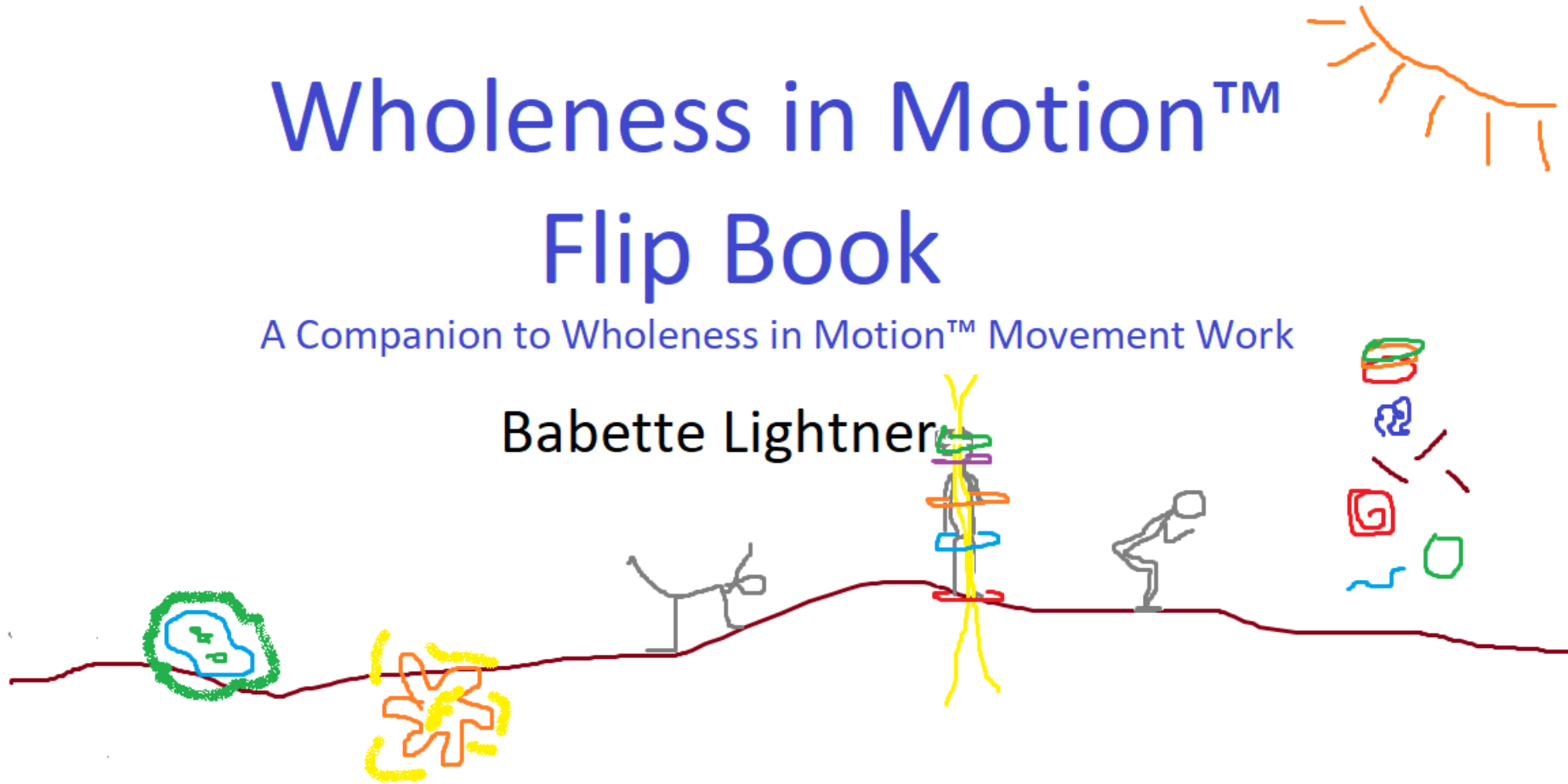


Wholeness in Motion™

Flip Book

A Companion to Wholeness in Motion™ Movement Work

Babette Lightner



Perspectives of Health • Patterns of Joy™

Movement metaphors to remind you of healthy perspectives.
These are physical reminders of cognitive information.



