Term 2

Lesson 06

If you are ready we will start. Today we will be dancing and talking. I have a couple of notes from the previous lesson.

First note: I think the chest is somewhere where we are completely naked. Somehow all our weak and strong parts are very feelable, you can feel lots of opposition there, and also they are visible in the chest. And when we work on the chest, we have the impression that sometimes it is becoming very heavy. But actually while working we put a little light into the darkness. ANd the chest is always a not so easy area to work with.

I usually after working with clients on the chest I have strong sensations and pain in my arms. For example I have it less when I touch the pelvis.. And also it feels that everything accumulates there in the chest. For me from experience, and I can’t prove this scientifically of course, but I feel that the emotions are everywhere in the body, in every part of the body, there are these traces of emotions, and also the traces which they leave while passing through certain parts of the body. But throughout activity and life some of these emotions make their way to the chest. Of course this is symbolic, what I am saying, because I cannot really prove it, but by experience I somehow know it, and these emotions seem to be attracted into the chest area. And it is not without reason when we say :”oh I have a heavy chest today”, or we feel heavy that we need to sigh, or when it is difficult we let it drop, or when we are excited we push it out… so all these emotions accumulate and these are the emotions are the most ready to come out. They are the ones who are ready to be liberated.

But I know also that after working on the chest, the immediate after effect, even though strong and destabilising, a little but later is replaced by a kind of liberation or lightness.

By experience it is good to keep the chest clean, innerly and energetically. I think ultimately this work  is based on how to liberate the emotions, because they do not want to stay in the body, and we need to free them. Once we accumulate them, it is an experience, then when we liberate them it is yet another experience, then when we become aware of them through this work, it is as if we recognize these emotions, and with the work and the care, we somehow transform them and let them out like a little breath of consciousness into life. That;s how I see it, if it is done mindfully and consciously. It  is really possible to liberate emotional energy and turn it into something useful.

That’s why I also do not give importance on the WHY certain things have been lived. In this work I am not much interested in why the things happened, the analysis is not important, because I think that we must not always understand everything. certain things happen because they happen, they leave traces and these traces need to be liberated.

When a plant dies for example, it means that either you didn’t take care of it, or it was its time to die. So what you do, either you remove it, and plant another one, or you keep your earth fresh and see what will grow. Emotions are like that too. The problem is that we like to hang on to these emotions all the time, we like to keep them. Just as we hang on to movement patterns, and can’t get out of them,  we hang on to our emotions and we hang on to our suffering. instead of really suffering, if we fully suffer and we work on it also in the body, comes a moment when the suffering ends. And we have to recognize that moment, and be free. If we miss that moment, we keep on holding on to it and it takes a lot of time to be liberated from that suffering.

For example, I say it to some of my clients.. because we are so used to accessing everything through our mind, that we always want to understand and find a justification why everything is difficult, and then when I say ‘it’s easy, just do it’ it is unacceptable. But it really is so. It’s just that we can’t really feel it because we don’t do it. But once you make this step, you realize that it is not that difficult. But you just have to do it. That’s why it is nice to have someone next to you to tell you and be by your side while you make this step. Just to understand that there is nothing to fear. It sounds banal but this is so real. Even a simple thing such as going down to the floor or up, if you manage to make your client consciously do that and overcome these blockages, something really changes in their lives. This is my experience.

Second note: Our mind loses control and has to accompany us, while we do this work. Instead of controlling what we do, we need to change this function to accompany what we do, because our mind is used to being in control of our actions, we have a hard time accessing it, accessing our mind. And that’s why, most of our clients want to switch off the mind, which is practically impossible. It is like wanting to stop to breathe. Of course, for some moments you can switch off your mind, actually you are just not aware of its functioning. so you disconnect from the mind… but if we work the mind as to accompany the action, the emotion, then there is no need to fight it. There is no need to fight anything.

And I have been underlining again: taking the space and taking your place. Assuming and standing behind your existence and your presence. Because if we don’t do that, if we wait to be perfect and know more, or we wait for something we don’t have and feel we need that in order to do that, then we cannot accompany ourselves and we cannot accompany the other person. I know that whatever it is, even if someone is not developed, let’s say, although who am I to judge if someone is developed or not. But if that person is fully standing and assuming and being really there, it is something that I can relate to. And for us as facilitators it is very important to take your place and your space in yourself and in that work. Not being dominant, or subordinate, but really being there, so the client has something to react to. And also we will encourage our clients to take their space. To find that trust in themselves, and to become really aware of their actions. Otherwise they will become dependent on us, and we don’t want that.

