

Wholeness in Motion™ — The Nine Underpinnings & The Three Movement Flows



"It makes a wonderful difference whether we find in the body an ally or an adversary." Johann Wolfgang von Goethe

*"To see a world in a grain of sand
And heaven in a wild flower,
Hold infinity in the palm of your hand
And eternity in an hour." William Blake*

1. Wholeness of Being — Your coordinating system

You are at all times one whole, perfectly coordinating being. Wholeness in Motion™ is designed to evoke the easiest, most whole and natural coordination of any given moment. In this way you discover what conditions allow for easy functioning and for strained functioning; giving you the information you need to make healthy choices for yourself.

"Our life is what our thoughts make it." James Christian

2. Your innate Navigation system • Your relational system

Your system continually perceives, interprets, evaluates, predicts and responds to the stimulus of every given waking moment. From this flood of stimuli arise important signals (sensations like pleasure/pain, likes/dislikes, excitation/calm) as part of your inbuilt navigational system, guiding your life actions and choices, keeping you safe, showing you how to thrive. Because many of us are often unaware of (or override) our own system's signals, Wholeness in Motion™ invites you to listen to, understand and follow this inherent inner guidance system; helping you literally become more in touch with yourself and your surroundings.

"As we impose our somewhat limited concepts on to ourselves, we gradually lose touch with ourselves, denying our natural urges and ignoring our feelings and generally trying to control things. As we cease to 'be' our bodies, but now 'have' our bodies, we lose touch with our ability to sense what is appropriate and of value to us." David Gorman

"When training to live in our world of constant change, training to enjoy the everchanging relationship movement demands may be the most comprehensive training for basic intelligence." Peggy Hackney

3. Pre-sprung Elastic Suspension System

The pre-sprung elastic suspension system is a description of the way we are designed to be

stable and mobile creatures. In Wholeness in Motion™, movement instructions are intended to support this open, free, supported design of your system. This very new articulation of your fundamental design is a radical departure and great leap from alignment and postural models of the human body.

*The pre-sprung elastic suspension system model shows that the "real resolution between the **seemingly conflicting demands** of stability and mobility is complete support at all times with no holding while simultaneously having total openness in your being and freedom in your actions."*
David Gorman

4. Elasticity & Voluminous Torso

One of our most fundamental properties is elasticity. Wholeness in Motion™ helps you regain your lively elasticity. The freedom to allow the springy elasticity of your nature is a particular powerful foundation for experiencing your fully, spacious, voluminous torso without the stiffening side effect of many alignment-based approaches. Breathing, physiological functions are free to flow without structural interferences and postural tensions.

5. Balance and Support

The earth comes up underneath you to support you at all times. Learning to evenly distribute your contact on this ever-present support is the foundation for all movement; it is effortless balance. Exploring easy balance in relationship to strained balance gives you the experiential information you need to choose effortless balance in all aspects of your life.

"This function of supportedness or stability is primary in one sense, in that it needs to be present all the time in everything we do... support is a prerequisite and underlying foundation for all movement." David Gorman

"Each time you pick up a book from the table, you effortlessly overcome the combined gravitational exertion of an entire planet." Bryson

6. Freedom of Movement • Resilience

Wholeness of Motion™ provides simple movement frameworks from which you can find on-going possibilities to move freely and feel free to move and to bounce back from strain and constriction.

"When movement is liberated from the constricting armor of stylized, pre-conceived gestures, an innate feedback process between movement and feeling is generated." Anna Halprin

7. Adapting Learning Being

On every level from neural pathways to muscle fiber length your system is continually adapting to how and what you are doing. You are always learning. Wholeness in Motion™ is designed to help you develop the Sensory Landmarks to recognize and choose healthy movement and to expand your expressive, emotional and spatial vocabulary and range.

"If we can learn to read our own responses to our own experience – a test we are writing unconsciously every day we spend on earth – we will receive the guidance we need to live more authentic lives." Parker Palmer

8. Exploratory Method

Wholeness in Motion™ is guided through an exploratory approach. By making explorations you discover for yourself what is useful and good for YOU. You develop your own criteria for assessment, which gives you the foundation for confidence and independent learning.