When you are caught in a suffering perspective it is challenging to remember the knowledge you have that would support your return to health. These physicalizations of cognitive ideas are a tool to bring into awareness what you already know but don't have access to in the moment of confusion.



The sequence has several layers.



The Shapes

The Perspective of Health or Pattern of Joy that corresponds to each shape.



I am stardust • I am part of a greater whole



My inner-compass



My compass • your compass



Pause



Embrace • release



Being with what is



Changing flow



















Access to mystery, inspiration



I am stardust, stardust having had this form

One way to start is with the shapes.
Do them as simple hand gestures or as whole body
shape dances.

- Layers 
- Fluid 
- Line 
- Pause 
- Spiral 
- Sphere 
- Wave 
- Suspension 
- Dissipation 

Shape		Meta-pattern
Layers		mesas/diaphragms/galaxy
Fluid		ocean/river/blood/rain
Line		oak tree/silk thread/lightening
Pause		stillness/spaces
Spiral		conch shell/breath/cycles
Sphere		earth/tear-drop/gravity's shape
Wave		ocean wave/light wave/pulse wave
Suspension		crest of a wave/space between the breath
Dissipation		Formless after form/elemental being

Explore shapes as Meta-patterns or patterns and shapes in you and the world, micro and macro patterns.

There are Archetypes - Characters that add dimension to the Perspectives



These are the Natya-Assanas or dance shapes that are rooted in South Indian classical dance. They can be done as a series on their own or woven into the Perspectives sequence. When you embody a character or archetype you feel the shape in new ways.



