



SCIENCEPHOTOLIBRARY

3D Health in a 2D world



Perspectives with and of Babette Lightner



The health we are exploring is the idea that being well is partly defined by the ability to be free and available to effectively navigate life's circumstances.



Movement is a pathway of health. Movement evokes states of being – expands our options and helps us get unstuck from past experiences. Movement gives us information.

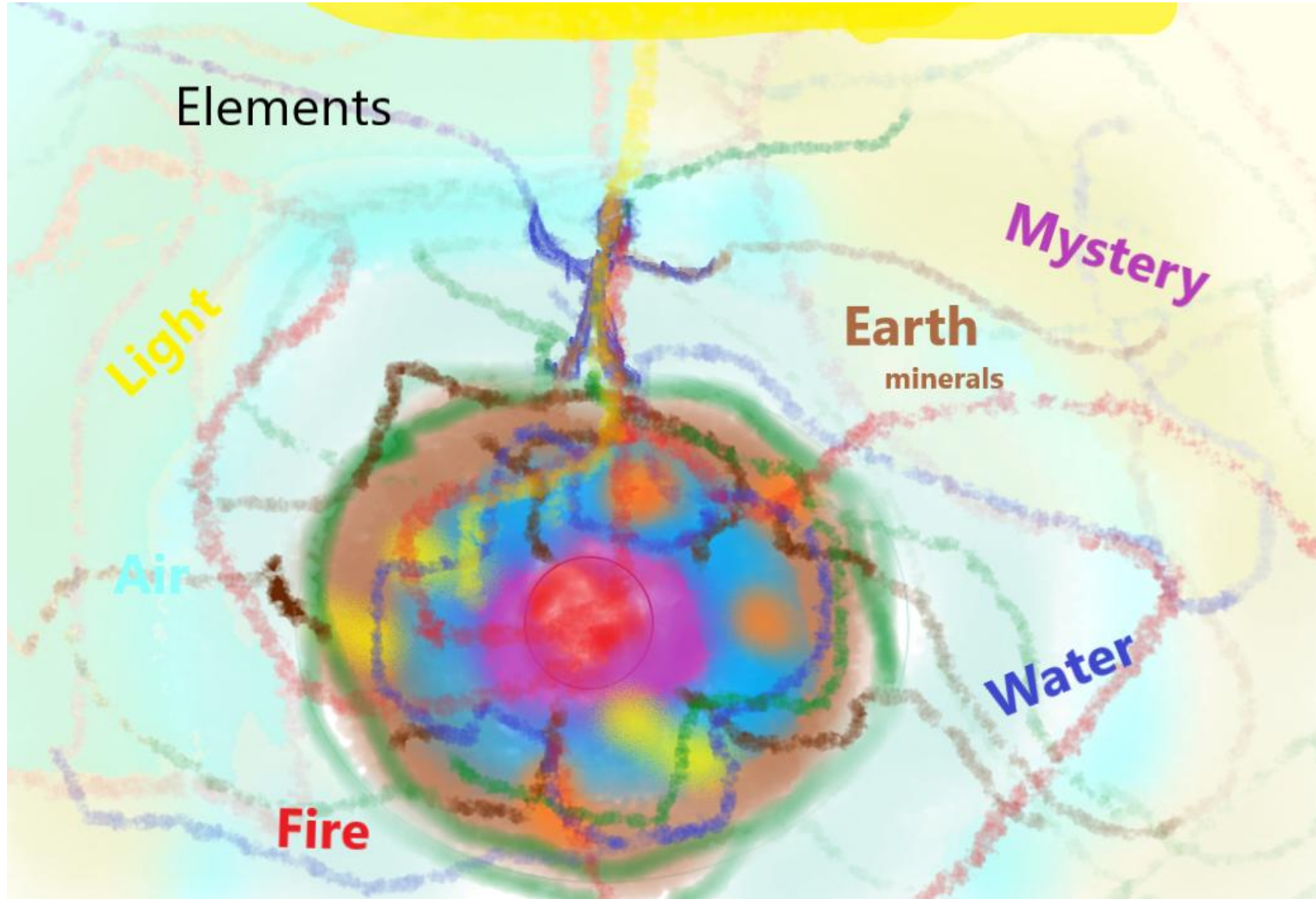


Movement can do this when we include our sense of being, our sensations, and our intelligence in our perception of movement and body.

