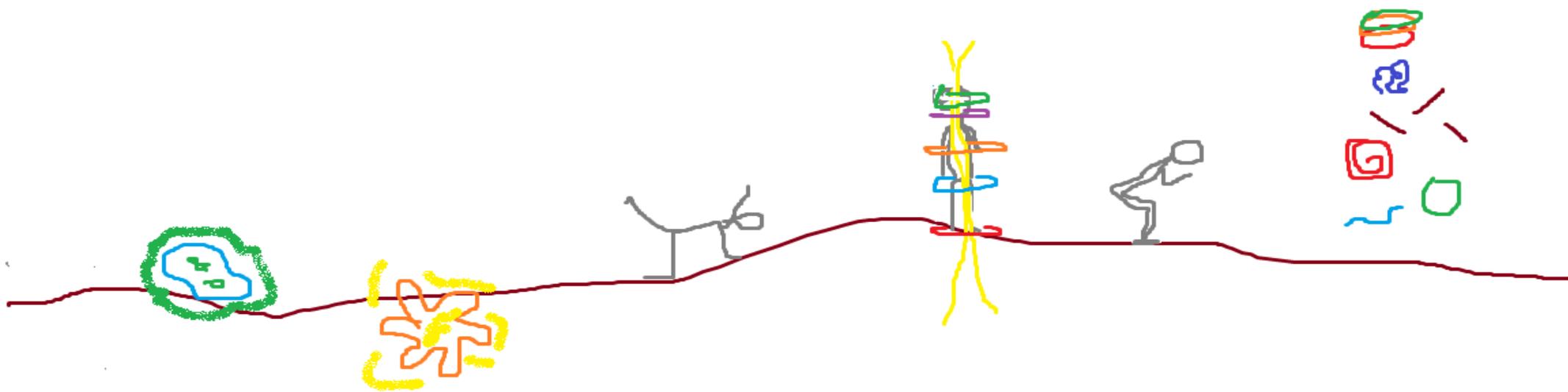


# Wholeness in Twelve™

with Babette Lightner



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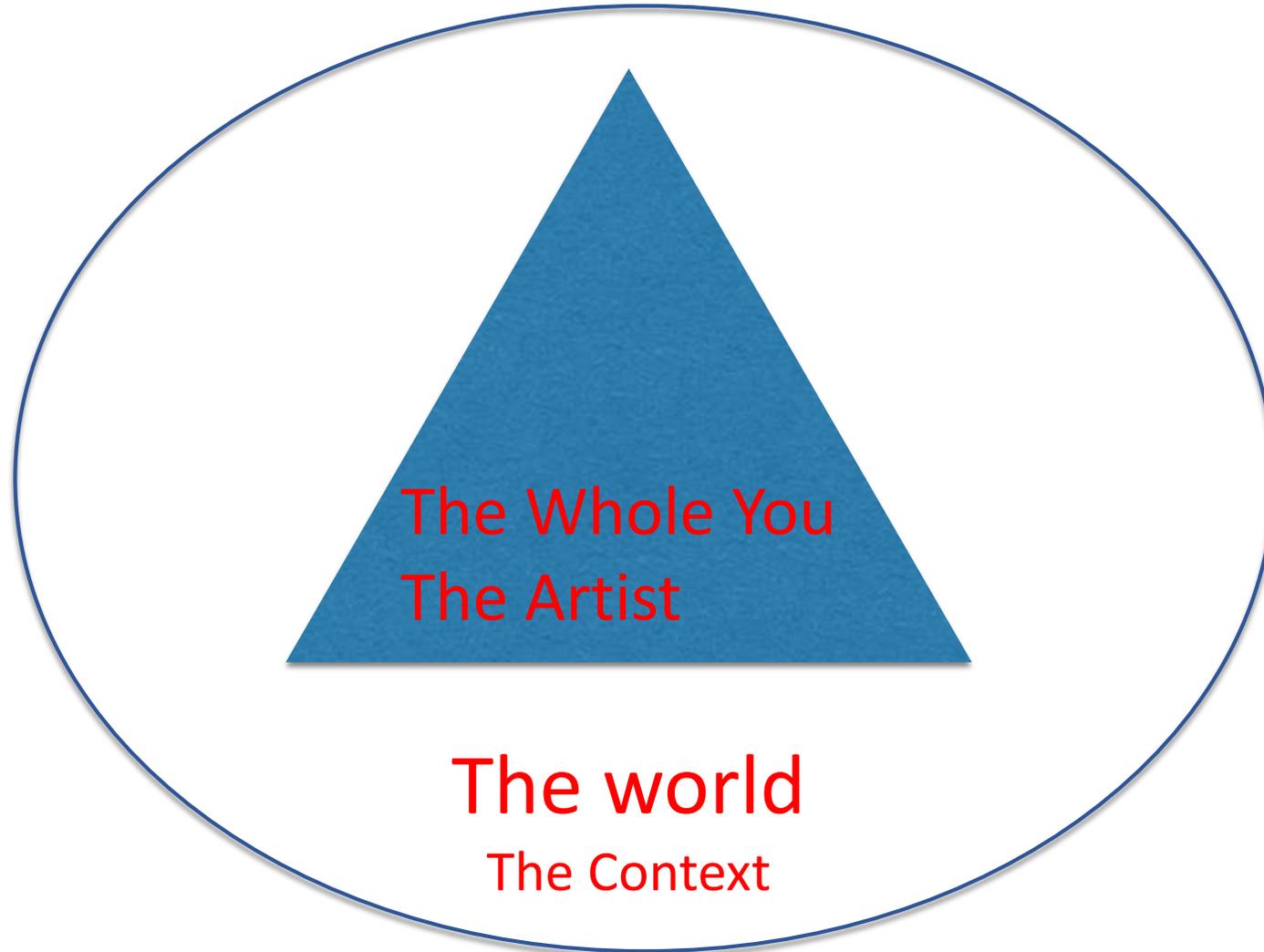


Wholeness in Twelve in context.

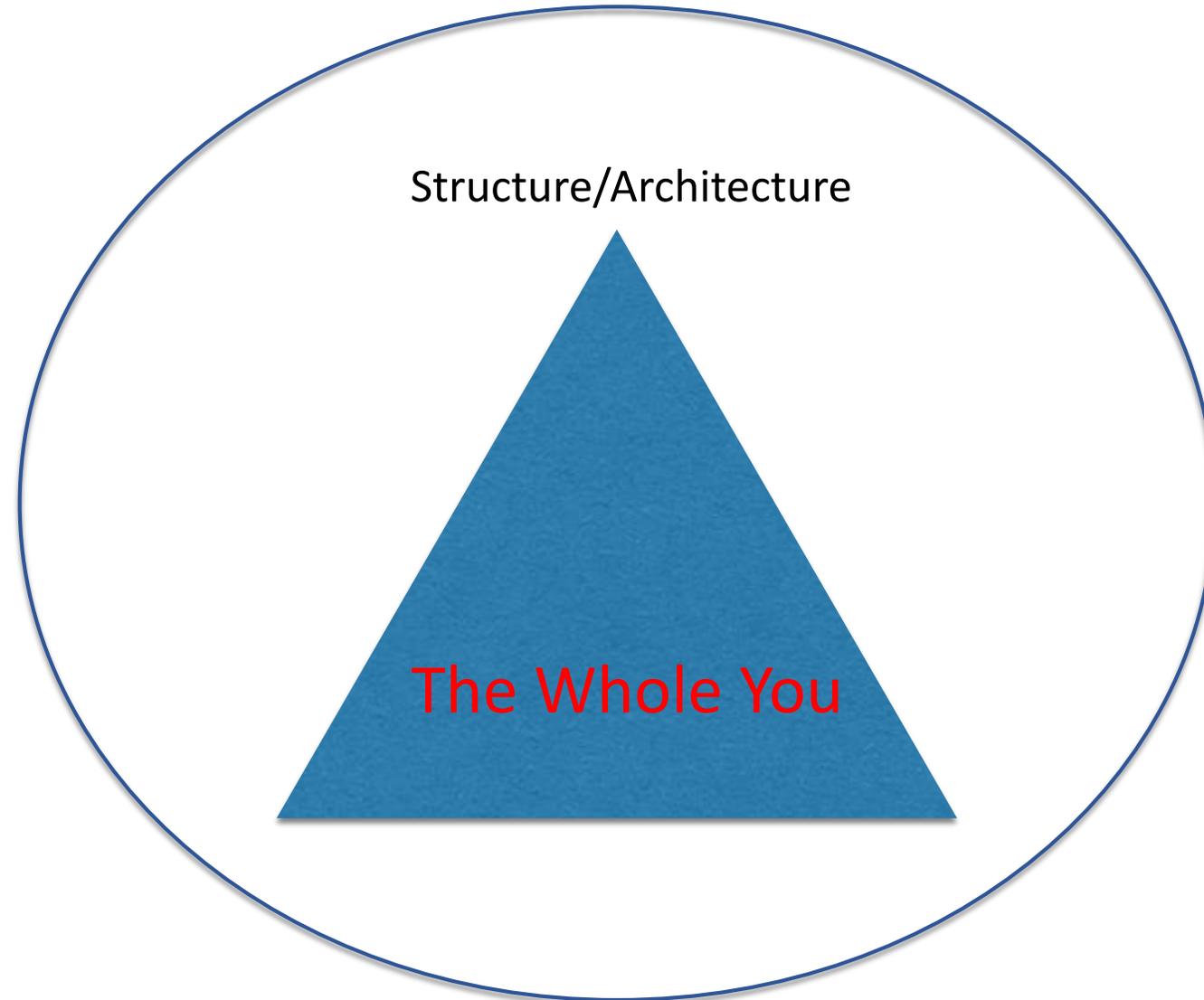
How do we work?  
How do we thrive?