Shape
Layers



Fluid



Line



Pause



Spiral



Sphere



Wave

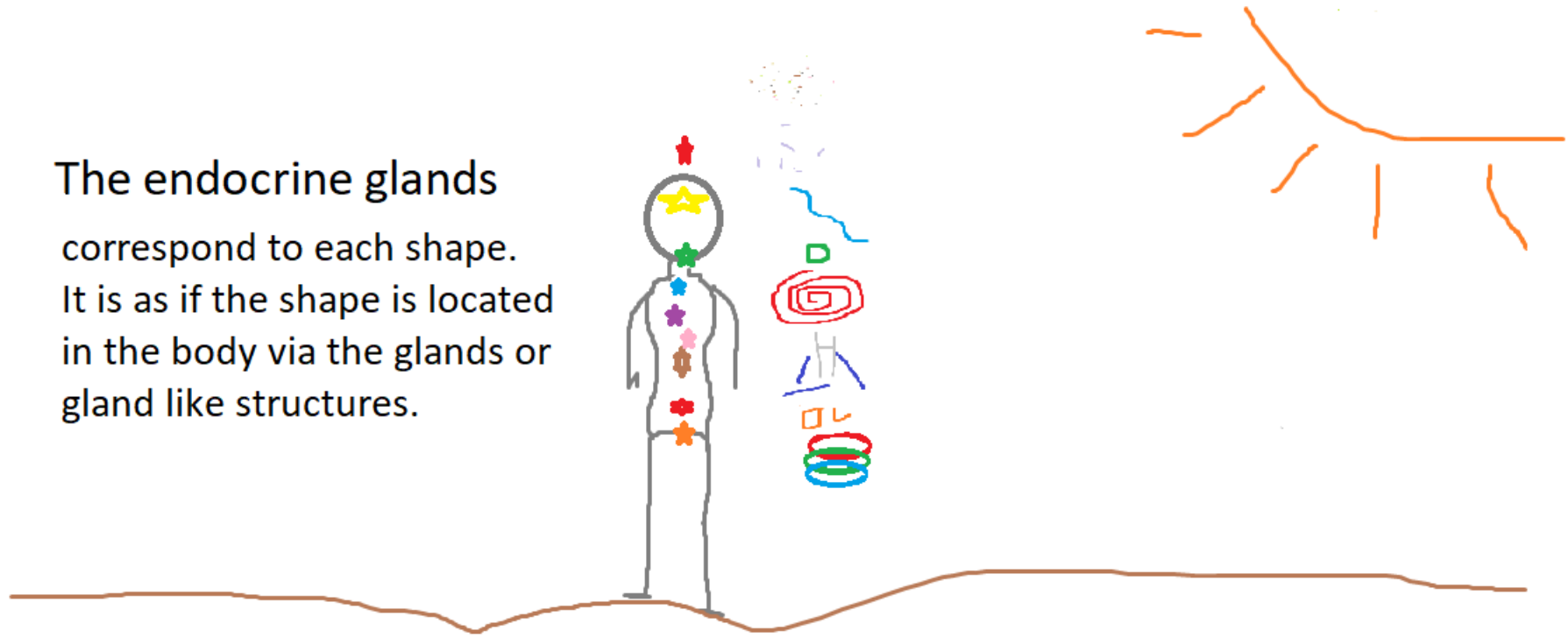


Suspension

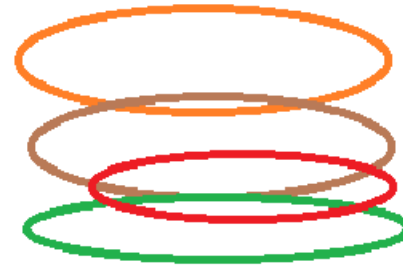


Dissipation

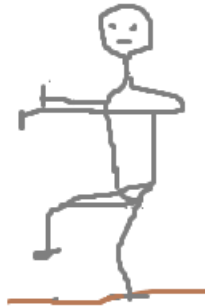
The endocrine glands correspond to each shape. It is as if the shape is located in the body via the glands or gland like structures.



Elemental self • I am stardust • I am part of a greater whole • I am the universe-the universe is me • essence of being • pure potency
(root of feeling safe)

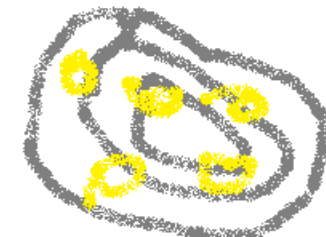


Layers • parallel planes



Nataraja • Dancing Creation

coccyx • root glands tail •



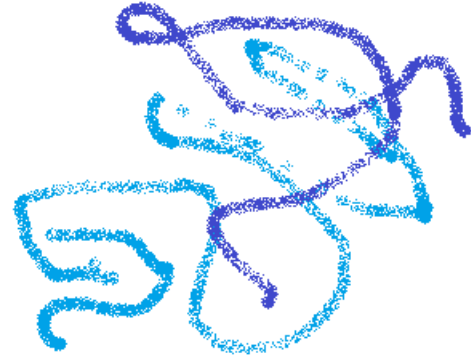
galaxy • mesas • diaphragms

My Compass • I am in touch with my truth • my inner knowing

(root of being in touch with self)

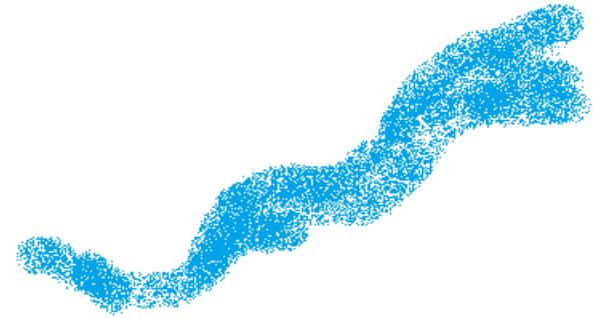


Shakti • Essential Energy
Life force • coming to being



Fluid • inner-outer motion

ovaries • gonads

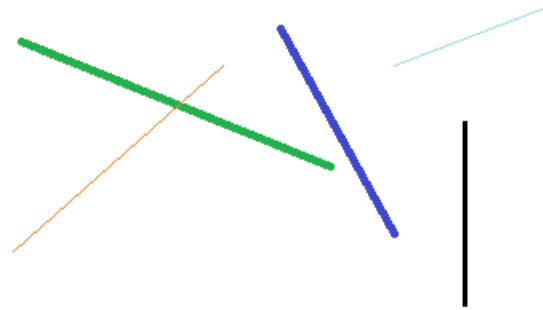


Rivers • oceans • blood

Rooted in my truth even in context of your truth • Clarity • **Remove obstacles** • **Clear clutter** • Everyone has their own compass, made and for each person • **Get my 'should' off you and your 'should' off me** • I know what is true for me • I am here-you are there
(root of relational health)



