



Wholeness in Motion™ On-line Class

Wholeness in Twelve Tracker

Wholeness in Twelve is based on Wholeness in Motion. I have modified a Wholeness in Motion tracking tool for Wholeness in Twelve. It is a tool to deepen experience of classes. **If writing works for you please print this out and have available each class.**

Introduction:

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.

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

Wholeness in Twelve Tracker

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 might you explore this week?

Week One:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Two:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Three:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Four:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

© 2016 Babette Lightner All Rights Reserved • 617.729.7127 • www.lightnermethod.com • babette@lightnermethod.com

Wholeness in Motion™ is a trademark of Babette Lightner Anatomy of Wholeness™ is a trademark of David Gorman and Body Mapping is the work of Barbara and Bill Conable

Week Five:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Six:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Seven:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Eight:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Nine:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Ten:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Eleven:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Week Twelve:

Heart:

Well-Being:

Structure:

Expressive range:

Application or experiment you invite for yourself this week:

Summary and stories of the experience in total.