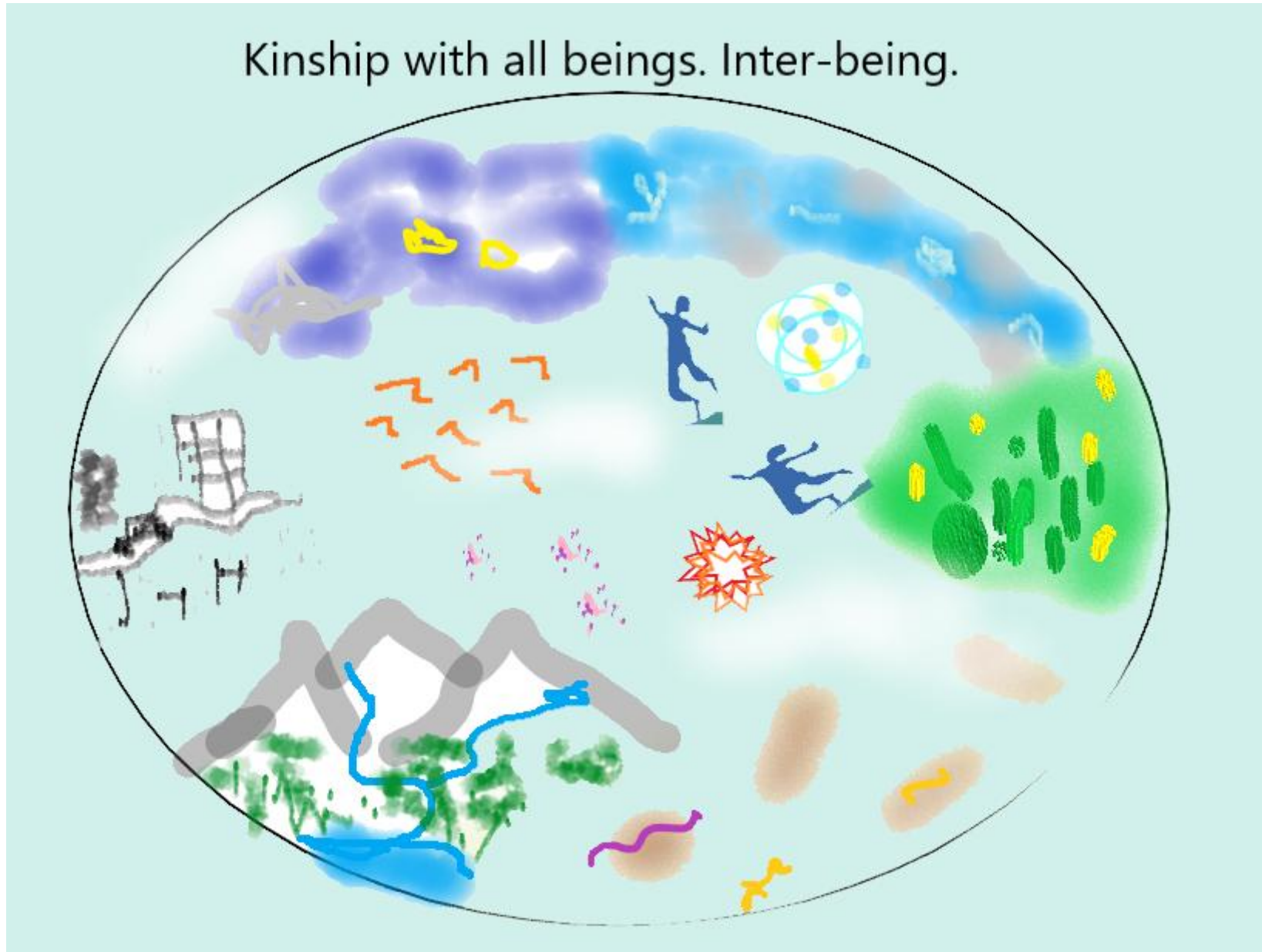


The feelings, the thoughts, the sensations, the energy, the dynamics, the myriad of aspects of Being that exist in any given moment.

