

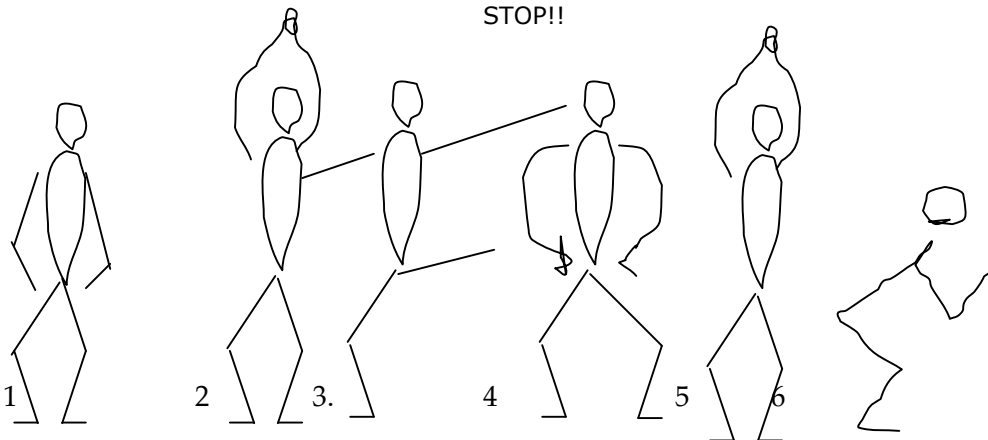
# Wholeness in Motion Animal Form™ Short form- 2007 (update2013)

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The underpinning of this form is balance through: 1. A supported relationship with the ground. 2. Flexibility/mobility to change shapes. 3. An inclusive awareness of yourself and the world around you. A simple way of allowing support is to find an even distribution of contact with whatever parts of you are in contact with the earth. In this form the primary contact is through your feet. So in every shape the aim is to roughly have an even distribution of contact across both your feet. (The exception is when you are on one foot) You will also want to allow an opening in the rest of you so you can freely bend at all your joints as demanded by the shape to allow the continued supported relationship with the ground (equal distribution of contact). If you are off balance or out of support you will feel strain, which is an important indicator that you could be moving inefficiently, and heading for trouble. Most shapes are designed to encourage flexibility in your major joints of motion and tone/strength through the cylinder of your torso and the whole of you. There is some twisting through the length of your cylinder but bending happens at the ends where the limbs meet your torso. You might periodically ask yourself "From where am I bending?" If you find yourself bending at the waste or mid-neck explore finding the natural bending areas of hip socket (where legs meet torso almost pelvic floor level) and atlanto-occipital joint (where head meets your spine at ear level). Compare the differences between bending in the middle of the cylinder and bending "outside" the cylinder. This form draws from several martial arts forms so awareness of the world around you is a key to the alert, energetic vitality of the form. Enjoy!

### In a nut shell:

1. Aim for even distribution of contact with the ground.
2. Open freely into the shapes -bending at joints outside your torso/cylinder.
3. Allow maximum volume in your torso/cylinder through all the shapes.
4. Listen to the signals you are getting. If you feel strain/pain/discomfort STOP!!



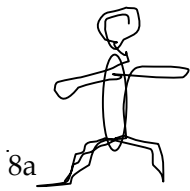
PREPARATION - (1) lean in all directions, come to stillness in approximate center Begin elephant (2) Draw the ears (arms up through center front to over head to touch sky - pause (sense flow thru whole), (3) come up to starfish on one legs as you move to wide stance, (4) Flap ears, arm behind you (5) release the trunk up over head. (6) tilt up and over to arrive in elephant - easy stable, long cylinder, folded limbs



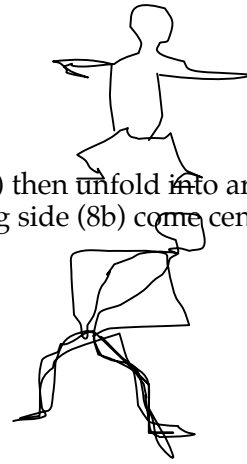
Draw to center and up To LION, (step on to one foot (bring up other foot, big toe up, one arm back, lother arm forward, claw hands) (5a & 5b). Little Kick and Pounce (Step, Jump, and land) so you land with in LION) (6). REPEAT ELEPHANT AND LION SEQUENCE changing sides.



7 Become the wind = liquid movement to transition to archer.



8b



Land gently into archer with wrist crossed in front of chest (8a) then unfold into archer – one arm bent, one pointing, head turned at A/O joint to look toward pointing side (8b) come center and unfold to the other side. Gather center.



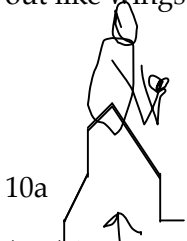
9b



9c



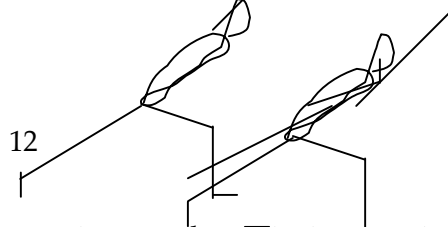
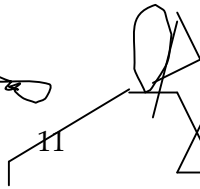
Open into flying bird. Legs are wide and folded, cylinder long and titled from pelvic floor, arms spread out like wings. Come up with hands on hip sockets and (9c) tilt to each side and fly into the bird again.



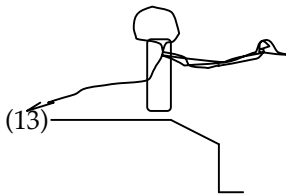
(10b)



d



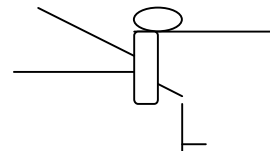
(10a) become water. (10b) Then spreading the seas—one arm up, palm up, other side down, palm down, switch sides (c) Come up on to one foot, arms over head then open into starfish on one foot and play. (d) Then tilt over, extending raised foot back, arms extend front and step on to both feet in lunge shape with even distribution of contact. (11) (12). Then tilt into diagonal form into a centered side facing lunge (12b). Slide arms past each other for soaring bird, windmill around into flying bird. Tornado wind. Land in the meadow. Come up to deer.



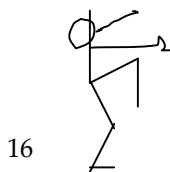
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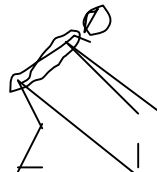
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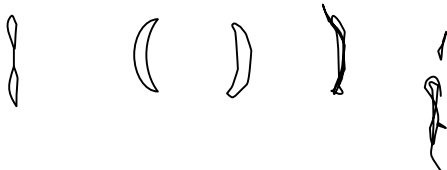
(13) open into deer. (14) Then come up to center. (15) open like a star (16) come forward



17



(17). Release allow left foot to come forward, arms also release to forward down diagonal, cylinder long and tilted forward from pelvic floor (18). Come up into lion with left leg front (6) Repeat whole BIRD sequence to the left.



18-21 — Come to center, arms flow up hands clasped, index fingers to sky. feet to earth, arch like a rainbow side to side, then fold to earth, lying down and rest, fold and unfold, open to sound toning vowel sounds...consonance....silence...ahhh (18-21)