# Lightner Method & Wholeness in Motion™



# Lightner Method & Wholeness in Motion™



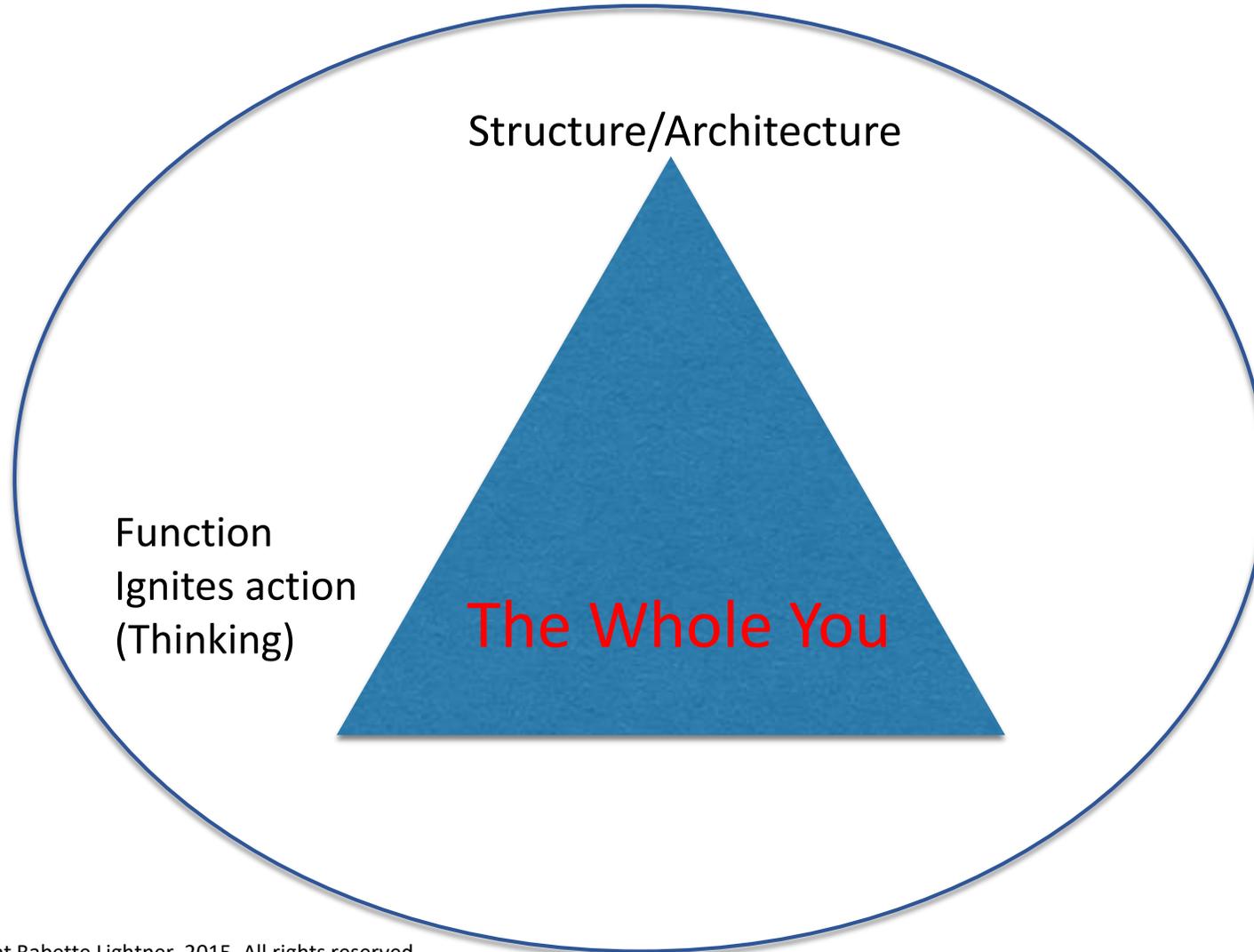
# Lightner Method & Wholeness in Motion™

Structure/Architecture

New Paradigm ■ New Understanding

*Pre-sprung Elastic Suspension System*

# Lightner Method & Wholeness in Motion™



# Lightner Method & Wholeness in Motion™

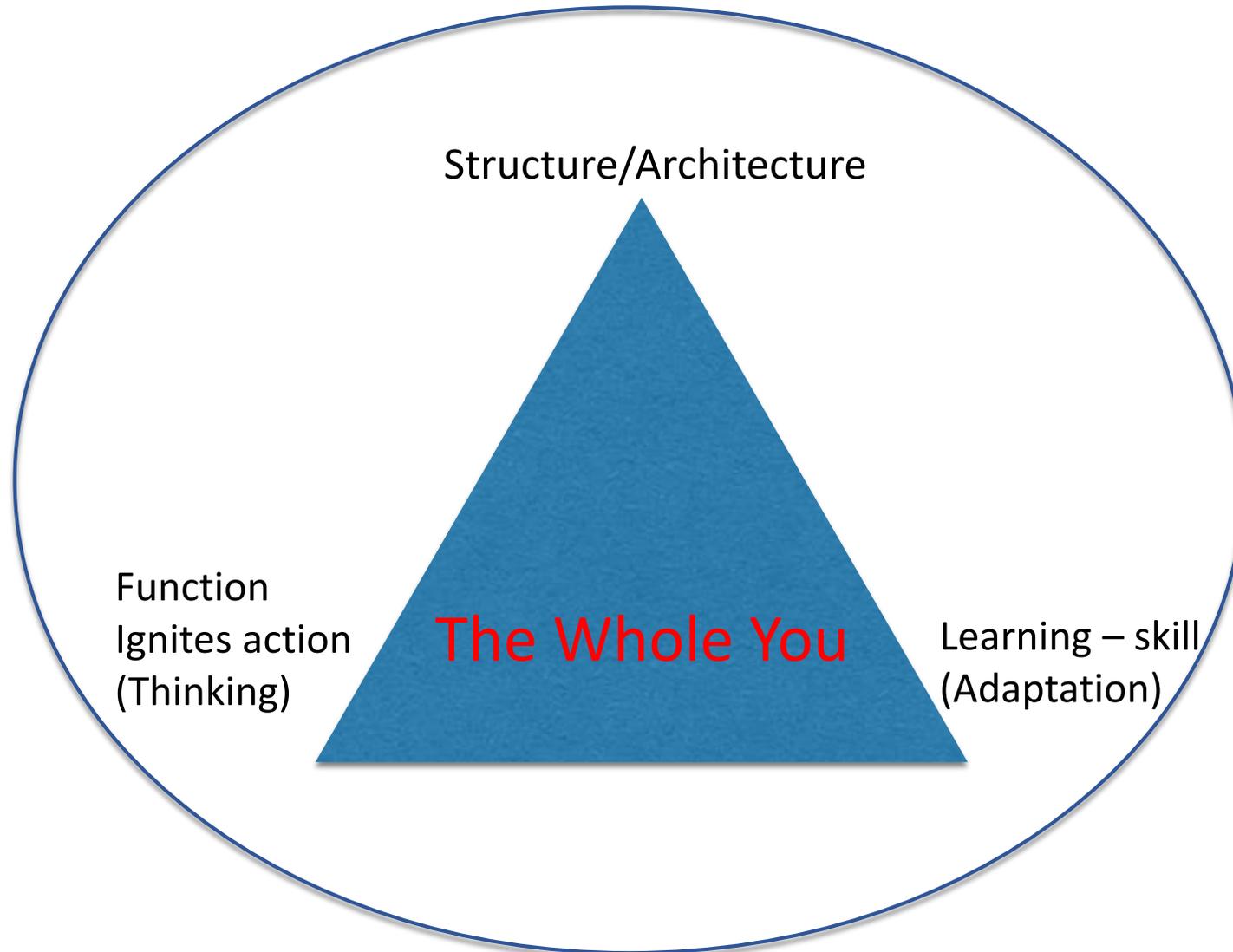
Function

What Ignites action?

New Understanding

*Coordinating System Model*

# Lightner Method & Wholeness in Motion™



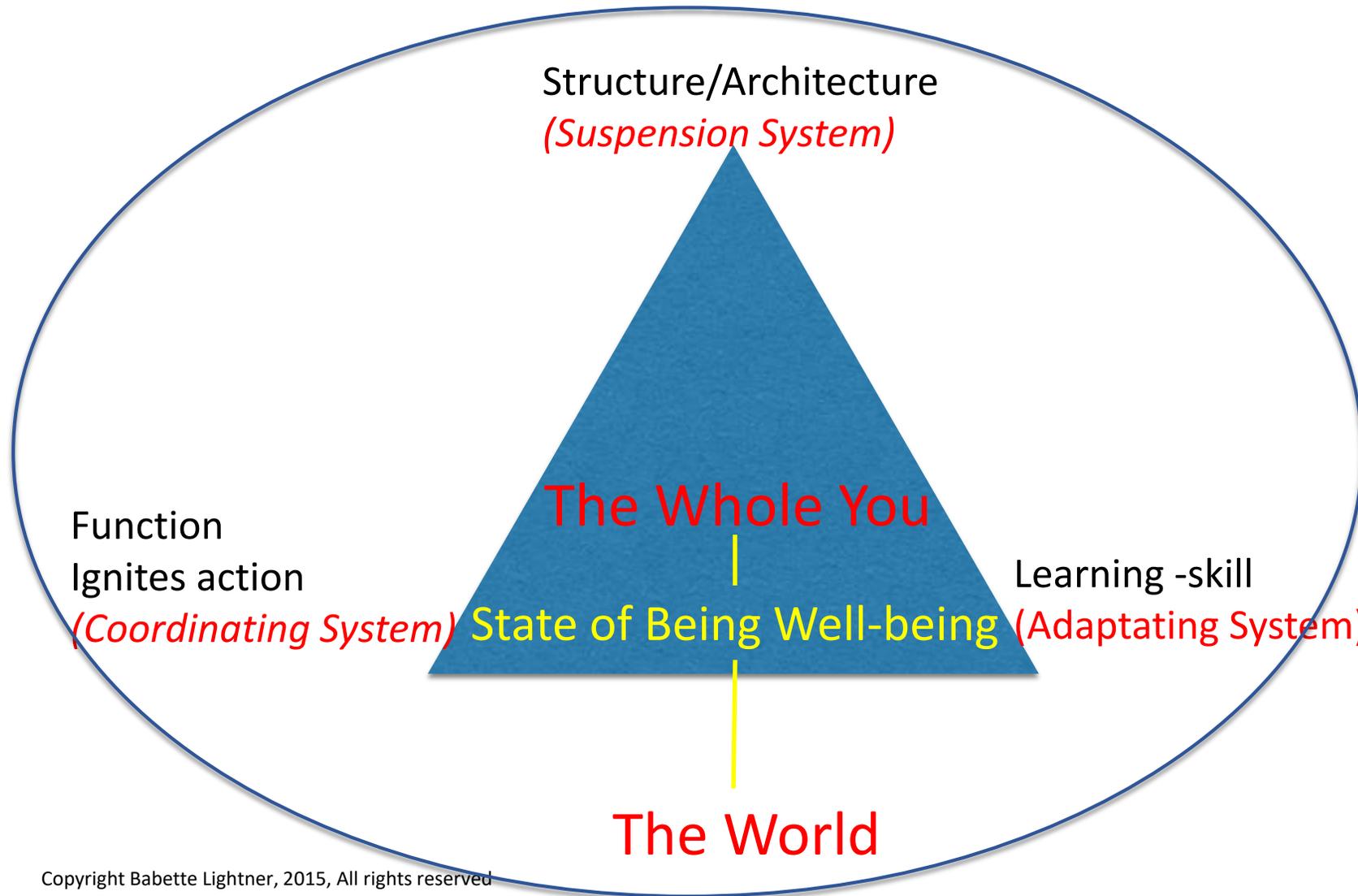
# Lightner Method & Wholeness in Motion™