Locate ourselves on this planet



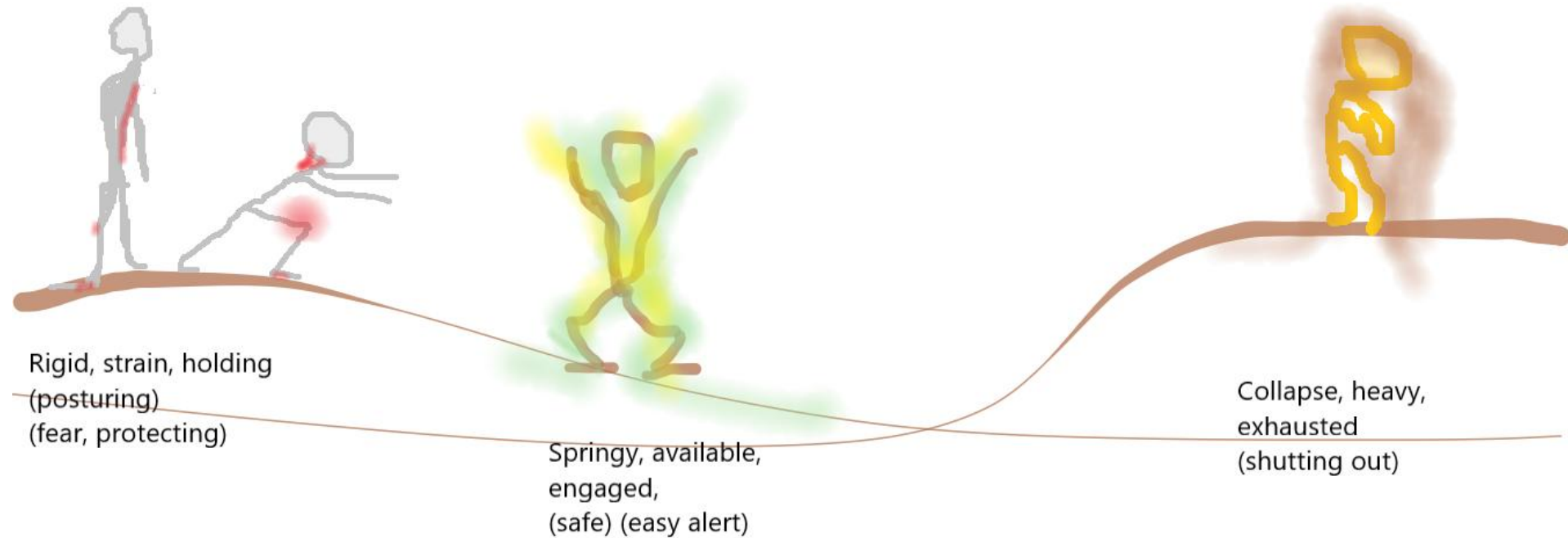
Locate ourselves as relational beings.