These were my notes. Adn today we will work on the periphery. We will work the arms and the legs.

Letting the periphery talk.

And if we manage I would like to go into How to use the floor. Let’s hope that we will manage everything today.

The first exercise: Start in a lying position. Letting the periphery talk can only happen if the centres are awake and if they are in connection with the limbs. You will find a way to connect to the floor with your torso, be aware of your weight and your contact with the floor, and then you will let your periphery talk, you will start from the hands and the feet and slowly work your way through your wrists, ankles, knees, elbows, shoulders and hips, and you will let the arms and the legs speak and legs, and you will feel what is going on and how this feels. the periphery can move you on the floor, but you will not let it move you upwards away from the floor.

That was an expressive start from all of you. We will do it one more time, and now you will concentrate on how you use gravity. Of course when we lift and work with the periphery, the way the weight falls to gravity and the way we feel the floor in our body is very different. When you start to lift a little bit off the floor, you will feel that change in your muscle tonus. And how that sensation travels through the body from one peripheral point, through the body to another peripheral point. THere is a very subtle tuning.. and everyone needs to find that, because our limbs are a different length and weight. So someone with long arms and legs will have a completely different relation to gravity than a person with short ones. Someone who has a strong centre will have a different relationship to gravity than someone whose centre is still sleeping or is not yet awake. But most of the time in people, whose centre is not functioning well or not to its real potential, or without the awareness, we as human beings use the periphery. We are in a relationship of grabbing into space, or pushing away. So we are in a constant struggle, and then after a while we get very tired. As we learn to use the centre, then we can give more freedom to the limbs. Because we will know how to yield to gravity and turn it into an advantage. That means accepting it as a stronger force, actually as the strongest force on earth I think, for me. So we are on a daily basis in a constant relationship with gravity through our centre (awake or sleeping) and through our periphery (alive, conscious, or working hard and exhausted).

How to connect this so that the body can function smoothly, economically, intelligently with gravity as a partner.

Let’s do the exercise one more time, and I would like you to try out different levels of how you will lift your limbs from the floor, different speeds of how you will lift, sloow, fast, and check how it changes the sensation in your centres, how it changes the pressure of your head, pelvis and chest on the floor, and how it changes your muscle tonus.

It was very nice to watch you do this. I would suggest, as we continue, to remember to do oppositional qualities, so when you do slow things, do fast, etc. It depends on our mood and nature, but we always also search for the opposition. Try different qualities, bound and free quality.

This is really subtle, how to dose this relationship with the mass on the floor. One good thing to remember is that when your limbs are on the floor , you don’t need to hold them. This is something to know and also to be able to feel in the body. Because most of us humans, when we start to move, we have a tendency to hold everything, and therefore become stiffer and stiffer. You will see this in your clients too. When we need to activate we think we need to activate everything. And especially the limbs, because we don’t have access to the centre. Once we have access to them, we have the trust, so when the arm is on the floor, it can be active butI don’t need to hold it, because the floor is holding it for me. If I have found the right angle of my elbow or hip joint, and lift the limbs into the air, I don’t need to hold them anymore. This Is the base of dance and movement, but this very simple base allows a very big liberation. It is also teaching us that we can rely on the floor, that we can trust it, and that we can really work with the space.

In this dosing, we learn how to push or how to go into the floor.

How much you give off your weight to the floor. If you work on two sides, how much of your weight do you distribute to each side? You really need to be sensitive to this. And be aware of this.

If you practice you become a good mover, because this is the first principle of movement. To work with gravity.

We will experiment now, it is again the periphery but now more in relationship with the centres. We will experiment ‘the pushing away’ and ‘the landing into’.  Depending on how you push away, if you push away softly and continuously your landing will change, and if you push away strongly it will trigger another dynamic and this will influence your landing.

So when you push away from the limbs, your centre will move or lift.

Remember the yielding, remember the reaching into the floor, travel. But keep it as floor work.

And now put your focus on the landing. What do you need to organize in your body in order to have the perfect landing. Be aware of your landing.

It changes the mood….

We will continue.. Do you feel your legs and the arms and the centre?

Now we will do the exercise of keeping the feet and hands on the floor. But they have to make you travel. First you will check out the space around you, check out all the solutions you need to find, such as rotations, to find the flow. Establish the connection and let your limbs make you travel.  You need to push and go into gravity so that you can lift off the weight in order to travel. Your hands and feet are like magnets, but like fluid magnets.