Learning

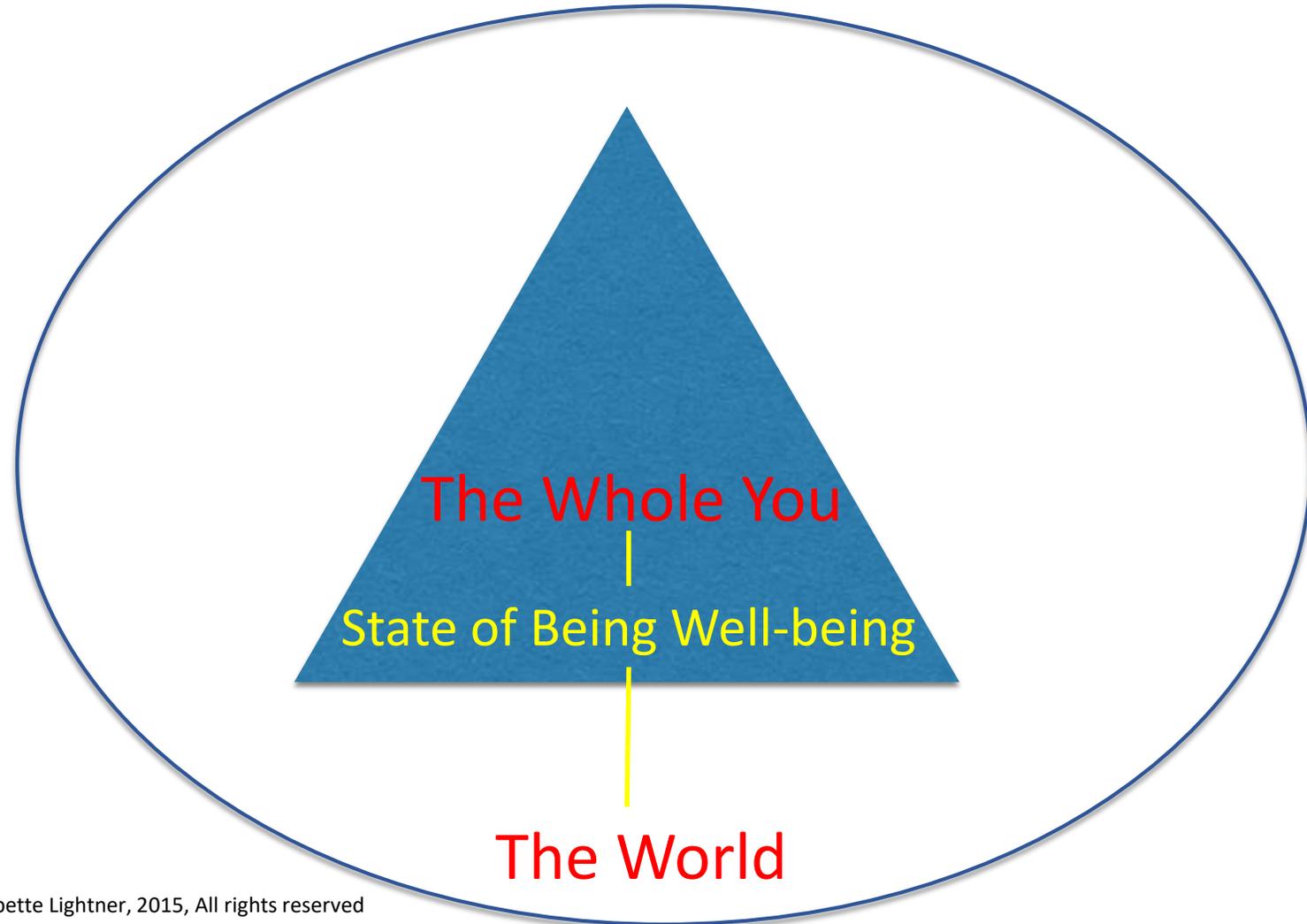
New Understanding

*Adapting System • Learning  
System • Brain Plasticity*

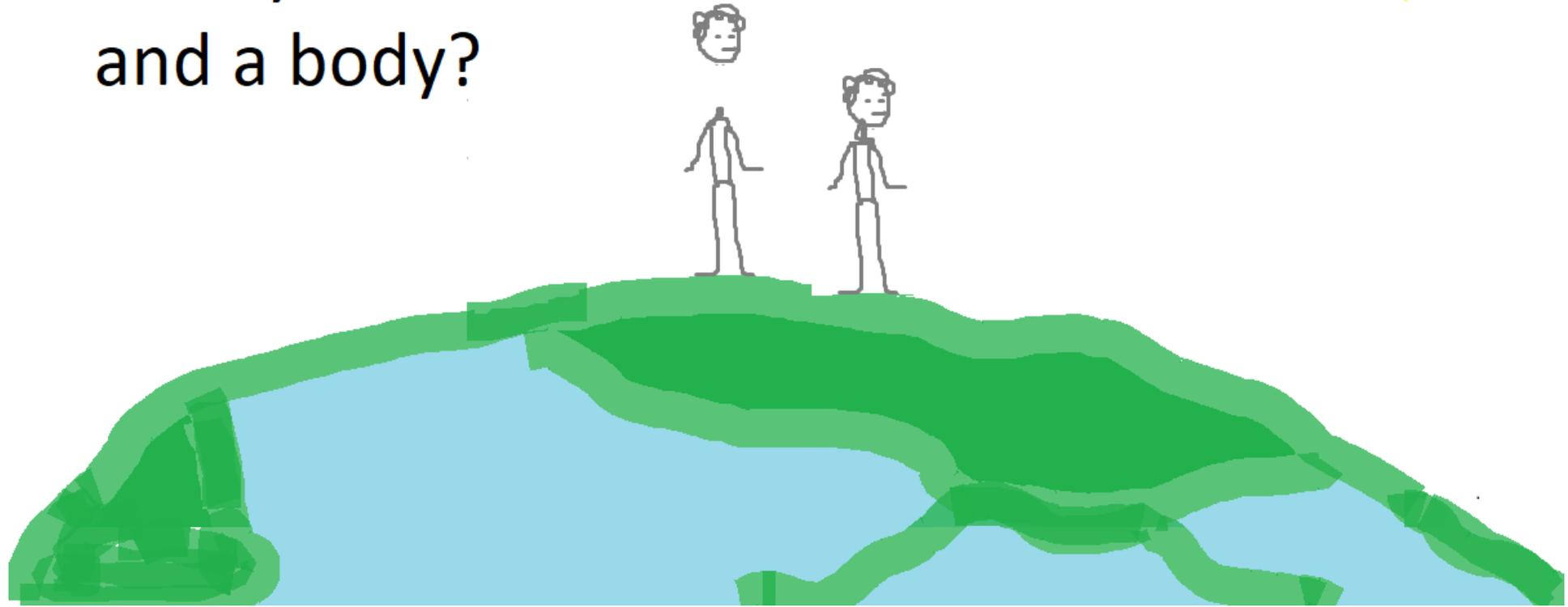
# Lightner Method & Wholeness in Motion™



**YOUR STATE OF BEING IS PRIMARY**  
It is the determining factor in your functioning.



Are you a whole system?  
Or do you have a mind  
and a body?



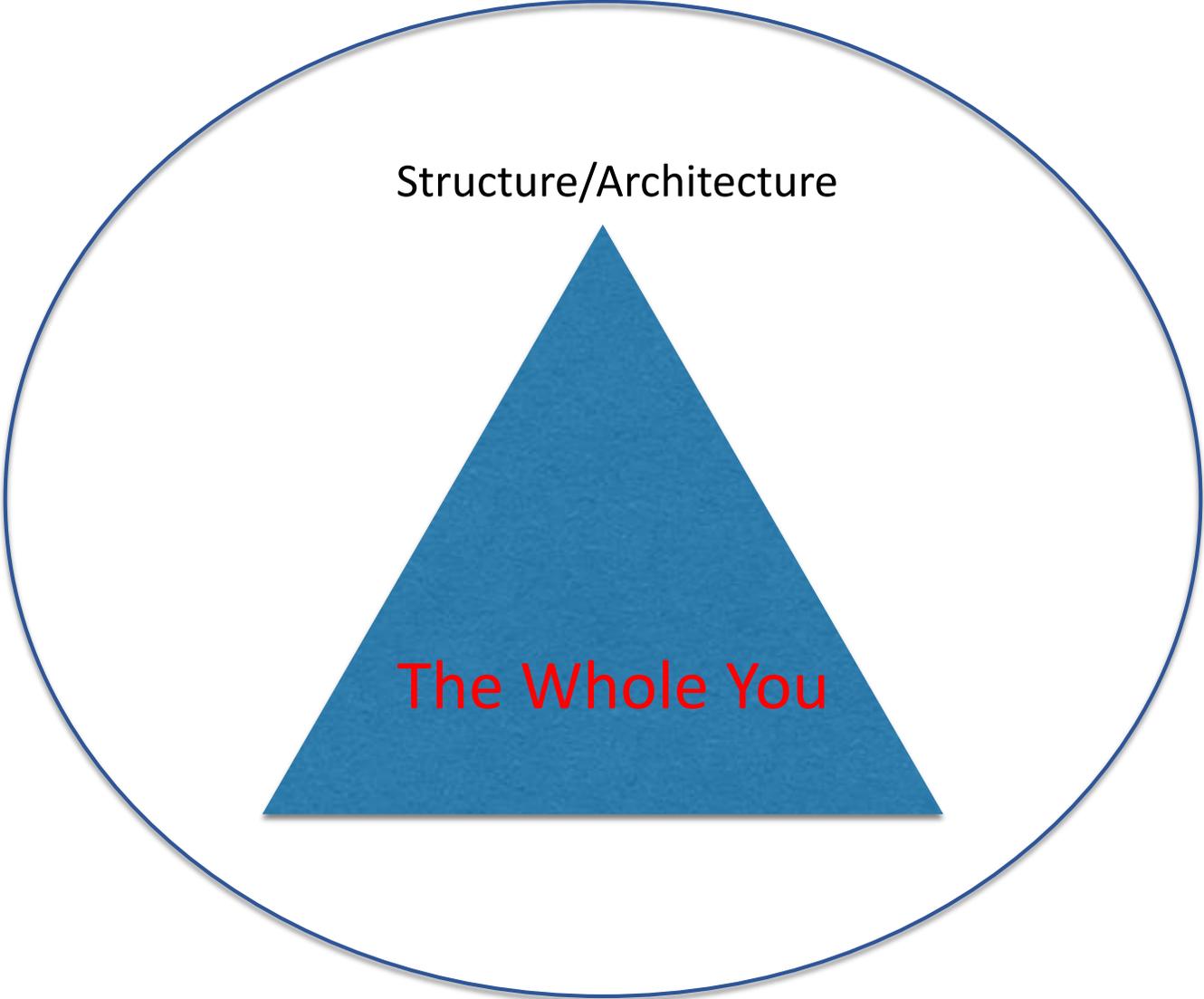
If you function best as a whole system, how do you scaffold learning and teaching from this perspective?



# The Language of Wholeness is

the language of suspension, coordination and adaptation.





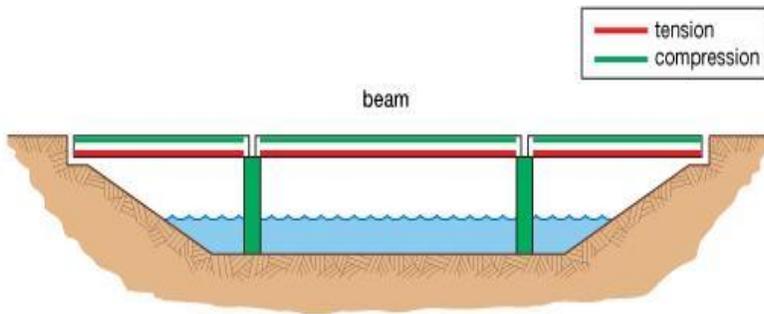
Structure/Architecture

New Paradigm ■ New Understanding

*Pre-sprung Elastic Suspension System*

# Suspension System is totally different paradigm than postural system model.

An alignment model is has different rules of function than a suspension model.  
The difference in not unlike the difference between a beam bridge and a suspension bridge.