Kali • Warrior • clear the crap



Line • trajectory

Adrenal Glands



oak tree • bones • silk thread • lightening

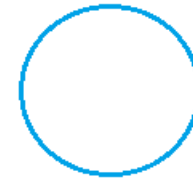
Pause • Stillness • The Space Between • Rest
(roots of being unfold to roots of inter-being)



The Sage, pilgrim
Here I am, as I am



Pancrease



emptiness•spaces•silence

Spirals • Embrace-Release • Cycles • Inhale suffering-exhale joy •
Breath in joy-breath out suffering • What nourishes me? What is
toxix to me? • Take in-Let go (root of compassion)



Boddhisattva • Mary •
Mother Goddesses of all time

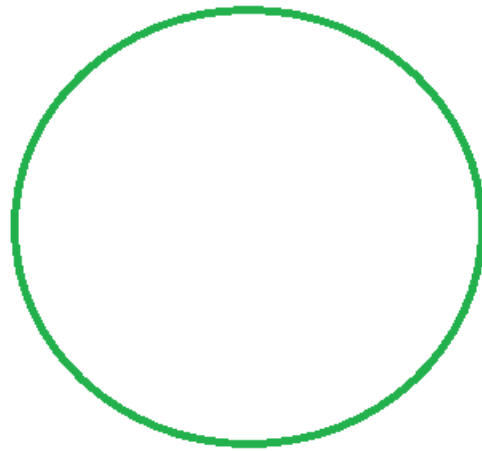


Spiral
The Heart

Water cycle
Breath Cycle
Circulation



Being with what is • **Isness** • **Inclusive Awareness** • **Perspective** •
(root of gratitude)



Spheres • Shape of Gravity

Thymus Gland



Gaia • Celtic Stones



Earth • tear-drop
• galaxy • cell

Change • Waves • Currents • Crests and troughs of life •
Riding the flow of life • Allowing (root of resilience)



