the ground. Letting yourself fold, and roll and turn and move into all kinds of shape with maximum contact with the earth/the supporting surface. Images like being in the soil, or melting into sand, feeling like a worm or earth creature.



Folding and Unfolding - explore folding in and out of your center, include all six limbs including head and tail, all of you folding and unfolding. Play with any combination of limbs such as one at a time, two or more at a time or all at once. Let the limbs originate at your belly so the folding and reaching includes you torso. You can play with dyads like expanding/condensing, reaching and withdrawing, extending/flexing, leading from center or from the tips, pushing/pulling, closing/opening, squishing/stretching. Follow a feeling of pleasure and what you need, the "yum factor". Contact your support, the floor with all the different surfaces of you-back/sides/front. Explore the baby roll movement.

Starfish Halves/Baby Roll - sense the flow along each half of your body (ie. right finger tip, right face, right torso, right leg). Let the elbow and knee of one side draw toward each other (note the range of motion up have before the torso need to engage). As the elbow and knee fold toward each other let the torso fold too. Invite the opposite side to lengthen so that one side is soft and folded while the other is easy and open and moving in a sweeping arch across the floor. The open limbs extend out to opposite walls as long as possible until they have to fold in and join the first side. Rest a moment in this fetal position. Then allow the top limbs to reverse their motion extending out and the whole of you unfolds back into starfish. Repeat to the other side. Eventually this feels like one flowing motion. This is all about easy sequencing thru your body, mindfulness in motion.

Starfish Crossovers - x-work - (reaching /resisting extend to sit to roll to fly-integration of limbs with center in all movement). Lead with tip of fingers or toes as you reach to the diagonal as you resist with opposite limb. Possible order: right arm onto belly, left leg back onto back, right leg to belly, left arm back, then full extension into a circle for sitting work.

Starfish with a head - let your senses in your head awaken- taste, smell, hearing, and vision, like an animal awakening. Let your head move you around curving from side to side,

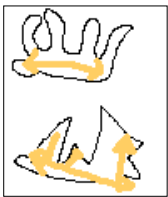
reaching out, stretching our like a cat or baby. End up on your back.



Lengthened Tube- Lying long arms along the floor above head-sensing flow through your length toes to fingertips. Bring arms to sides and continuing the sense of rounded toe to crown flow. Explore changing curves and noting when you feel compression on one side or another and when you feel full flow through your whole self. Awakening the sense of open expansion as your basic nature rather than a position to acquire.

Gently Rising Level: here you begin to extend so much that you start to rise off of the ground. You'll notice different demands on your system as parts of you continue to contact the supporting surface and other parts move up off the ground. The emphasis here is to continue to sense your self as one shape-changing-being. The work distributes throughout your system, like a muscular web. You notice signals of strain or focusing of force and adjust to take off the strain as you move. Sea Anemone is a good preparation for this level of work.

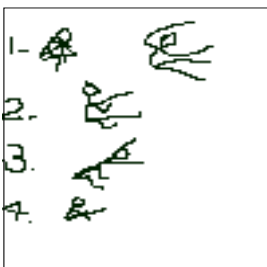
Sea Anemone - supported base with liberated limbs. Sensing through tips of



fingers and toes, like smelling, little joints lively. Floating quality to limbs like tentacles as they move through space scanning centimeters from the floor to high in the air. Note the difference in tone of your cylinder/torso when your limbs are above their support(your torso) or reaching out away from the torso. Notice the difference in movement quality when you move to sense the air vs. directing the movement of your hands or arms or feet.

Shape Changing - Explore sweeping movement, ray like movements, and stillness as you change shapes with less of you in contact with the floor. Changing what is contacting the earth and what is free to move.

Sitting Starfish - The key in these is to distinguish between bending at the joints or bending from the middle of your cylinder. Compare the difference between tilting(folding) accurately at the hip-joint with bending from the waist and neck, the middle of the cylinder. Can you want sense the full volume of you torso(cylinder) with freely moving limbs. You can do this in a chair, on a cushion or on the floor. Try various leg shapes(crossed-straight in front-open wide)



- 1) Folding forward using you hands to support you.
- 2) Fold forward with your hands extended up in line with your torso.
- 3) Release the arms forward as you lean back.

Variations: Flexing legs tipping at sit bones with extended torso and arms then bringing arms and torso back over center while extending legs
4) Right arm to left leg and vice versa - play with many ways of crossing over, twists, spiral, reaches. Spiral through whole spine, fold at joints

Fold unfold all limbs as you roll back to the floor



Contented Sponge and Crawl Sequence - Middle ground level:
Roll through spine rocking and rolling (birth pattern)

Push up to crawl position. Explore movements of torso with limbs stable: initiating from head and tail or from belly, knitting across the front vs. sagging front, walk through hands, cat, down dog, sun salute all possibilities here. Here your limbs start to become the support and your torso rises off the ground. Exploring the flow and dimensionality of your "voluminous cylinder". Noticing differences between folding in the cylinder versus outside the cylinder or moving from your distortion joints versus synovial joints. Images like light flowing out all your ends like a star, feeling like an alert animal with heightened senses. At this level your relationship with the world around you is emphasized. Where is your focus/attention? How do different focuses effect your movement? It is important to attend to signals of strain.

Bear Level: similar to middle ground but on hands and feet.

Standing Starfish: on feet, foot, hands, hand. This is shape changing with least of you in contact with the earth. Let counter balancing work for you as you attend to even distribution of contact with the earth. Emphasis is on opening to move and allowing your system to balance you. **Flow through all the levels earth to sky in each direction-front to back/ side to side/ horizontal/spirals.**

Explore the open mobility of your body in bending in all directions. Do a kick sequence to music - folding at the hip joint and allowing full volume of you torso as you kick-front/side/back/ rotations in and out.

Find the sources of swinging, jumping walking etc.

Just Dance-explore:

1. The planes of movement-front and back (wheel), side to side (door), horizontal (table).
2. Dynamics of movement-strong/light, sustained/quick, bound/free, direct/indirect
 - press, glide, slash, float, dab, punch, wring, flick
3. Meta-patterns-circles, tubes, lines, spirals, triangles, big/small, crescendo/decrescendo.

Loosey goosey sequence:

Heel rock

Windshield Wiper Legs - flop legs in and out loosening legs out of back

Arm Circle - knee flopped on right; left arm circles, reverse

Pelvic Rock - tail to ceiling and roll down; tail to floor tunnel and release

Leg swings side to side-feel thru the whole spine