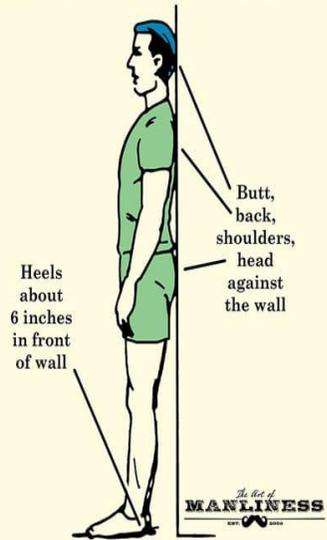


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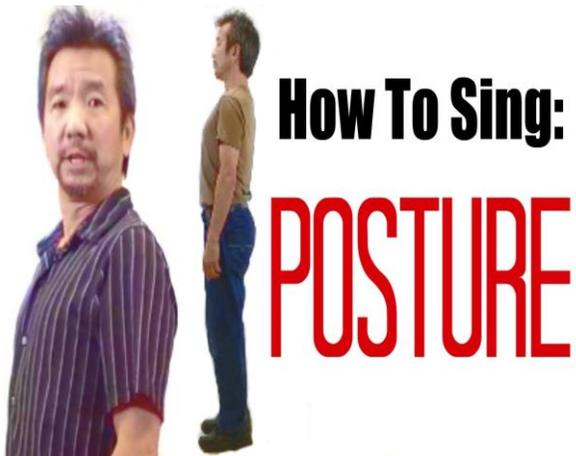
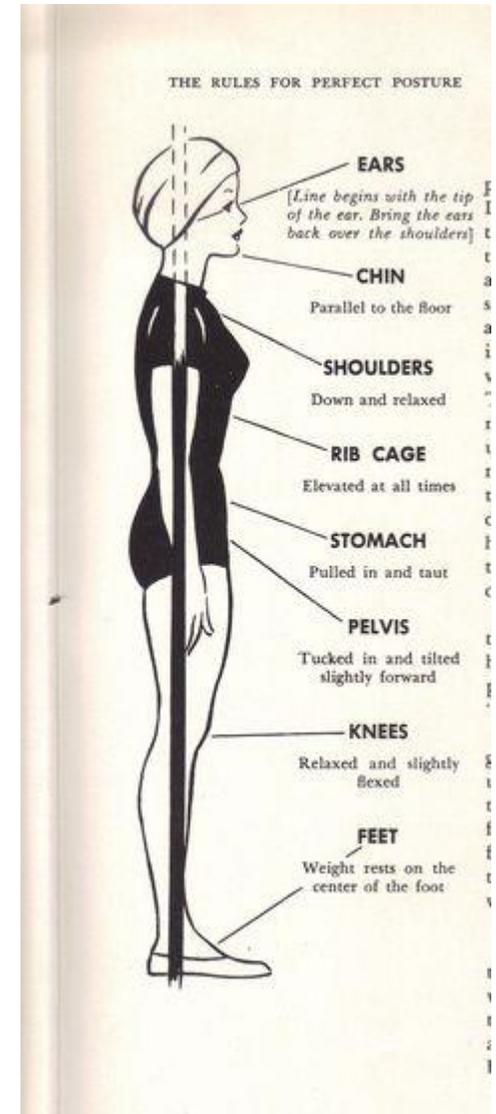
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Stand Against a Wall to Discover Your Proper Posture

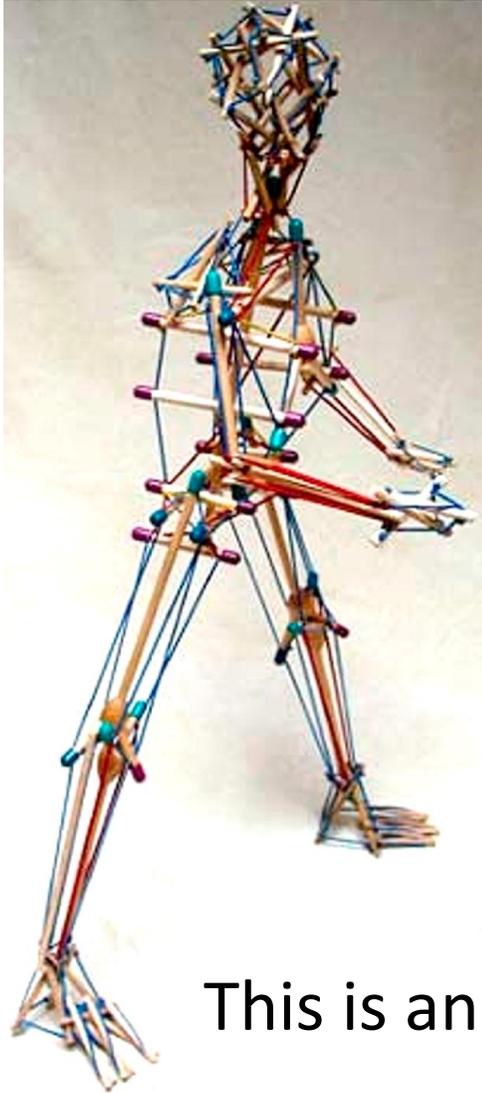


Optimal positions, good alignment or good use are ideas that have nothing to do with how the structure is actually designed.

The result is that alignment at best limits free expression, tends to be allusive and a 'should' and at worst actually causes injury and a sense of an untrustworthy 'body'.



# Coordinating Pre-sprung Suspension System



It is our active, aware opening to the world around us and to the support of the earth that elicits an interplay between gravity and our structure that activates us into an entire web of tensional support which springs us into our dynamic, responsive, mobile uprightness.

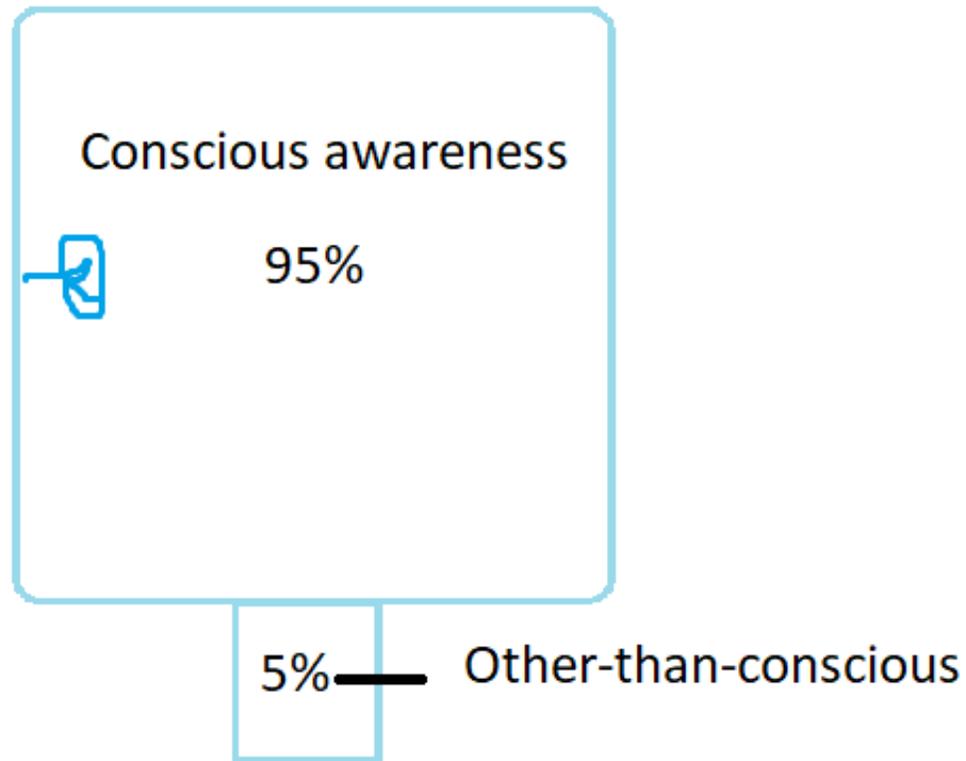
- David Gorman

This is an other-than-conscious process.

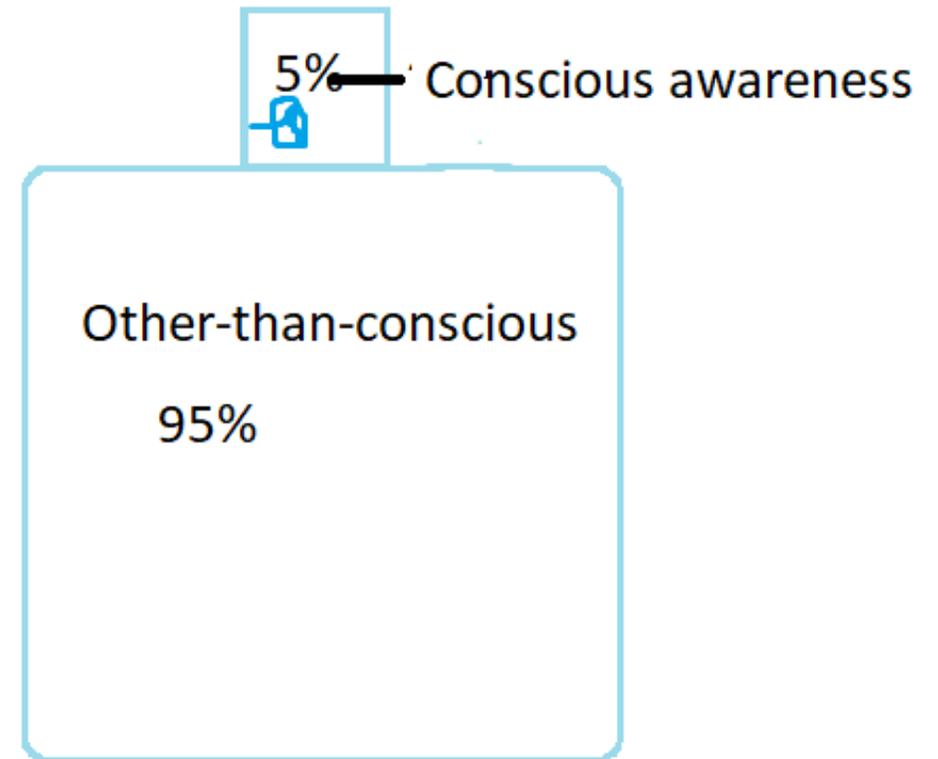


## Conscious and other-than-conscious processes

How we perceive ourselves & root of corrective approaches.

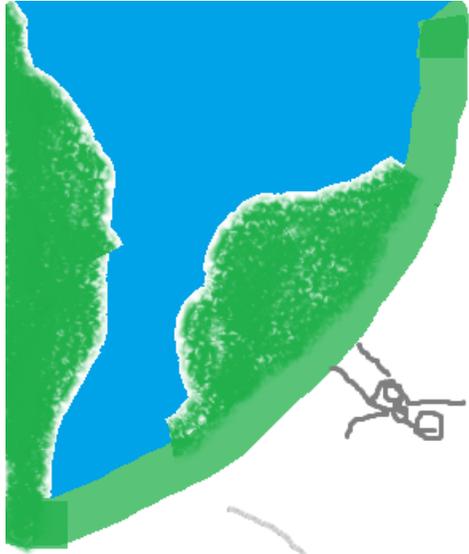


How we work/reality & root of Coordinating System approach.



What is useful to know to take advantage of your wholeness for living life with greater ease and facility?





**Gravity is multi-directional.**

It is an attractive force.

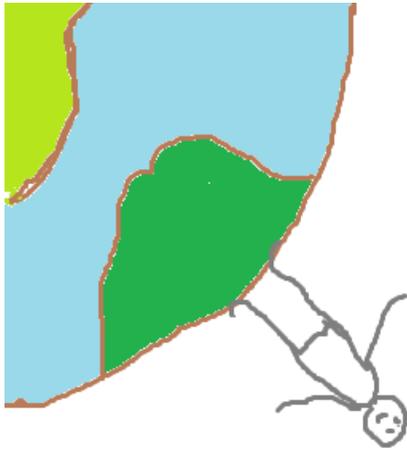


You are supported by the planet.

