



The Lightner Method™
Babette Lightner

The Patterns of Joy™ explores shape and form within you and in the universe that makes interconnection with self and the world obvious, accessible and experiential. The Patterns of Joy™ take you through a series of nine simple shapes/patterns. Each pattern is associated with a perspective that promotes well-being. The movement and gestural patterns are like a physical anchor to each perspective. The practice of these patterns is designed to give you access to these well-being perspectives when you really need them by simply doing the gesture or movement.

Natya (Dance) Assanas (Poses) evoke the immediate power of character and archetype. This is a means for manifesting change and drawing on strength in the moment you need it. It is a shorthand for a concept; when you do the archetype you're reminded of the whole concept in a second.

Awakening the endocrine glands or centers of life force (Chakras/padmas/sun centers) opens you to a big picture perspective that helps you keep from getting caught in the net of stress and narrowed thinking.

You can play in the material from any number of perspectives. It can be a way to:

- Simply move and have fun
- Access a larger perspective
- Give a stress over to these core aspects of being
- Discover your dynamic range
- Expand your spatial comfort
- Explore expression thru movement
- Experience a moving meditation
- Open energy and healing pathways
- Nourish yourself by following what comes to you, feels good to you.
- Tap inner resources
- Receive information
- Anything else that comes to you

There are essentially eight basic movements as follows:

1. Layers-horizontal-parallel motion-diaphragms-rhythm-pulse - halos"
2. Fluids - squishy- inner motion-knead-pump-squeeze-mush
3. Lines - laser beams-lines-be the beam-direction-focus (and a gentle transition here of stillness/the sage - "here I am as I am" - sweet pancreas)



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4. Spirals-going and coming
5. Sphere-universe-glaxies
6. Waves- small/large, crescendo/decrescendo, phases, phrases, living/dying
7. Suspension - momentariness-stillness
8. Vibration -Space-emptiness

We move dynamically in everything we do from shoveling snow to hanging ornaments. We all have dynamic affinities in which we are most comfortable. You may be quick, direct and strong while someone else tends to be indirect and sustained and light. Exploring dynamics is a way to expand your comfort with your expressive range. Dynamics are also the vehicle to finding comfort in expression through movement. As we explore the specifics of dynamics you'll notice that different dynamics evoke different emotions, different emotions evoke different movements. It feels different to punch than it does to tap for example.

Dynamics:

Time - quick and sustained - dab/ tap/ flick -- wring, glide, press

Weight - strong and light - shovel, move piano -- bubbles, float

Space - direct and indirect - shoot and arrow -- meander Flow - bound and free - robot -- drunk

The key to allowing the Movement Patterns to develop is to allow yourself to simply do whatever comes to you as you move. This is a personal "dance". The shapes are only a framework intended to evoke different experiences, not specific ones. Your response is the perfect response. There is no right step, no right way. If you feel self-consciousness arise, awkwardness arise, notice and allow that to move thru. Can you accept this moment, this way of motion, exactly as it is without judgment? (Of course allow yourself to respond to pain or discomfort). Can you find your meta-patterns, your archetypes, your wisdom?