wave

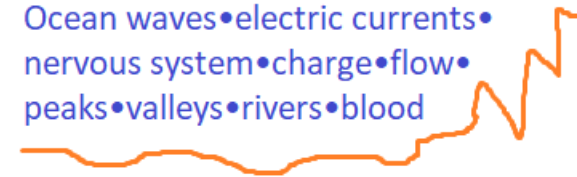


Saraswati • Athena

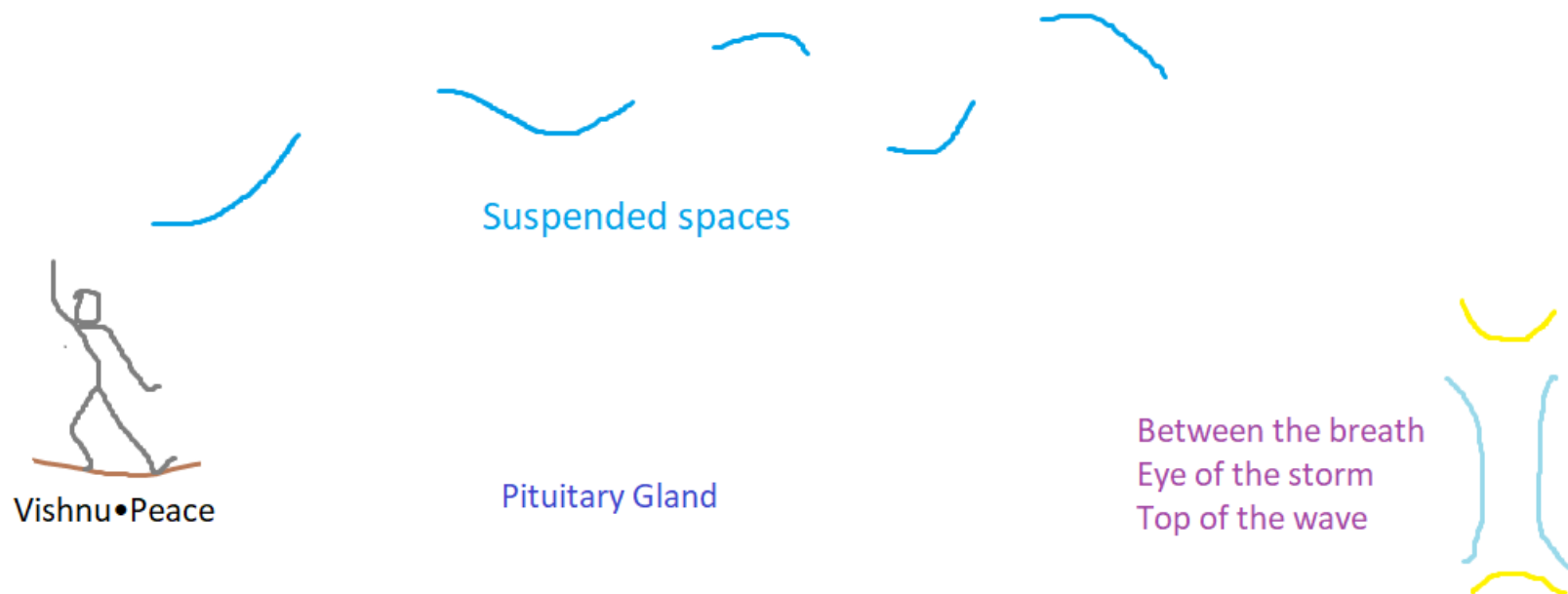
Thyroid Glands



Ocean waves • electric currents •
nervous system • charge • flow •
peaks • valleys • rivers • blood



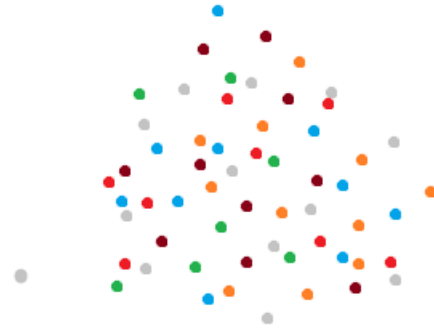
Suspension • Stillness • Mystery • Access to Wisdom • Nexus •
Inspiration (root of wisdom) Possibilities



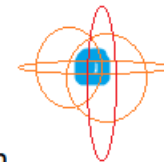
Dissipation after form • Atomic self • Vibration • Spaces • I am
Stardust • return to elemental self • NoSelf (root of liberation)