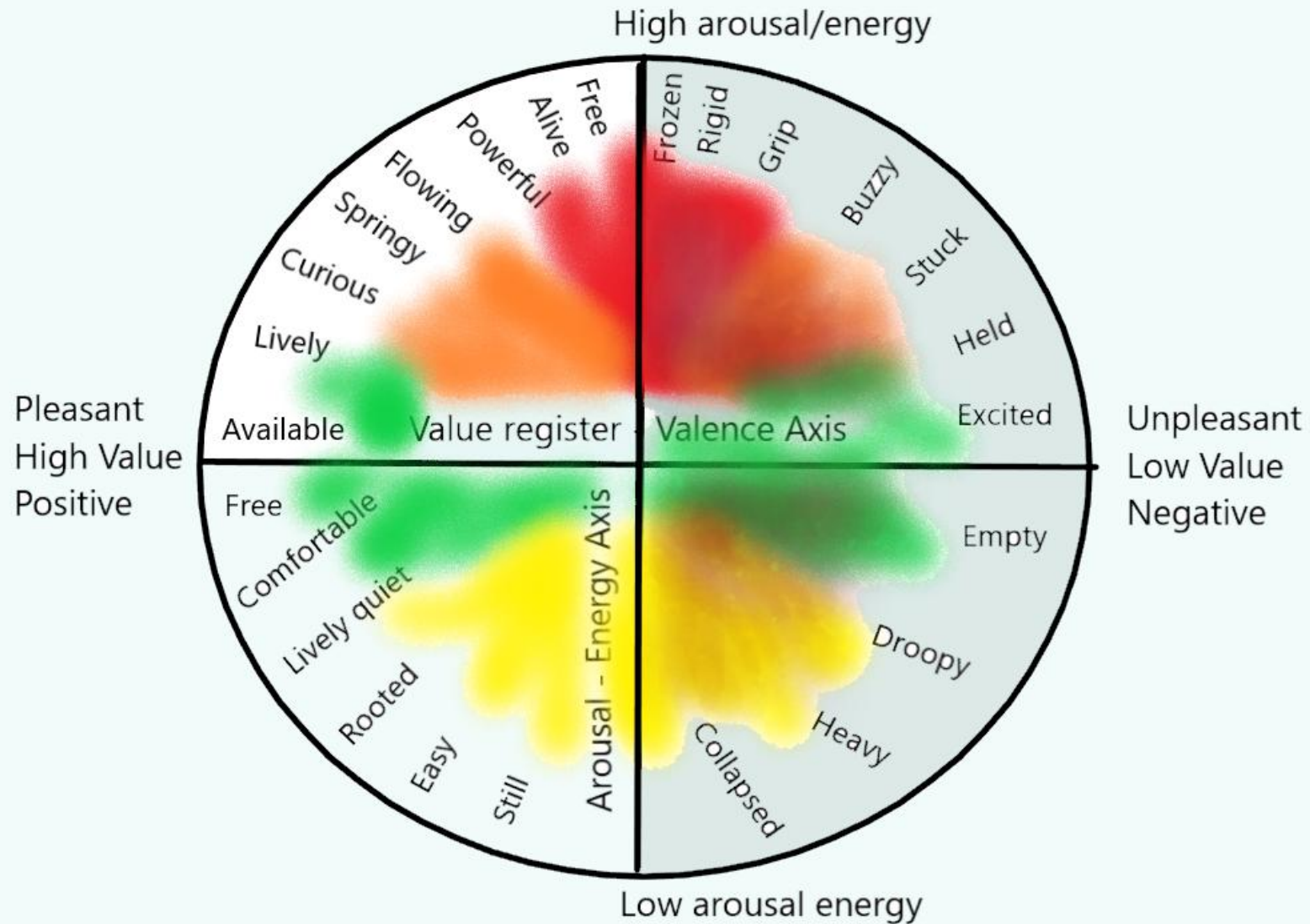
Explore Sensation as information

Engagement - Tone

Feeling experience of the degrees of working with the universe.



Sensory Facility Playground



Attention



Attention is what we bring to what we do. It shapes our experience in the moment and influences how we think, move, breathe, and act. The quality of our attention affects the quality of our functioning.

The sensation of our attention provides valuable information. By noticing how we are attending, we can better understand its effects on our experience and actions.

There is no right or wrong way to attend. Rather, we cultivate discernment: What supports what we want to do, and what interferes with it? Attention becomes a tool for awareness, choice, and more effective action.



Attention

A basic continuum of kinds of attention is narrowed ----- inclusive.



Narrowed



Inclusive

Narrowed Attention can be directed outward or inward.

Common qualities:

- Squeezed or compressed
- Over-focused on a task, object, or problem
- Shutting out other information
- Often associated with rushing, correcting, fixing, or striving

Questions:

- Can I recognize when I am narrowing?
- What happens to my breathing, shape, and movement when I do?

What do you feel when your attention is narrowed?



Inclusive Attention often feels like:

- Receiving rather than controlling
- Allowing rather than forcing
- Including rather than excluding

What do you feel when your attention is inclusive?

Questions:

- Is it possible to receive both internal and external information without narrowing?
- Is it possible to accomplish things—even quickly—without narrowing?
- What changes when awareness becomes more inclusive?





We explore different ways of using our attention and learn to sense their effects.

Attention becomes a tool for choice.

Ask yourself:

- What feels comfortable?
- What feels mobile and spacious?
- What feels constrained or compressed?
- What feels lively and energizing?
- What feels fatiguing or dulling?

Use the Sensory Facility Chart above to help find sensory language.

Awareness helps us recognize possibilities for change and choose more effective ways of thinking, moving, and acting.



Attention is a fundamental aspect of human functioning.

The way attention is directed can influence:

- Breathing
- Movement
- Ease
- Shape
- Coordination

As teachers, our language and modeling organize students' attention and therefore affect how they function.



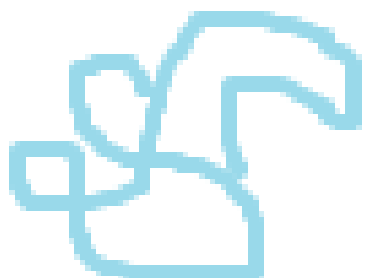
As you move through practice and daily life, explore:

- Am I narrowing?
- Am I ahead of myself?
- Am I rushing?
- What is my attention on right now?
- Does my attention feel strained or inclusive?
- What effect is this having on my body and actions?