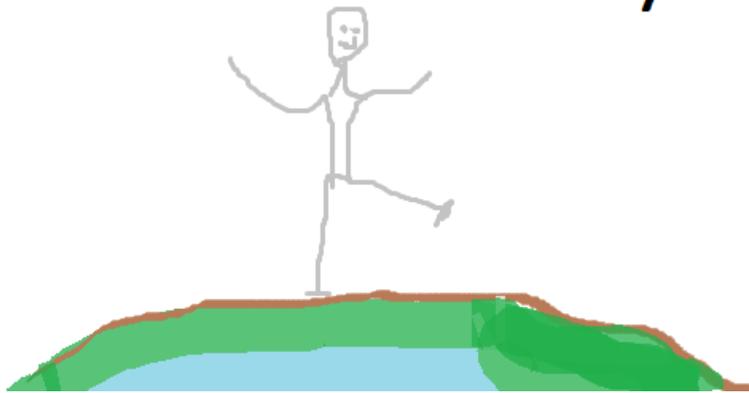


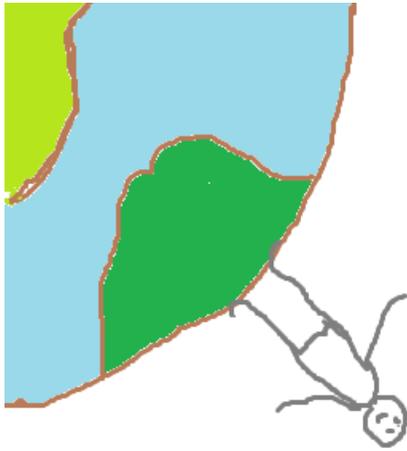
You are supported by the planet.





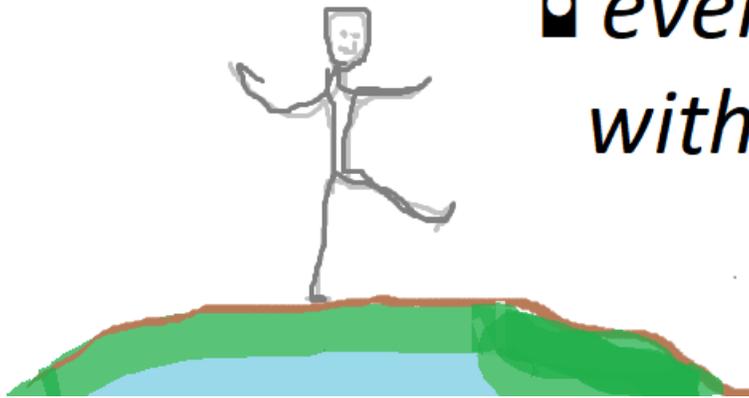
Balancing is built into you.  
Your system balances you.





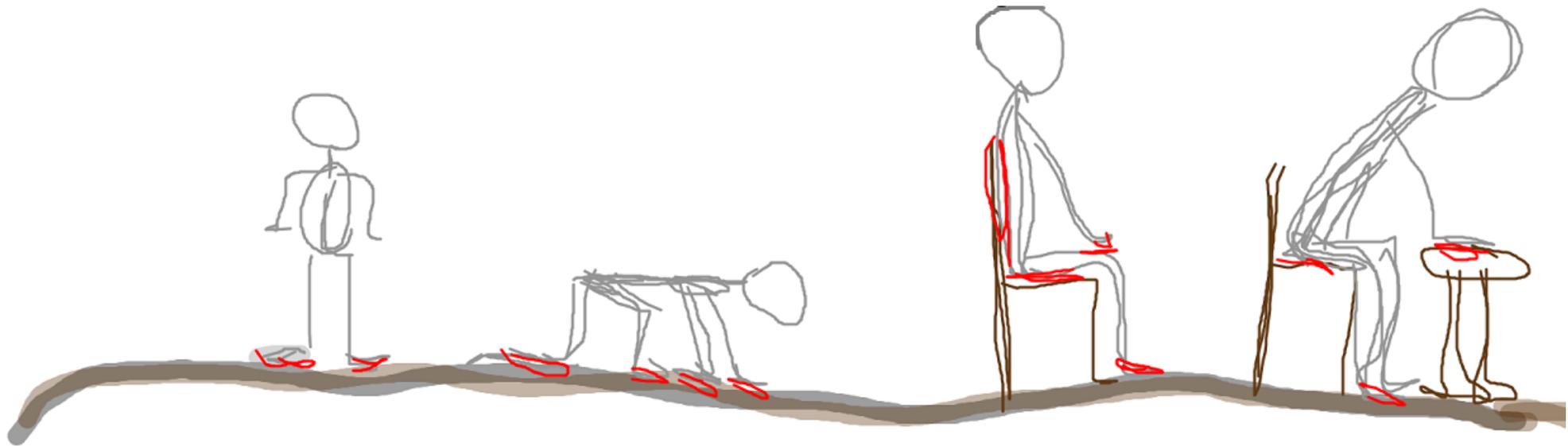
Balance feels easy, not strained,  
when you are in:

- *the center of support.*
- *even distribution of contact with the supporting surface.*



Am I in even distribution of contact with my support?

How can I tell the difference between being in or out of the center of support?



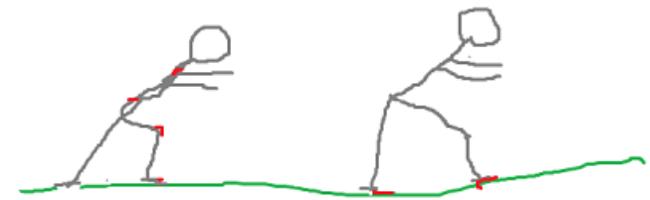


When you compare movements you learn to recognize and understand your sensations, how something feels.



You develop your experiential knowledge to make informed choices based on your system.

This is the foundation for personal agency.



# Language based on different Points of View (POV)

## Postural POV:

(Instructions – Teachers Criteria)

Lift your sternum.

Bring your shoulders back.

Tuck your pelvis.

Don't lock your knees.

Have your feet shoulder width apart.

Have your weight over your toes.

Center your weight.

Pull in your abs.

Release your abs.

Sit up straight.

Think tall.

Open up.

## Suspension POV:

(Comparisons to develop Student's Criteria)

Sense the earth coming up under you.

See the world around you.

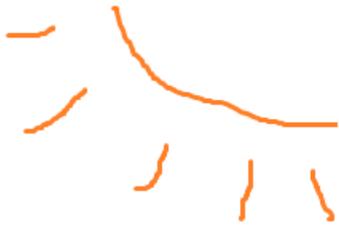
Roughly come into even distribution of contact with the planet, you can lean and play.

Where are you bending?

Can you move in all directions?

Do you feel more or less human?

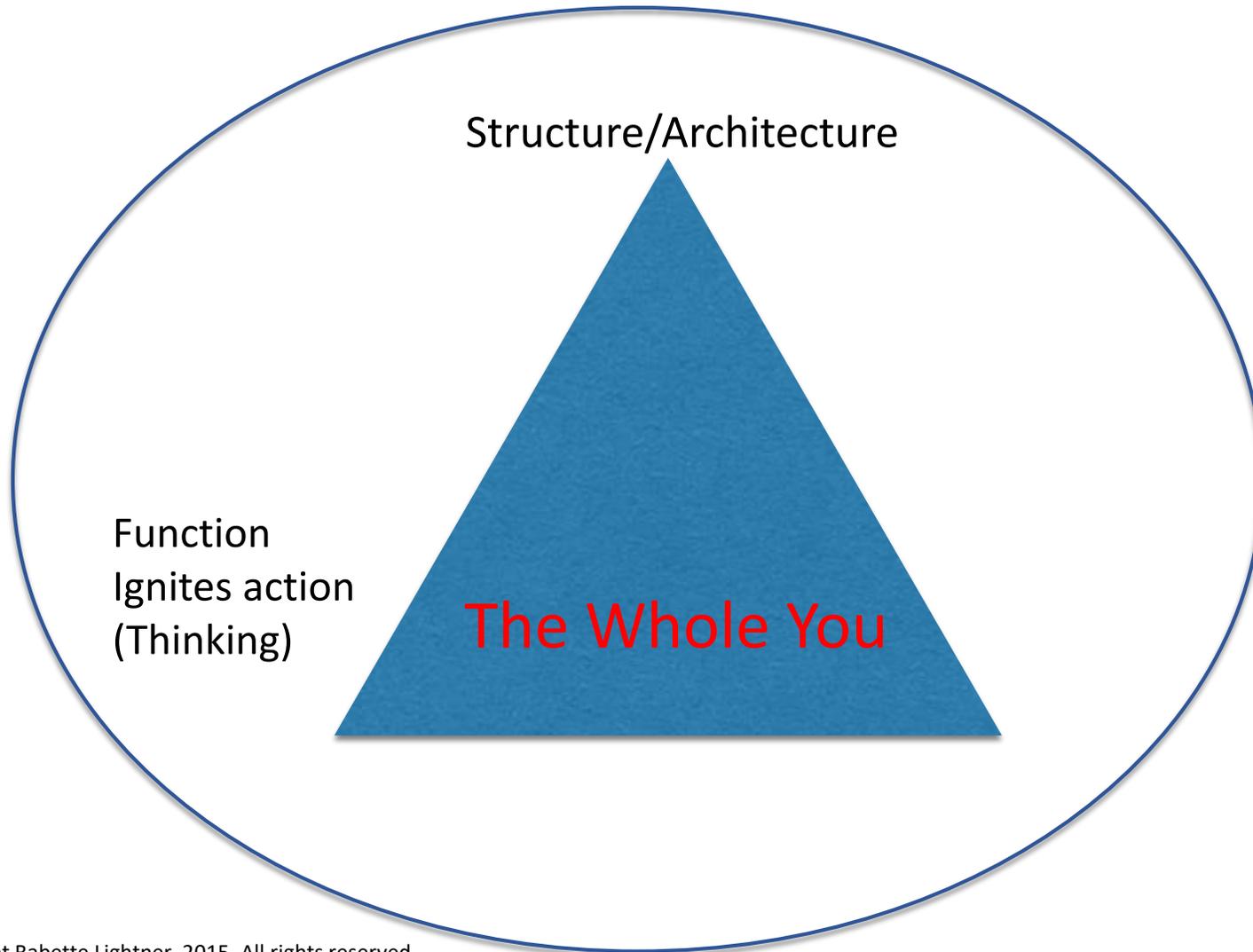
Compare 'this' and 'that' and notice the effect of each?



If it isn't posture or alignment what do we call the topic or unit in curriculum?



- Stature
- Architecture/structure
- What is useful to know about your system for singing, playing, dancing.
- Poise
- Uprightness



Function

What Ignites action?

New Understanding

*Coordinating System Model*

# The Coordinating System

You are always in the exact coordination of what you are up to with your intention and attention.



You are always in the perfect coordination of what you are up to with your attention and intention.



# Intention and attention coordinates action.

There is a difference in the muscle activation between saying:

1. “Raising your arm with index finger extended” and
2. “Point to the light”.