Amphora • vessel



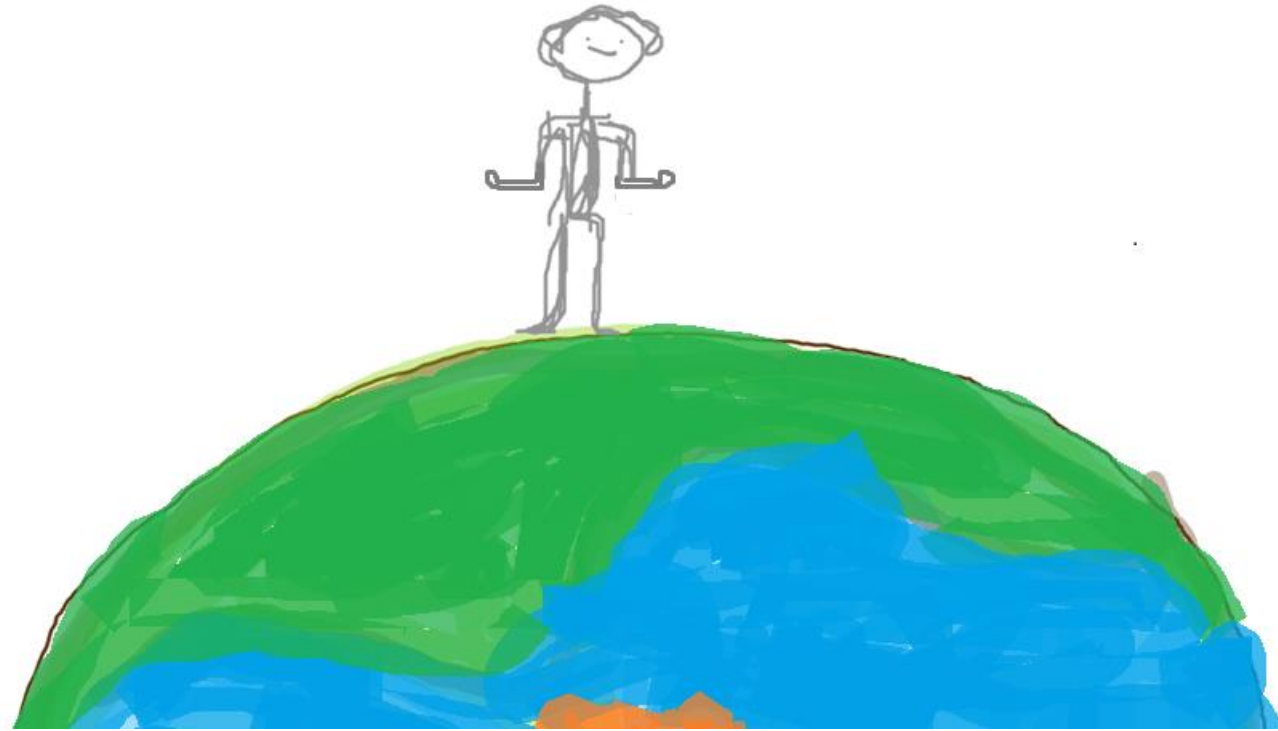
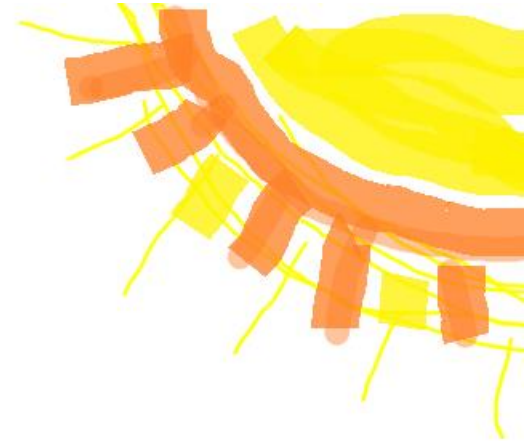
Pineal Gland