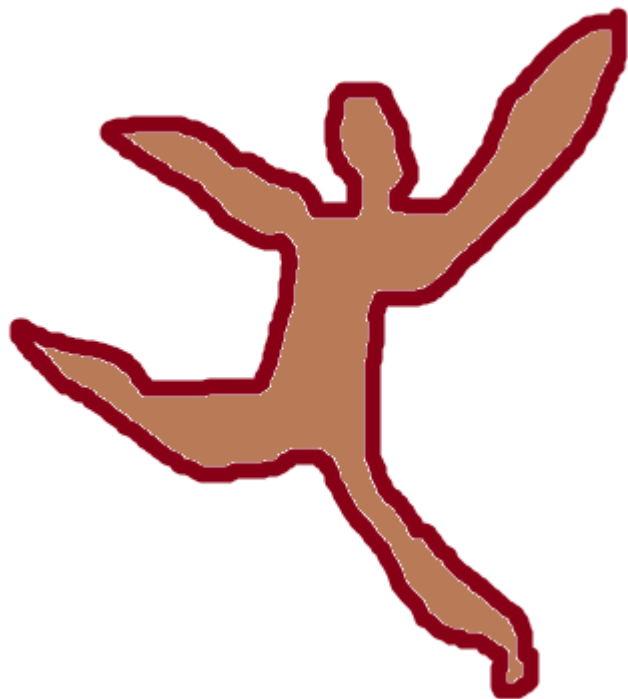
As a teacher:

How do your directions organize your students' attention, and how does that attention influence their freedom, ease, and physical organization?





Shape

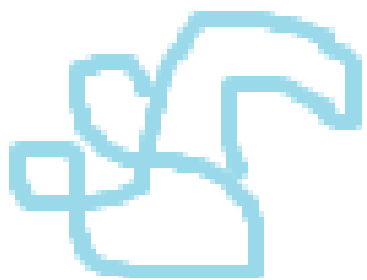


Expansive

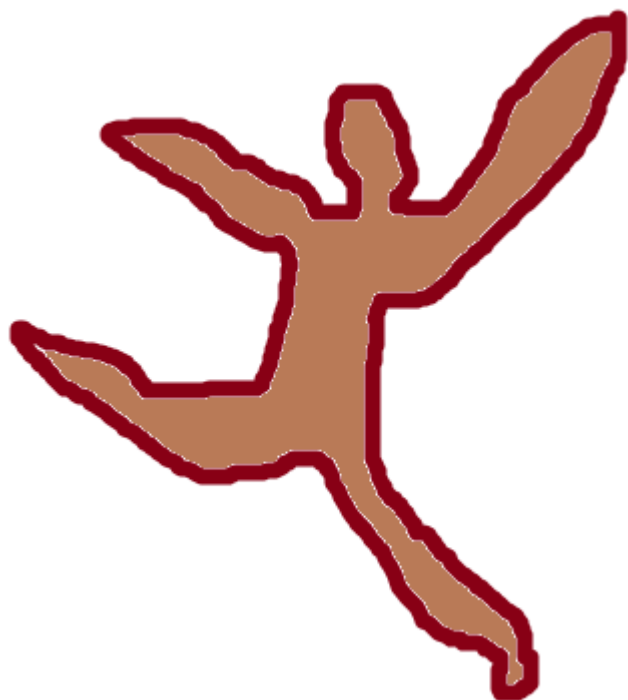


Gathered

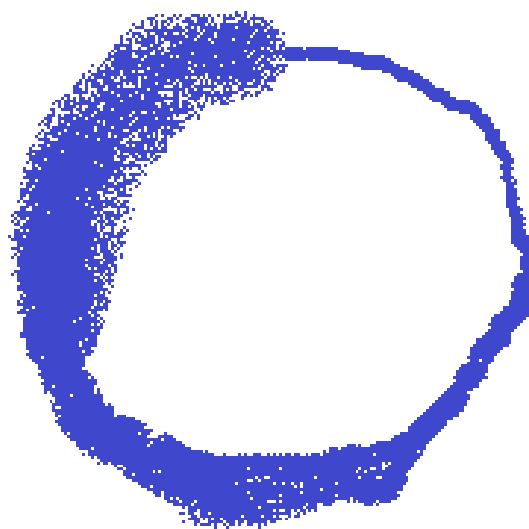
And everything in between.



Shape



Expansive



Attention made visible



Gathered

Shape of our being.

Shape reflects our attention. Shape reflects our feeling state.



Changing shapes
can shift attention
and evoke
feelings.

Shape of our being.

Shape is how we are organized in our body as we go about the world.



Do I feel free to change shape as the moment invites from rapture to terror to grief to power to?

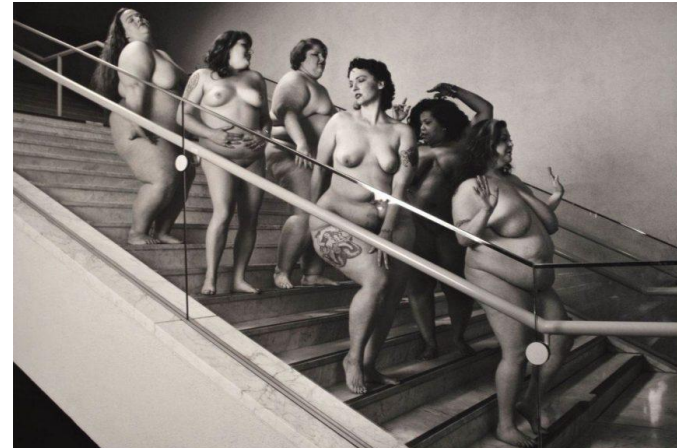
Shape of our being.

