

## Wholeness in Motion™ On-line Class

### Wholeness in Twelve Tracker

This Wholeness in Motion tracking tool for Wholeness in Twelve classes is a tool to deepen experience of classes. **If writing works for you please print this out and have available each class or create a version of this in a notebook set aside for this work.**

#### Introduction:

Wholeness in Twelve is rooted in Wholeness in Motion. 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.

**No right or wrong just what is true for you in this moment of your experience and understanding.**

The tracker is 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.

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

## Wholeness in Twelve Tracker

Each week of the twelve-session course has an anchoring Metaphor drawn from the Perspective of Health/Joy. The power of the metaphor is its ability to reveal layers in each aspect of the material, to bring out other-sides, fuller depths, interconnections and the point to the heart of knowing that isn't verbal. Knowing you wholeness isn't verbal.

For each of the twelve weeks explore how the following questions:

1. Heart: What is the Heart of the movement for you?
2. Well-Being: Which Well-being perspective resonated with you?
3. Structure: Is there a Sensory landmark here? A human design principle to explore in this week? An opportunity for mapping or Anatomy revelation?
4. Express: What expressive play might you explore this week?

**Week One: Web – Layers – Root – coccyx - Our Elemental Being – the ground of safety and inter-being – WHOLENESS  
That which is unchanging – LOVE**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

**Week Two: Fluidity – Cellular being – ovaries/gonads – perception and sensation as valid information – Your inner-compass – wisdom that is – literally 'in touch with oneself' – embodiment – EARTH**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

**Week Three: Line – adrenals – trajectory – clarity – warrior – FIRE**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

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**Week Four: PAUSE – pancreas – stillness – spaces between – listening – threshold**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

**Week Five: Spiral – heart – flow – cycles - embrace/release – nourishment/toxins – Compassion – Bodhisattva – Mary/Mother**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

**Week Six: Sphere – Thymus – monolith – isness – inclusive awareness – acceptance of the facts – Eagle vision – perspectives**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

**Week Seven: Wave – Thyroid – change – resilience – Creativity – cycles –Water**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

**Week Eight: Suspension – pituitary – awake stillness – wisdom of the ages – accessing other-than-conscious knowing – Air - Sage**

Heart:

Well-Being:

Structure:

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Expressive range:

Application or experiment you invite for yourself this week:

**Week Nine: Dissipation – pineal – formless after form – returning home – Love and Wholeness**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

**Week Ten: The play between the shapes**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

**Week Eleven: To be revealed**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

**Week Twelve: To be revealed**

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Summary and stories of the experience in total.