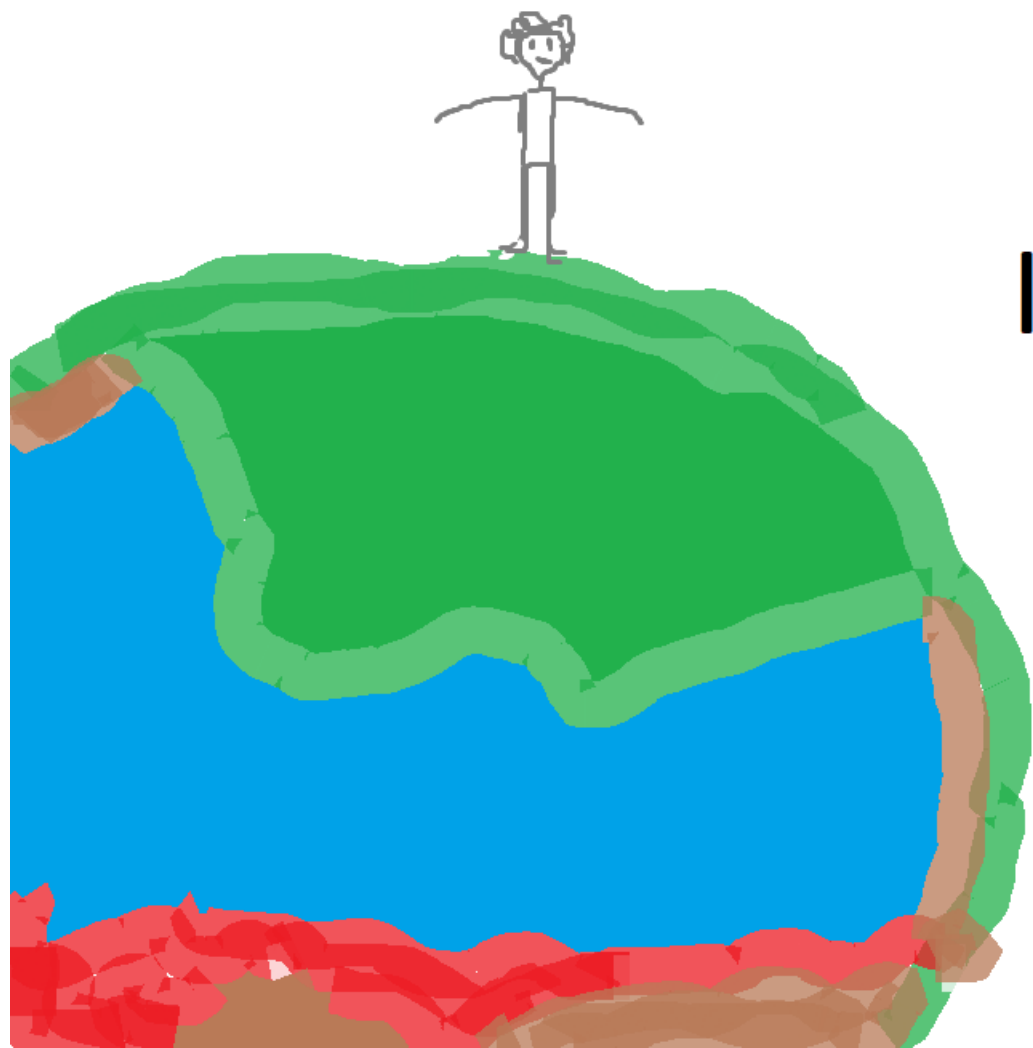


Formless after form
Emptiness
Space between electrons

Here I am

As I am



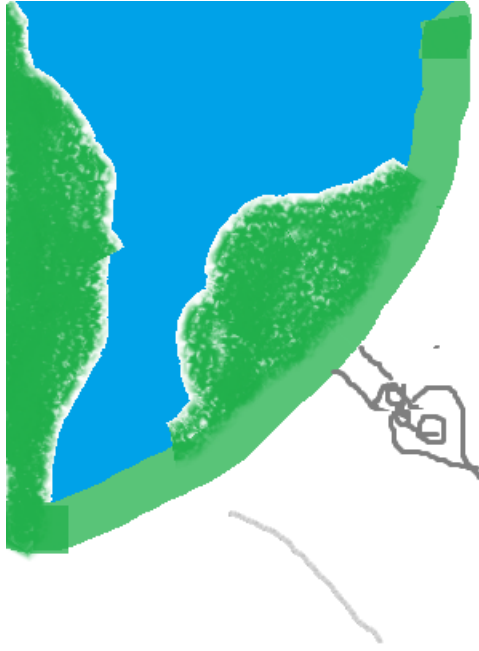


In the world

As it is

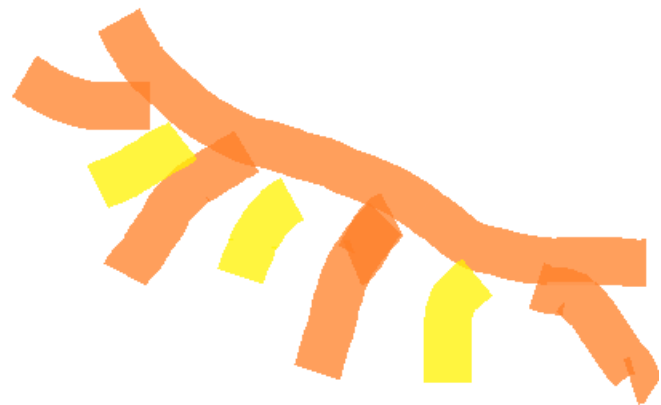