Shape is the organization of our whole being as we move through life.

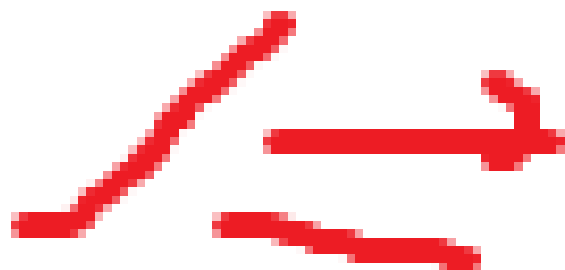
As we explore shape, we might ask:

- How am I organized right now?
- What does my shape express?
- How does this shape affect my attention, breathing, and movement?
- Am I free to change shape as the moment invites?
- Can I move fluidly from rapture to terror, from grief to power, from vulnerability to confidence, and back again?

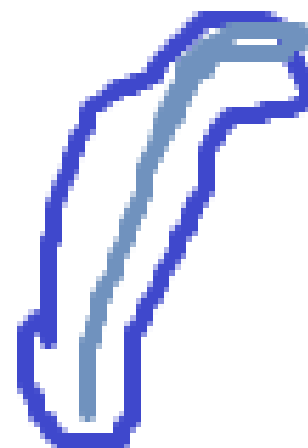
The capacity to vary our shape expands our range of feeling, expression, and response.