1. “Take a breath”
2. “Tell a story” (Having something to say)

# Ingite action through relational intention. The person in the world level.



Follow the butterfly



touch the stars



Tell the story

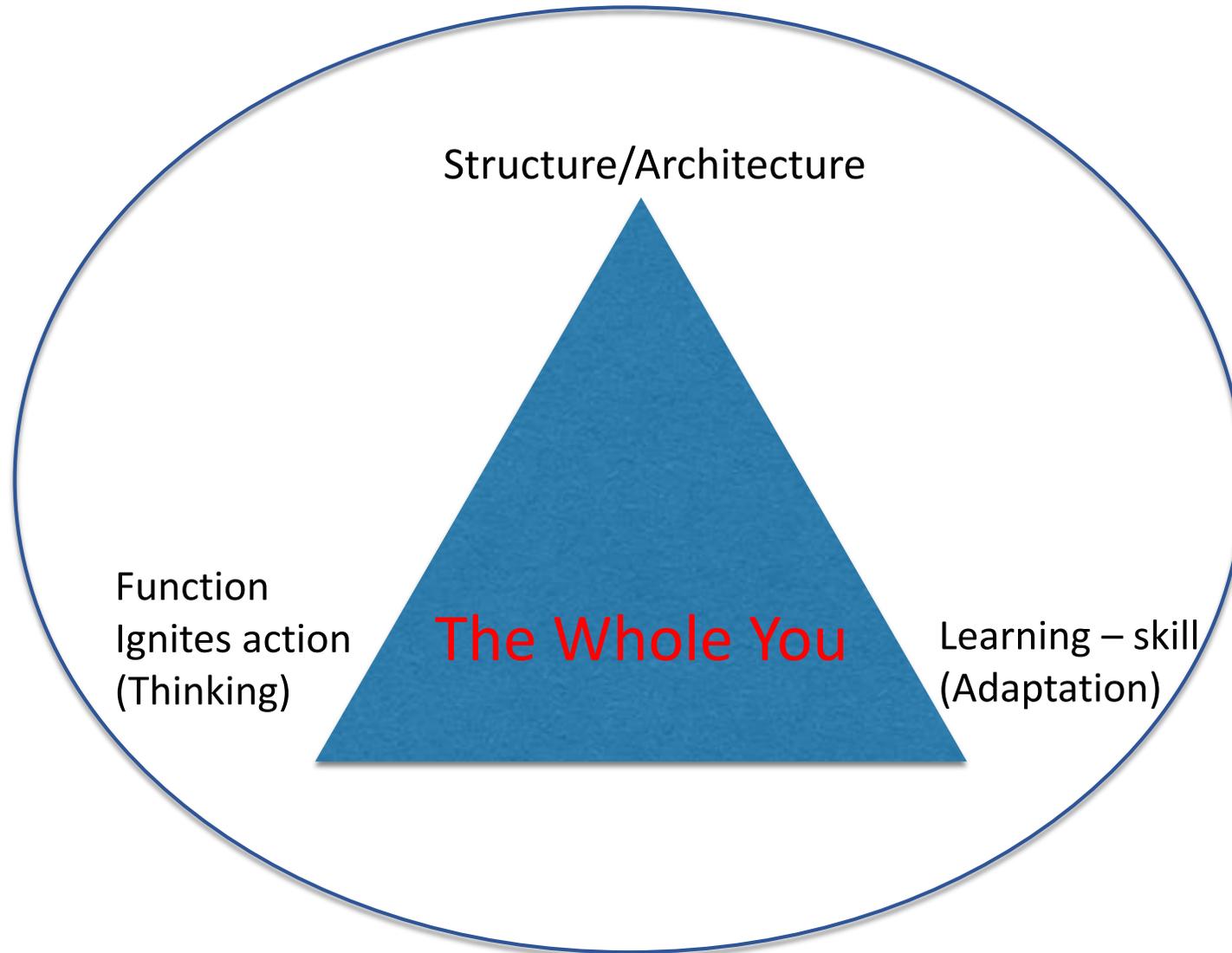


# You are always present to something.

You feel the feeling of what you are present to.

If you don't like what you are feeling change your attention or intention.





# Learning

New Understanding

*Adapting System • Learning  
System • Brain Plasticity*

# The three conditions for Optimal Learning

(Human needs in order to thrive – well-being as root.)

- Empathetic relatedness
- Competency (success)
- Autonomy



We need to feel safe, capable and empowered to learn.

# How Things Work

## **Skill Acquisition & Learning**

Scaffolding skill building  
according to how human's  
learn – motor learning etc.

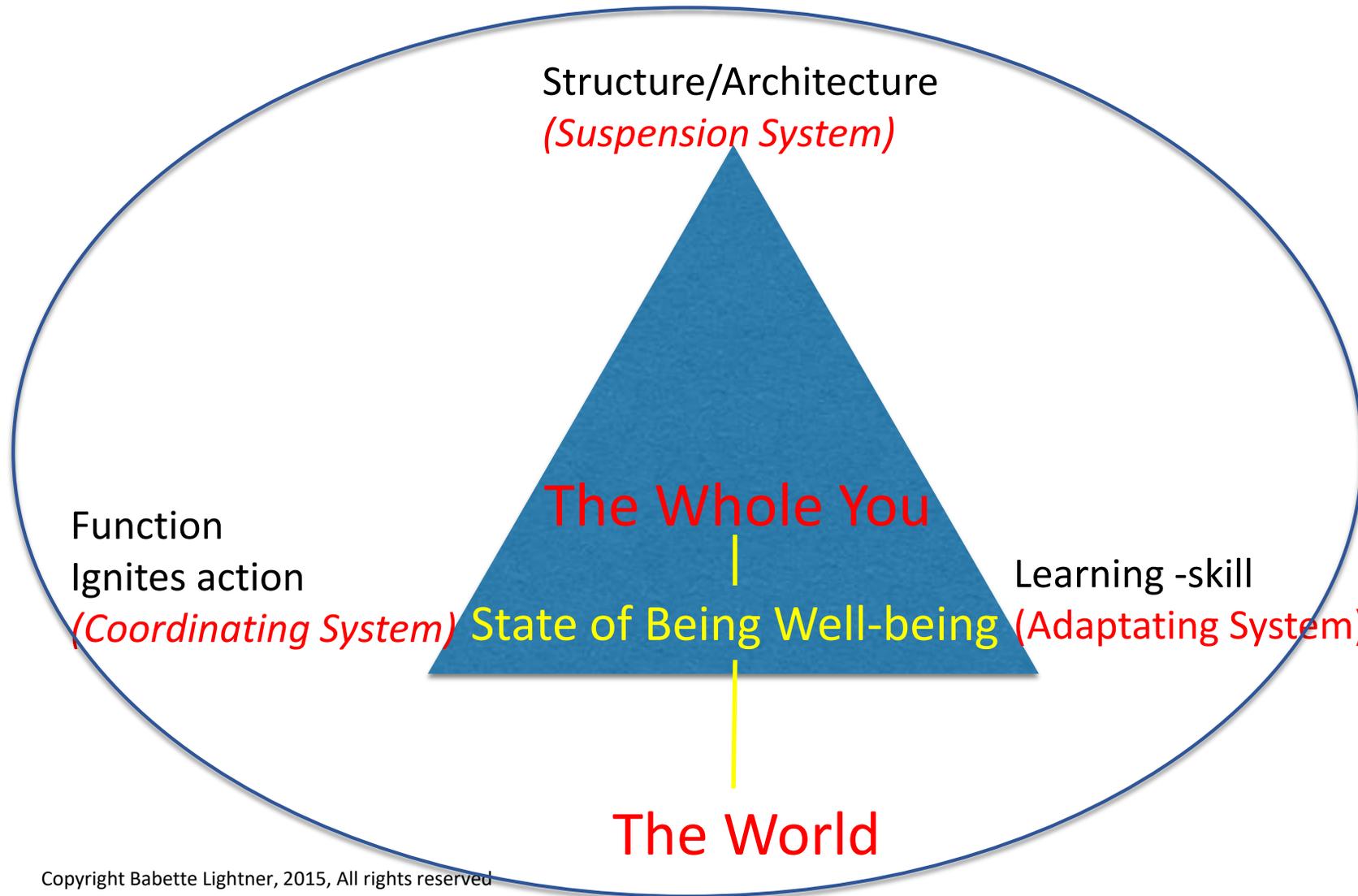
Investigating cause of symptom  
or what to do when things  
aren't working the way you  
want them to work.



*Intention driven*

*Investigation  
Experimentation*

# Lightner Method & Wholeness in Motion™





Wholeness in Motion methodology is an attempt to align the language of teaching with current perspectives.

Point of View

Language

Experience/feelings



posture

"stand straight"

rigidity, need to get it right



suspension

comparisons, questions

agency, ease

What do you call this?



# Sunrise or Earth Turning?



Many approaches profess an integrated or whole system perspective. Science, particularly neuroscience, is showing us the truth of our whole system design. But the dominant language and approach is still embedded in the language of duality. The body-mind separate perspective continues to dominate our functioning.



My work in the Lightner Method and Wholeness in Motion™ is in developing a systematic approach that is consistent with our wholeness. Is there advantage to our life when we learn and live with this consistency of perspective?

What is it like when you don't say: 'My Body' 'My Mind' ---- both indicators or separation but instead say 'My system'?



Your system attempts to operate in accordance with your perspective.

When you have interferences or symptoms it is often not a problem with you or your system but a mistaken perspective.



Your state of being is the experience of your current perspective. It is a response to how you are interpreting the moment.



It is crucial information that comes to you through sensation.

*It is your inner-compass speaking to you.*

When you can understand this sensory language you have access to choice.



You don't need to wrestle with your state of being, try to improve or manipulate your mood.

