



The Lightner Method™

Babette Lightner

Perspective of Health (Movement Shape & Concept)	Mind of the Pattern	Feeling of the Pattern	Image of the the Pattern in Nature, in Body	Counter patterns of fear/pain
Horizontal layers (Connection)	I am stardust. I am woven in the web of the universe.	Safe - Oneness - no separation - rooted grounded	Mesas, clouds, galaxies, diaphragms, tail, nervous system	Isolation Loneliness
Fluid Flow (Access to value system, True Self)	Here I am. I feel, I taste, I love.	Free - absence of fear- feel sensations easily	Rivers, lava, arteries, organs, fat	Lost - no/self in negative aspect=no value
Line (True self in context of others, Confidence)	I am here; you are there. I know what I know and you know what you know. I clear the clutter.	Confident - powerful in own truth at moment	Oak tree, Lightening, silk thread, clear plan, bone, light	A pleaser, confused, judging, critical
Stillness - staff (Calm•Peace)	Pausing.	Breath - stillness - spaciousness	spaces between	Chaos, busy, burned out
Spiral (Non-attachment, Compassion)	Air flows out, air flows in. I embrace, I release. I am flexible and lively and free to move and breath and stop and go.	Compassionate	Cycles of life, of breath, of all the elements, heart, circulatory system	Rigid, stuck, narrow, judging, angry
Sphere (Acceptance•Gratitude)	Here I am as I am, here is the world as it is in this moment.	Grateful	Earth, tear drop, cell, thymus, arms, immune system	Unsatisfied, angry, frustrated
Wave (Change•Resilience)	This crests will fall; this fall will crest; change is flowing. I meet the highs and lows of life. I am joyful for this goodness, I am sad for the loss. I am alive and able to feel and flow with sorrow and joy.	Accepting the moment, Creative	Ocean waves, sounds waves, heart beat, breath flow, thyroid, vocal system, voice, regulatory system	Vulnerable, depressed, stuck, clinging
Suspension (Insight•Mystery)	I notice the spaces between density, between my breath. I feel my connection to the mystery of the universe, to wisdom. I feel connected to some wiser, pool of knowledge because I didn't know I knew that.	Wise beyond self - voice of universe in me	Suspension, spaces between density, spaces between your molecules, between the nucleus and electron...atomic space, pituitary gland	Blocked
Vibration•dissipation	"sssss", "hmmm", sounding on the outgoing airflow. No self, I am universe.	No-self, bliss, empty	Atoms, particles, sound, atomic vibration, life force, pineal gland	Dense, afraid



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Perspectives of Health™ is a practice of well-being. Each shape correlates to a mental framework of well-being and a pattern in nature, (meta-pattern). The purpose of this practice is give you a physical anchor to healthy perspectives. As you explore the movement, gesture, shape and mental framework your system integrates them into you. When a challenge rises up and you find yourself leaning toward strain or unwell-being you can draw upon the shape/movement to bring your perspective back toward health. You find yourself wishing and wanting and feeling unsatisfied. You can do the sphere to remind you to include all that is, as well as all that you want. This work is NOT about some ideal state. It is about CLARITY and being in touch with your internal compass.