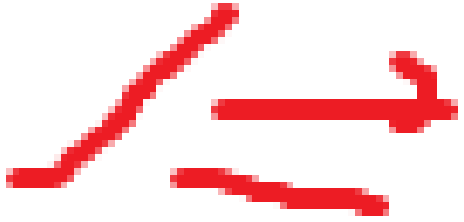


Leonard Nimoy Body Project

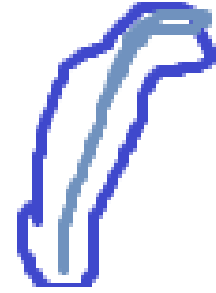


Space





Space

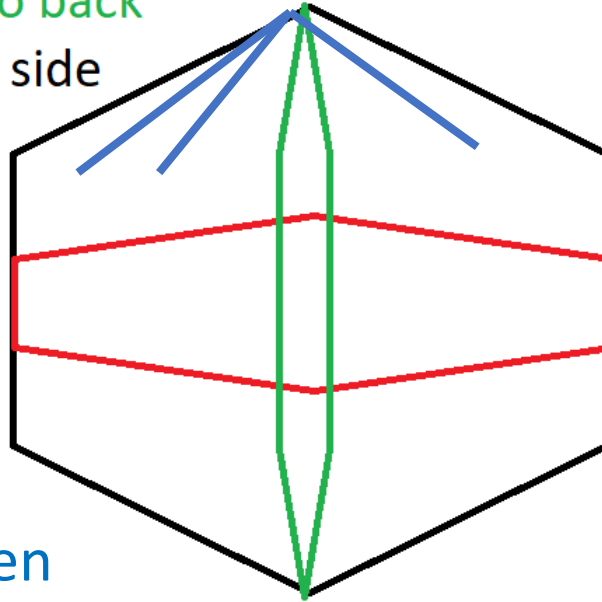


Planes of Movement

Sagittal - Wheel - front to back

Coronal - Door - side to side

Horizontal - table



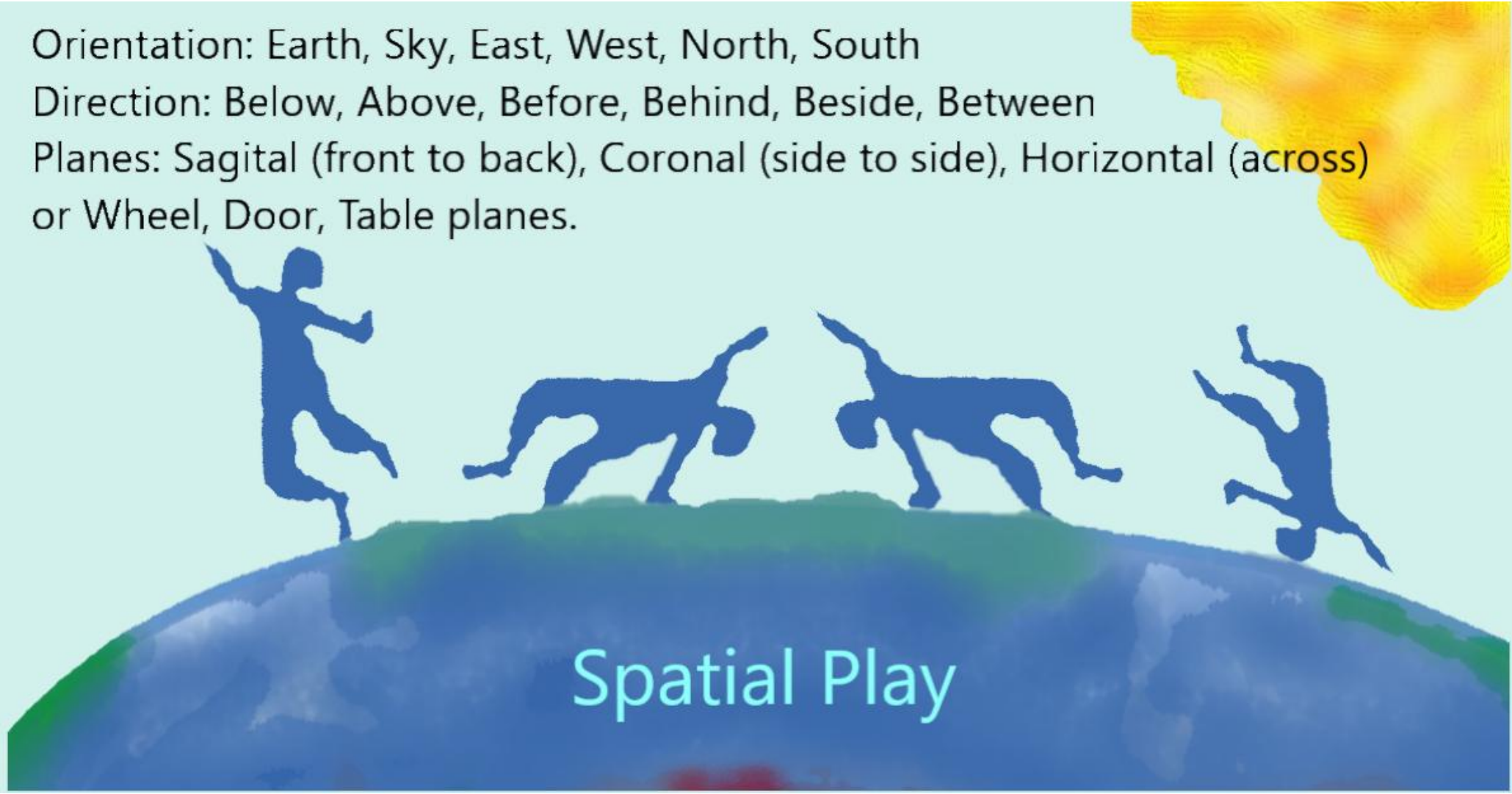
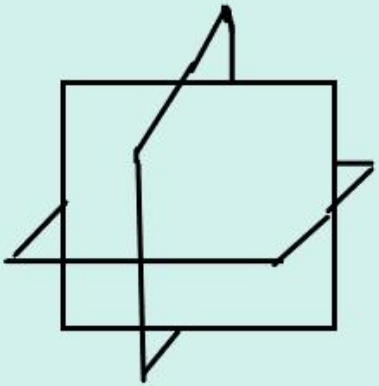
Diagonals in between



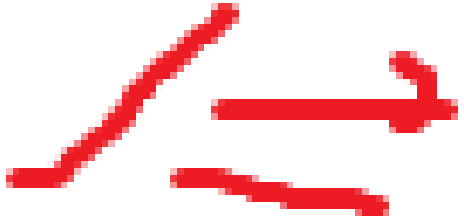
Orientation: Earth, Sky, East, West, North, South

Direction: Below, Above, Before, Behind, Beside, Between

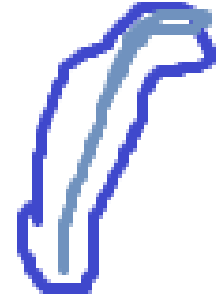
Planes: Sagittal (front to back), Coronal (side to side), Horizontal (across)
or Wheel, Door, Table planes.