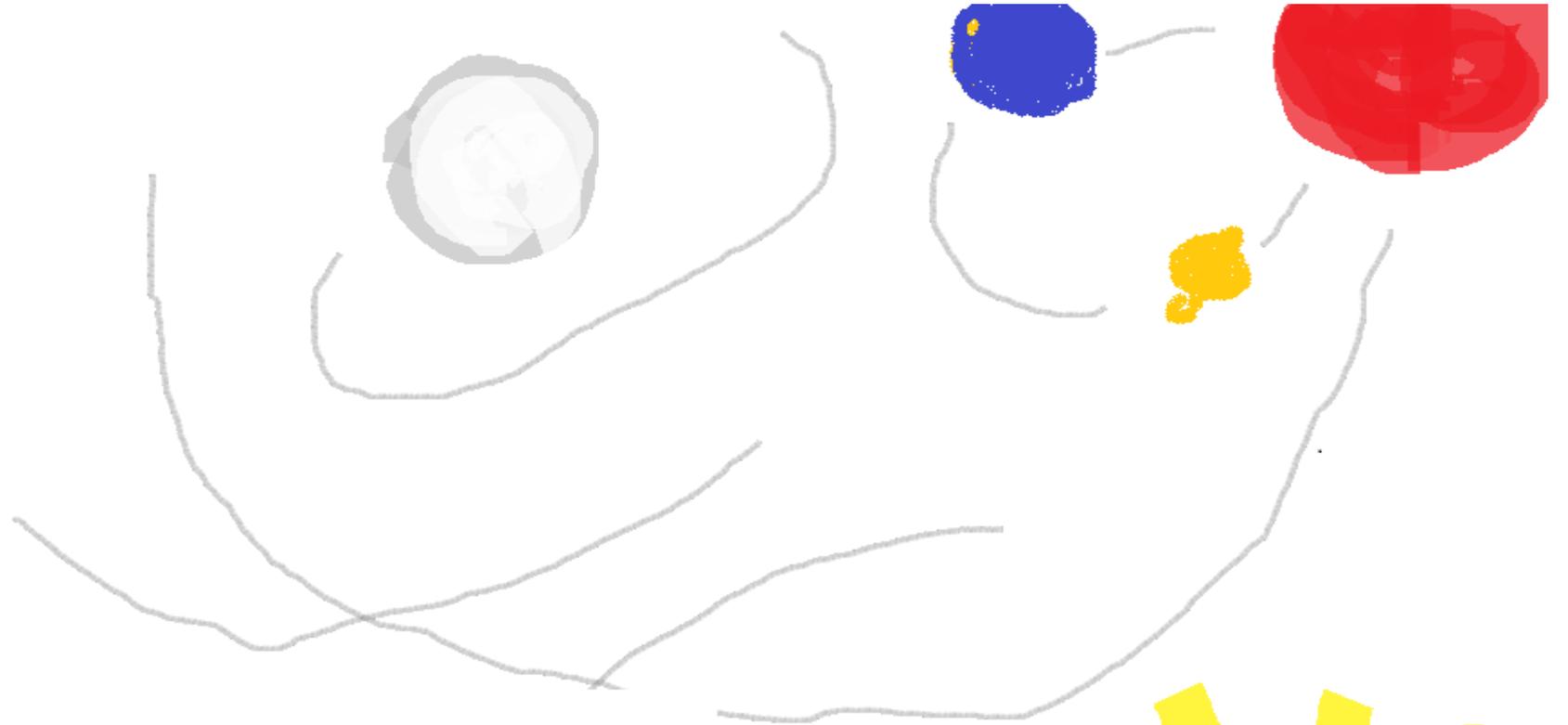
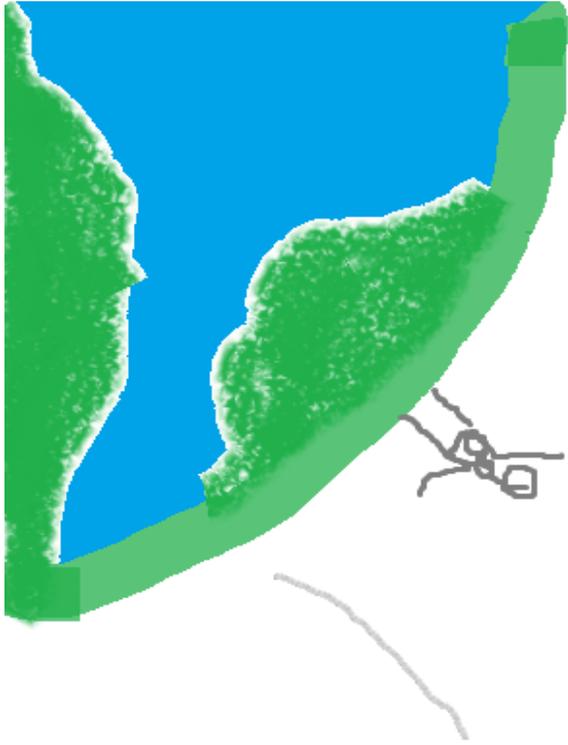


Why does this make perfect sense?

Who has the information?

Perspectives are relatively easy to update. Part of this systematic approach is clarifying some of the most common misconceptions/inaccurate perspective that continue to dominate our culture and cause suffering.





Change your perspective • change your life.



Language	Experience • feelings	Perspective
<p><b>Structure Territory:</b></p> <p>Instructions to position or direct your ‘body’  “Shoulders back, feel apart, tighten abs”</p>	<p>Rigidity, struggle with body.</p>	<p>Postural, alignment, body separate from mind – illusion of a body and a mind.</p>
<p><b>Antidote or</b></p>	<p><b>More accurate perspective</b></p>	
<p>Compare this and that  Learn self-assessments and landmarks  “Am I in or out of support?”  “Where am I bending?”</p>	<p>Personal agency, empowered</p>	<p>Suspension system that is best coordinated beyond conscious awareness – ask questions and system coordinates you.</p>

Language	Experience • feelings	Perspective
<p><b>Function Territory:</b>  “Lift you arm”, “take a breath”, relax, and other manipulating instructions about “how’ to do things.</p>	<p>Tension, wanting to control the movement.</p>	<p>Mind and body separate and conscious mind controls functions well.</p>
<p>Antidote or</p>	<p>More accurate perspective</p>	
<p>What do you want to say?  Aim for the target. Intention instructions.</p>	<p>Exploratory mind.</p>	<p>Coordinating system perspective.</p>

Language	Experience • feelings	Perspective
<b>Learning Territory</b>		
<p>Make sure you.... Try to...</p>	<p>Tension, fear, discouraged</p>	<p>You can control an outcome before it has happened.</p>
<b>Antidote</b>	<p>more accurate perspective</p>	
<p>Give it a go. Do this and find out how it goes.</p>	<p>Curiosity</p>	<p>Setting up conditions for better chance of desired outcome.</p>

Language	Experience • feelings	Perspective
<b>World works territory</b>		
Should Need	Grip, Tension	Cling to your wish or idea over unpleasant reality.
<b>Antidote</b>	<b>more accurate perspective</b>	
That's how is. Clarity language. Acceptance of facts.	Relative ease in not so pleasant reality	Ability to recognize reality even if unpleasant and adjust to the situation.

Language	Experience • feelings	Perspective (misconception)
<b>Learning Territory</b>		
<p>I made a mistake and that is bad.</p> <p>I should have known better.</p>	<p>Frustration, anger, regret, failure, worthlessness</p>	<p>Misunderstanding how learning works...neural networks.</p>
<b>Antidote</b>	<b>More accurate perspective</b>	
<p>Oh woops, I see, here is something I know and here is what I don't know.</p>	<p>Curiosity, awe at learning system, clear strategies to take the next step of learning.</p>	<p>Recognizing a learning moment. That quick signal of frustration that says "I am not getting what I want." Quickly shifting to how do I figure out how to get my goal.</p>

<b>Language</b> <i>(voice of another/teacher perhaps)</i>	<b>Experience • feelings</b>	<b>Perspective</b> <b>(misconception)</b>
<b>How we work -Response System</b> <b>Assessment territory</b>		
Doubt language. Self-consciousness. <i>(You did a good/bad job - praise or judgement language to another)</i>	Fear, anxiety, tension <i>(Power over another)</i>	Getting my worth, validation or happiness from others. <i>(Others get their worth from my opinion of them)</i>
<b>Antidote</b>	<b>More accurate perspective</b>	
I have and opinion I know my criteria Here is what I know. All I can do is my criteria and I know what that is. <i>(What did you think of that? – Questions to support another to develop their own criteria.)</i>	Fundamental presence <i>(Cooperative guide)</i>	I am in charge of my happiness. I am beyond worth to myself. Others can decide my worth to them. That is their business. <i>(Others have their own worth to themselves.)</i>

Language	Experience • feelings	Perspective (misconception)
Response System Territory		
Blaming another for how you feel.	Fleeting joy, anger etc. absence of sense of self.	Not understanding how response system works.
<b>Antidote</b>	<b>more accurate perspective</b>	
Asking myself why this feeling makes sense in this moment? Not needing to feel good all the time. Feelings are messages not goals.	Joy is not temporary or dependent on others or the situation. Joy isn't about happy-it is a deeper relationship to experience.	Understanding the response system and how feelings and sensations are information.

Language	Experience • feelings	Perspective (misconception)
<b>World Works Territory</b>		
Never enough time	Rushed, burned out, stressed	Time: not doing the math of how much time something takes and other misconceptions.
<b>Antidote</b>	<b>more accurate perspective</b>	
Quick but not rushed. Organized Able to say 'no'	Less stressed in stressful times.	Accepting you can't do everything you want to do and more accurately assessing the time things take and other clarities.

Here I am

As I am

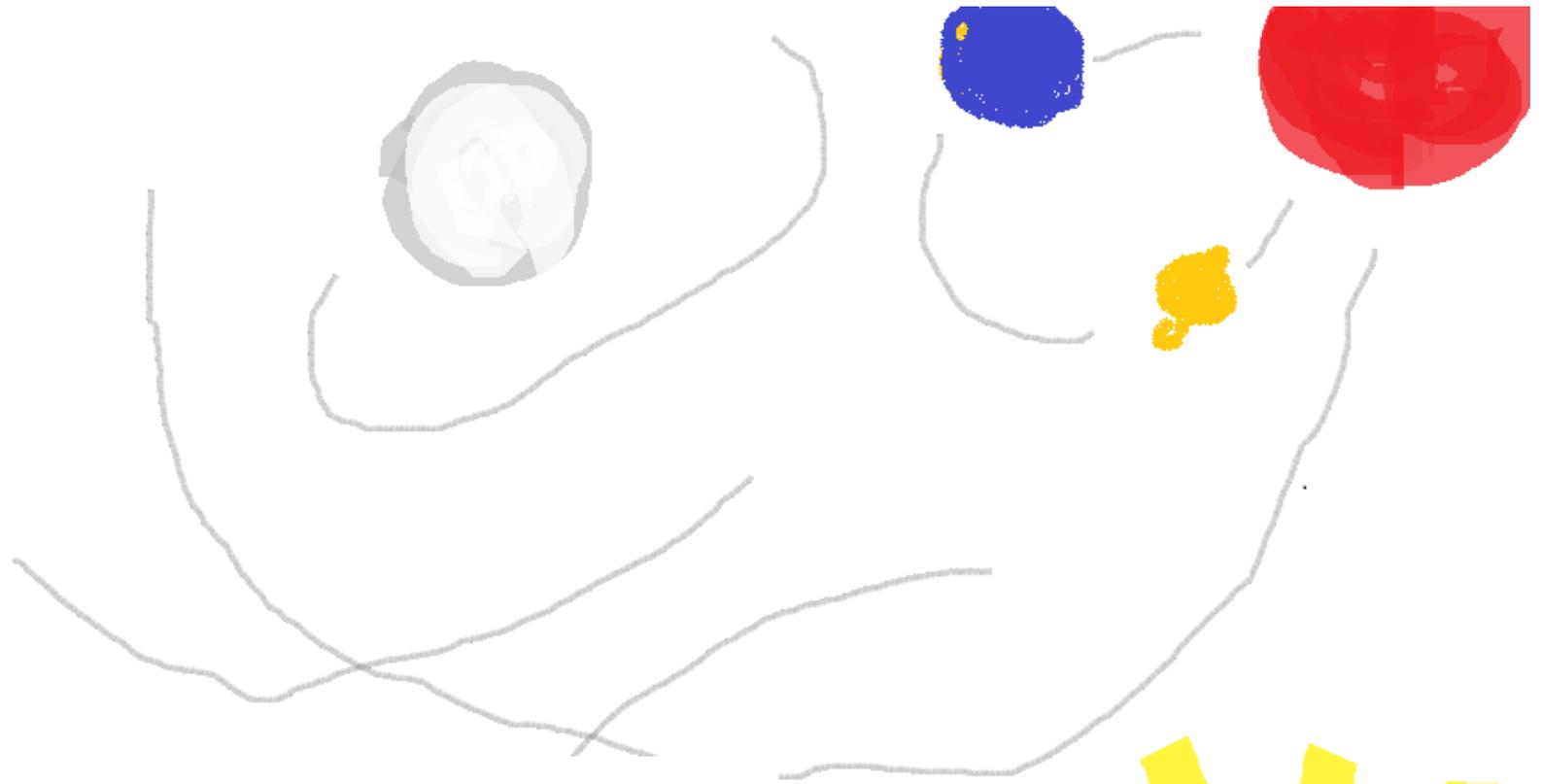
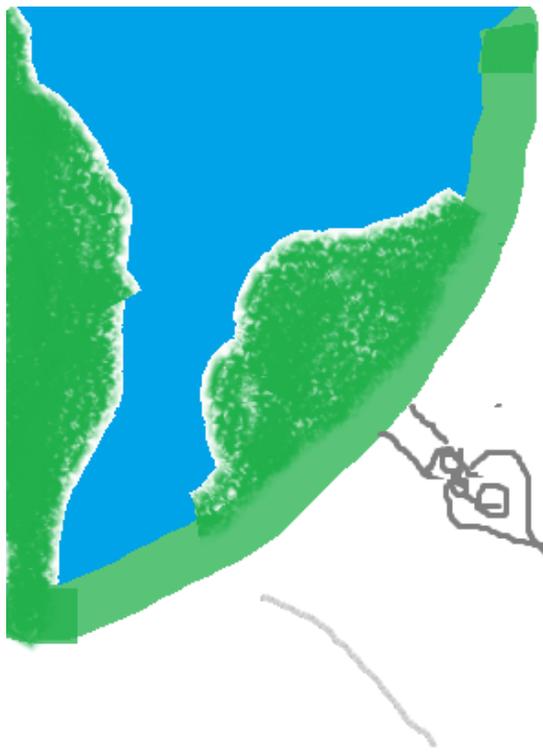