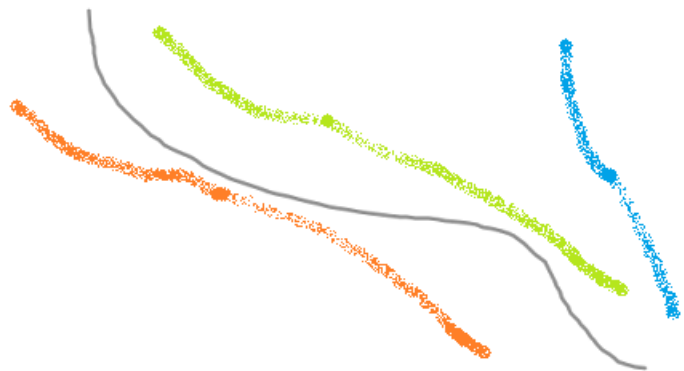
Supported by the planet



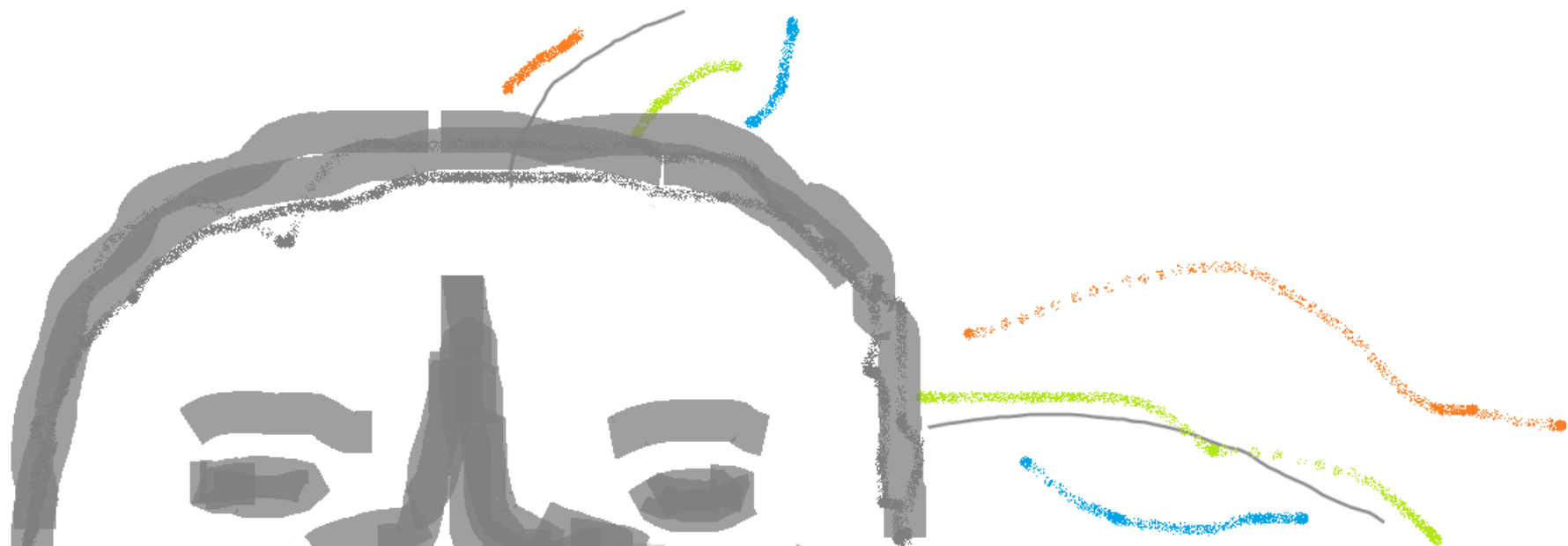


Floating in the multiverse





AWAKE



to my state of being





wooooosssshhh



Thank You!

