



The Lightner Method™
Babette Lightner

Wholeness in Motion™ On-line Class

The forms and content of Wholeness in Motion™ (WIM) are designed to be a comprehensive way to experience the innate capability of your system to BE well-being, to be perceptive, responsive, clear, strong, expressive and rooted in love and joy, to move with ease and intelligence, to be free to be yourself.

The core themes of WIM are like a braid weaving three threads through the movement. These three themes, principles or threads are:

- Well-being Perspectives (AKA Patterns of Joy)
- Sensory Landmarks to recognize and choose healthy movement (Opportunities to experience Body Mapping and Anatomy of Wholeness™)
- Expressive and spatial Availability, expressive, emotional and spatial vocabulary and range.

Here are some examples of the threads you experience in WIM:

1. Well-being perspectives
 - Remembering your elemental nature, that you are made of the universe
 - You have an inner compass you can rely on
 - You have many avenues for information and insight one of which is your senses and body based information
2. Sensory Landmarks.
 - Identifying the different sensation of being in the center of support or off the center of support
 - Feeling smooth versus choppy movement as an indicator of efficiency
 - Detecting the difference between having integrity through the torso or feeling disconnected
3. Expressive Availability.
 - Exploring pushing, floating, directed or quick movement with various intentions and contexts
 - Feeling the difference between gripped dynamic expression and open, free dynamic expression
 - Dancing the planes of movement

As a way for you to deepen your relationship to the material I offer the following framework for you to use to articulate these threads within the various movements/forms. WIM starts with an emphasis on experiencing the themes and forms. The writing framework below provides a means for you to make a cognitive relationship to the work. This blend of experience and embodied cognition is key to living the work in the world.

Below is a list of the individual movement explorations in WIM. For each form/shape or sequence write:

1. Heart: What is the Heart of the movement for you?
2. Well-Be: Which Well-being perspective is embedded in it?
3. Structure: Is there a Sensory landmark here? A human design principle to explore in this movement? An opportunity for mapping or Anatomy revelation?
4. Express: What expressive availability is possible here?



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Each form has an emphasis. For example the expressive work comes more into play when we are standing so you may not have a response for that thread in some of the floor work. I have asked a few specific other questions to help you clarify the key ingredients of the movement. It also gives us information about areas you might want to bring up in class or in an individual session. The point of this is as a tool for you in an on-going way, like after each class. This is not a quiz! No right or wrong just what is true for you in this moment of your experience and understanding. It can be place for you to track/articulate how a particular class struck you.

I suggest as you engage in the reading and writing of this you notice if you start to grip or narrow. What if you only wrote from a place of open connection, easy heart. I say this not as a right or wrong but as an invitation to experiment in how information flows and from where answers bubble up...allowing the response or answer to arrive rather than hunting for it.

Please let me know how this is or isn't of use for you. Joy, Babette

Web or Elemental Self

Heart

Well-Be

Structure

Expression

Cellular Dance

Heart

Well-Be

Structure

Expression

Starfish sequencing

Heart

Well-Be

Structure

Expression

Fish/dolphin-Tubular flows

Heart

Well-Be

Structure

Expression



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Sea Anemone

Heart

Well-Be

Structure

Expression

What are the 4 fundamental movements?

Transitions to standing – mid-range crawl movements

Heart

Well-Be

Structure

Expression

Prostration to standing –maximum contact with the planet to minimum contact and back again

Heart

Well-Be

Structure

Expression

Dancing interlude: we explore in various ways many expressive, mind, movement themes.

What are the 3 planes of movement?

What are 3 key dynamic continuums?

What are BMC body based dynamic elements like blood, bone etc?

Locating: here I am as I am...

Heart

Well-Be

Structure

Expression



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For the standing sequences below jot down any notes about the threads and particularly what you can learn, demonstrate or exercise in each.

Elephant

Drawing the ears

Establishing trunk

Soaring trunk

Drink water

Up to Lion

Lion interlude on one foot

Kick set

Spring to land

Repeat elephant to lion then

Become the air

Spring to Artemis

Arrow/point one way –center—the other



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Center

Flying bird

Land on mountain

Dragons tail up to mountain

Tilt one side then the other

Fly again

Become the ocean/river

Spread the seas one side, center, the other

Up on one leg soaring

Tilt over

Step back

Diagonal

Rotate

Tectonic plates arm switch



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Windmill curve to flying bird

Become a tornado/lava flow

Land in the meadow

Deer

Spread the seeds

Center

Patterns of Joy™

Open to horizontal plane dance (architype will be in parenthesis- Nataraja)

Fluid (Shakti)

Line/trajectory (Kali/loving warrior)

Pause to recognize roots of health (Sage)

Spiral (Mary/mother/Bodhisatva)

Sphere (Gaia/Celtic monolith)

Wave (Vishnu)

Suspension (Infinity)

Float – dissipation (Universe)

Here I am as I am In the world as it is Supported by the planet..... floating in the universe....AWAKE...to my state of being....ffuuuuwwuw...