In the world  
As it is

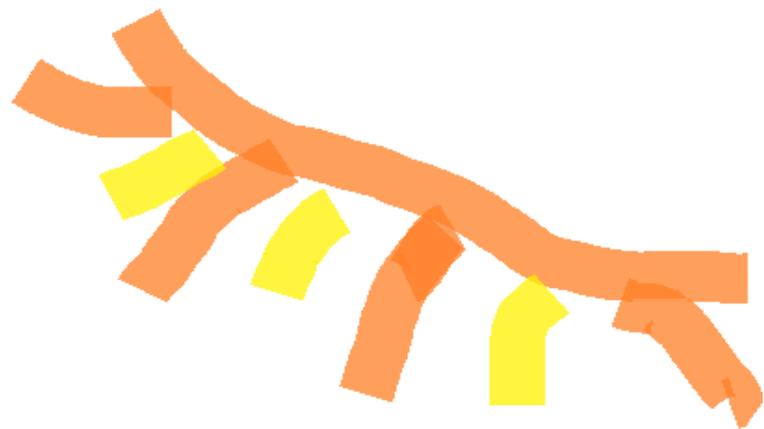
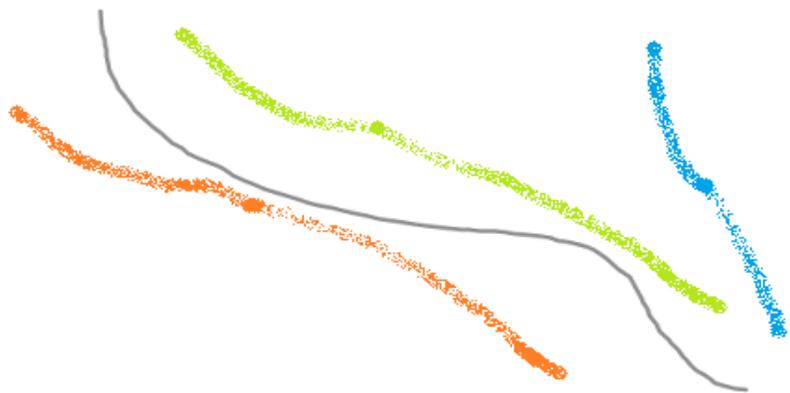
# Supported by the planet



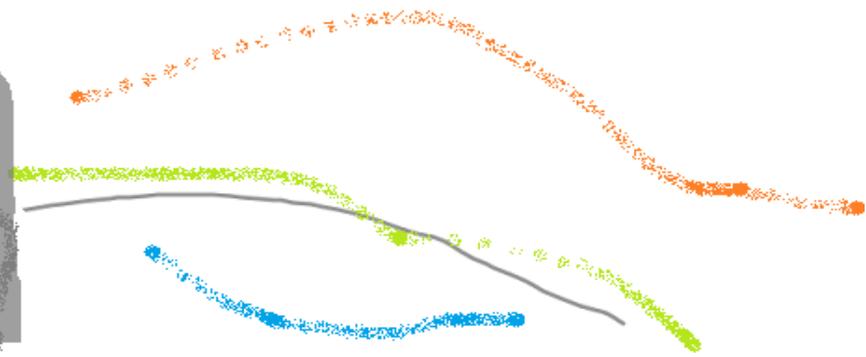
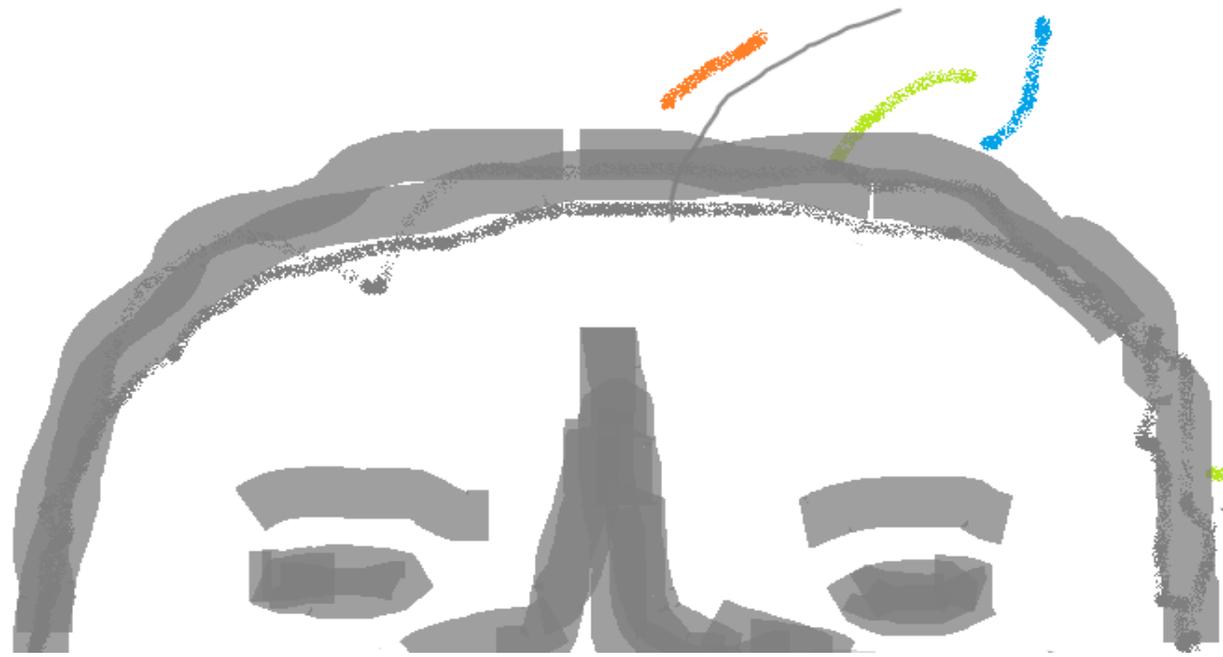


Floating in the multiverse

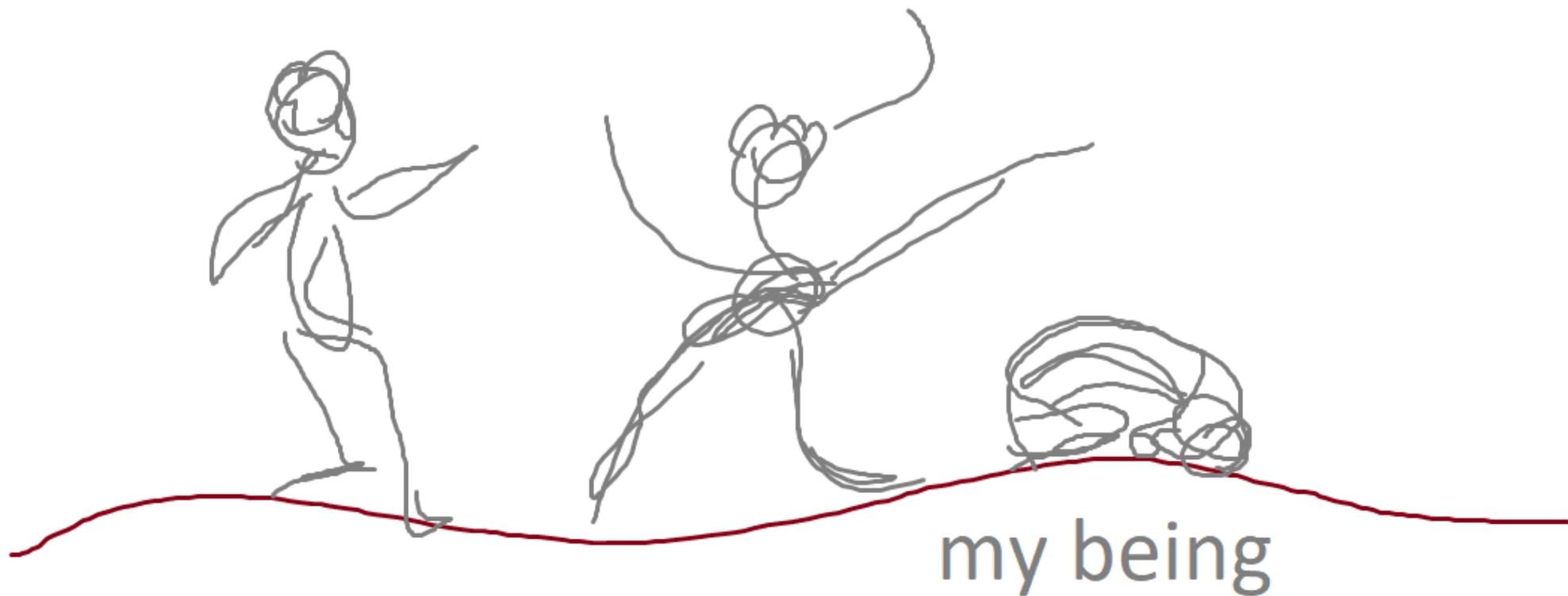


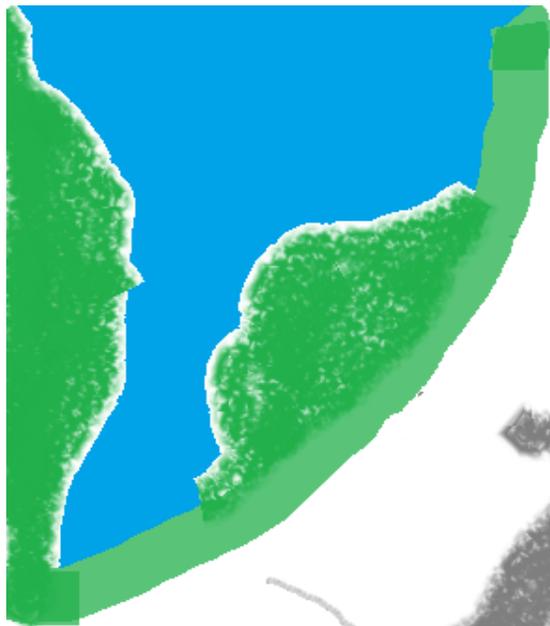


AWAKE

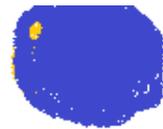


to my state of being





wooooosssshhh



An aerial photograph of a vast agricultural field, likely a cornfield, showing neat, parallel rows of green crops stretching across the landscape. The perspective is from a high angle, looking down on the field. The rows are densely packed and run diagonally across the frame. The color is a vibrant, uniform green, with some darker patches of soil visible between the rows. The overall scene is orderly and productive.

Thank You

For more information:  
[www.lightnermethod.com](http://www.lightnermethod.com)



The Lightner Method™  
Babette Lightner