"So according to Socrates, the teacher assists the inquiring mind of the learner to give birth to knowledge, facilitating the process of discovery on the learners part." Mortimer Adler

"Only when teachers realize that the principle cause of learning that occurs in a student is the activity of the student's own mind, do they assume the role of cooperative artist." Mortimer Adler

9. Perceptive Possibilities • Avenues of Information

Movement is a doorway to perceiving yourself and the world around you from different sensory pathways. As you perceive differently you also access different information channels opening up to new possibilities of experiencing and understanding yourself and your world.

"Attending to sensory communications from the world dissolves the boundary between self and the world." Harrod Buhner

"The mystery of life isn't a problem to solve but a reality to experience." Frank Herbert

Wholeness in Motion™ — The Three Movement Flows

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 Meta-Patterns - 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 when you learn to interpret signals accurately
 - You have many avenues for information and insight one of which is your senses, your body-based information (embodiment)
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

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

1. Earth to Sky Flow™

The Earth to Sky Flow takes you from simplicity to complexity as you flow naturally from maximum contact with the planet to minimum contact. These movement patterns reflect our developmental and evolutionary journey from elemental web of life to single breathing cell to our full upright stature. As you traverse this range you become in touch with many of the underpinnings of lively healthy movement. Through the flow you change, repeat and sustain supported and free shapes creating your unique and personal "asanas". Benefits of this flow range from deep, presence and ease to developing powerful, dynamic, practical strength and flexibility.

"This series of evolutionary metamorphoses is a kind of time-lapse animation of your history, each period still contained and embodied in our structure and in our nature today." David Gorman

"Heredity is nothing but stored environment." Harrod Buhner

2. The Animal Sequence™

This form blends movement principles and shapes from several martial arts, South Indian classical dance, Yoga and a Korean Health sequence. The form evokes an alertness of yourself and the world around you, a kind of lively centering. It is demanding and animated with images to encourage you to use your fullest physical range. Because there is specificity in this form there is an opportunity to use these shapes to systematically bring forth anatomical and movement principles. The form can be used as a daily practice to remind you of balance, freedom, mindfulness and functional strength and flexibility.

"Oh, beauty before me, beauty behind me, beauty to the right of me, beauty to the left of me, Beauty below me. I'm on the pollen path. Pollen path is the path to the center." traditional

"There is one place in all the Universe that has been made just for you. And it is inside your own feet." Harrod Buhner

3. Meta-patterns — a movement meditation

"A meta-pattern is a pattern so wide flung that it appears throughout the spectrum of reality: in clouds, rivers, planets, in cells, organisms and ecosystems, art and patterns of patterns" Tyler Volk

"Ourselves, (that is our particular hundreds of millions of years old family line). David Gorman

We dance the shapes(patterns) and resonate our being with patterns of the Universe. We anchor conceptual perspectives in physicalized metaphors and archetypal images so that we can access healthy perspectives in the stressful moments when what we need to remember eludes us. We remember our wholeness and gain a tool to recall these perspectives when all hell breaks loose. When these perspectives root our being, joy arises of its own accord.

Layers - horizontals/mesas – elemental being – part of a greater whole

Fluids - inner-outer rivers - forming - what is true for me/my response

Trajectories - clarity/line tree- clearing the way - here I am, there you are – relational health

Threshold – pause/entrances to listen, see, perceive

Spirals - embracing/releasing/chrysalis - cycles – compassion

Spheres – abundance/earth - being with what is rather than what isn't - gratitude

Wave – change/waves – crests and troughs - resilience

Suspension – possibilities/space between a breath - space for mystery

Space/Vibration – float/space between atoms – back to elemental being

Contents copyright © 2007 Babette Lightner, all rights reserved worldwide. "Anatomy of Wholeness" and "Wholeness in Motion" are trademarks of Babette Lightner. The names: "LearningMethods", "Patterns of Being", "The Body Moveable", and "Standing on Top of the World" along with their respective logos are trademarks of David Gorman and are used with permission.