Think, why are we doing these exercises? What do you think these exercises are good for?

Yigit: Suspension and through that it supports. The force of gravity is not working against me, it is actually working for me. It supports me all the time. without questioning. It is just there. It is not hard but firm. Firmness, therefore the more I push it balances me back, and how smooth I push it the smoother I become lifted. The suspension and support is my attitude to gravity because it responds back to me back.

Very nice description : firmness! the firm presence, and depending on our relation to it can turn to our advantage. I have always admired acrobats and gymnasts for this. That’s what they do, they're the best friends of gravity. But we can have this sensation in everyday life…

The bounciness, the ability to rebounce is very good, and it also teaches us the possibility of rebounding to something else in life, and see life like this, it is a constant bouncing and debouncing of energy.

Lina: helps to discover different possibilities to move and relate to the body and the space. It makes you flexible in your mind and your body. it opens for possibilities.

Steffen: I would agree with what Lina said but sometimes there are points when it gets stuck, and I try to somehow overcome them. And I start to find solutions. It is good to have the feet and hands on the ground. There are some directions which are easy to push and use, and other positions which are more difficult, for instance whenI am on the belly and want to use the feet, it is difficult to get the centre up.

So when we want to lift the centre, we don't only need the activation of the centre, but we need two more things.

Try to do it and tell me what you need for that.

You need the push into the floor, then the direction in the heels and the projection of the pelvis. In order to lift: to go into the floor, give direction into the periphery and project the centre into the space.

So depending on the position you are in, you have to find the points and places in your body to make the pushing into the floor, the direction to the periphery and the projection of the centre in action.

In any case you have to activate the centre, then you can choose to go anywhere.

Buse: We do these exercises. We need to be free in some limited task, that is what accompanies mind and body and it helps. There are many possibilities in the task to surprise ourselves, because it pushes us to discover.

Yigit: the more I bring my foot to the centre, and the more surface my hands and feet have with the floor then it is easier. And my arms and legs do not really work much.

You are using your weight with gravity, you are not pushing from your muscles. You are letting your muscles react in a flexible way to the weight and the gravity.

One of the aims is to bring life and usefulness to your hands and to your feet. So when they relate to gravity and are able to receive the weight and can sense the direction and have an influence on your body, then your hands and feet are fully inhabited by your energy. You can feel it.

Elif: really even walking or my hands and feet feel different, even though we were not standing, so the gravity sense feels different horizontally and the joints feel different. Within the structure being playful, like in a frame, and within the playfulness feeling the struction. //it is a nice contrast to find the solutions within this. It is very nice.

We need to bring life to the hands and the feet. The frame and the playfulness and within the frame finding the playfulness, and this is a very natural way to find the borders while you are relating. When you feel it when you within your body and with your own weight, then you can accompany your body much better in space and through space. That is taking your space, taking your place. When you do that then you can accompany someone else fully. When you work this way, taking the space and place happens naturally.

Afte talking about it and now that you feel it. Let’s do one more last improv. Feel now the energy in your hands and feet. Let your periphery talk, in relationship to your centre, and combine it with, let your periphery support you so that you can play with your weight and gravity. Let it move you. Project and land… feel the awareness in your hands and feet.

It feels a little bit like spiderman, right? Now you are starting to get in touch with your own dynamics, you are starting to find your sense of momentum and that’s very nice. It gives us a lot of energy.

For me it connects me to my memory of my brothers the apes. It is also very healthy. This way of working, when you are not working only with muscle power it strengthens your tendons and ligaments, not stiff, flexible and strong, then you are healthier. It also activates and makes your cores more intelligent and alive. So you can feel the weight passing through your body everyday, so when you are lifting or carrying things you feel from where you can get your support. The same way also when you are carrying psychological and emotional weights, remember that the support comes from there, from inside, and you can just drop that invisible weight off and give it back to the earth.

Beliz: When you see the movement really working in people it is really transformative, and that’s how facilitation actually works, I think, sometimes you work with the client, they don’t just do they become your witness, and then you do it, and it becomes theirs. And watching you all embody this, it awakens in us too many things.

It is a fantastic warm up.

Katerina: Maybe this is very helpful after having worked with heavier things after working with the chest, so if you stay with this for some time, it can help you find the ground in you. it is a two way work, exchange and flow that is happening, from the periphery to the centre and vice versa, and both encourage each other.

Beliz: I think interplay is a very good word for it.

Have a lovely evening.