Spatial Play



Space



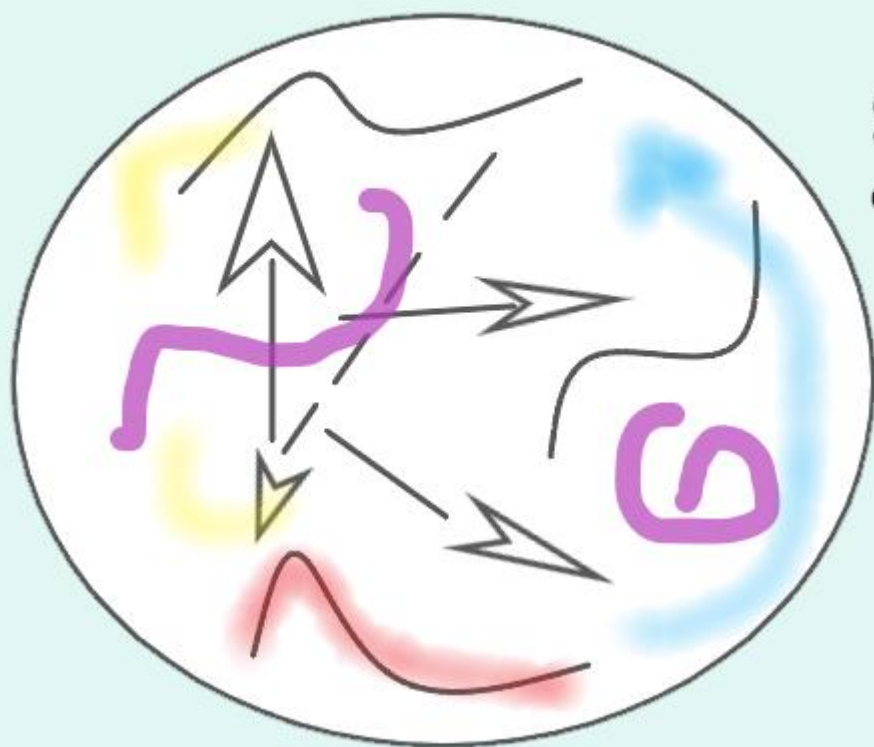
Distance



Near



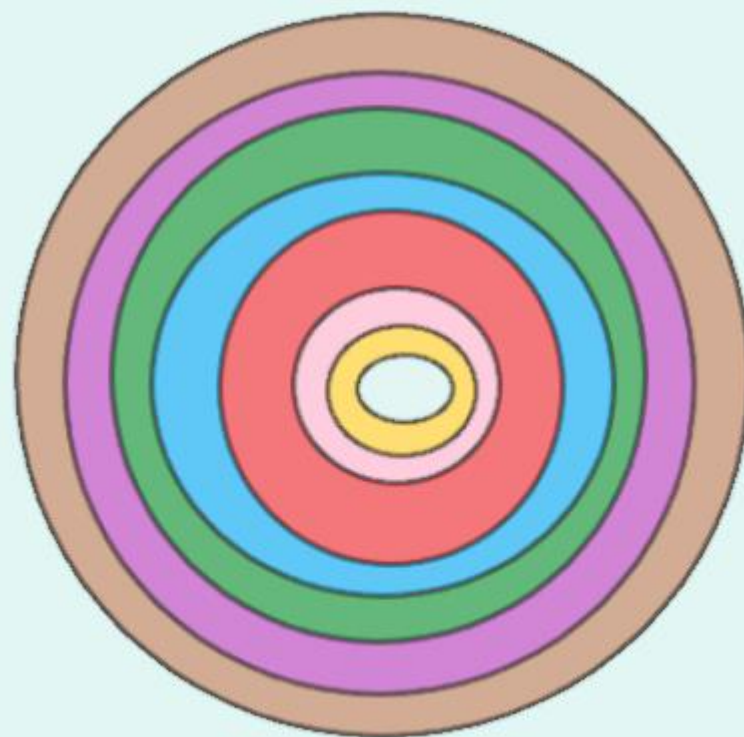
Far



Space - Direction, Path, Trajectory
 direct-indirect, linear-curved, focused-meandering

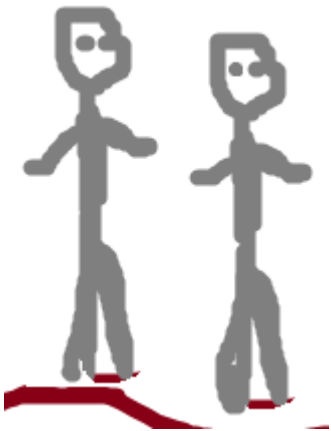
Space - Inner, Outer

internal, inner skin, skin, close, kinesphere, near, far,
 horizon, stratesphere, galaxy, cosmos



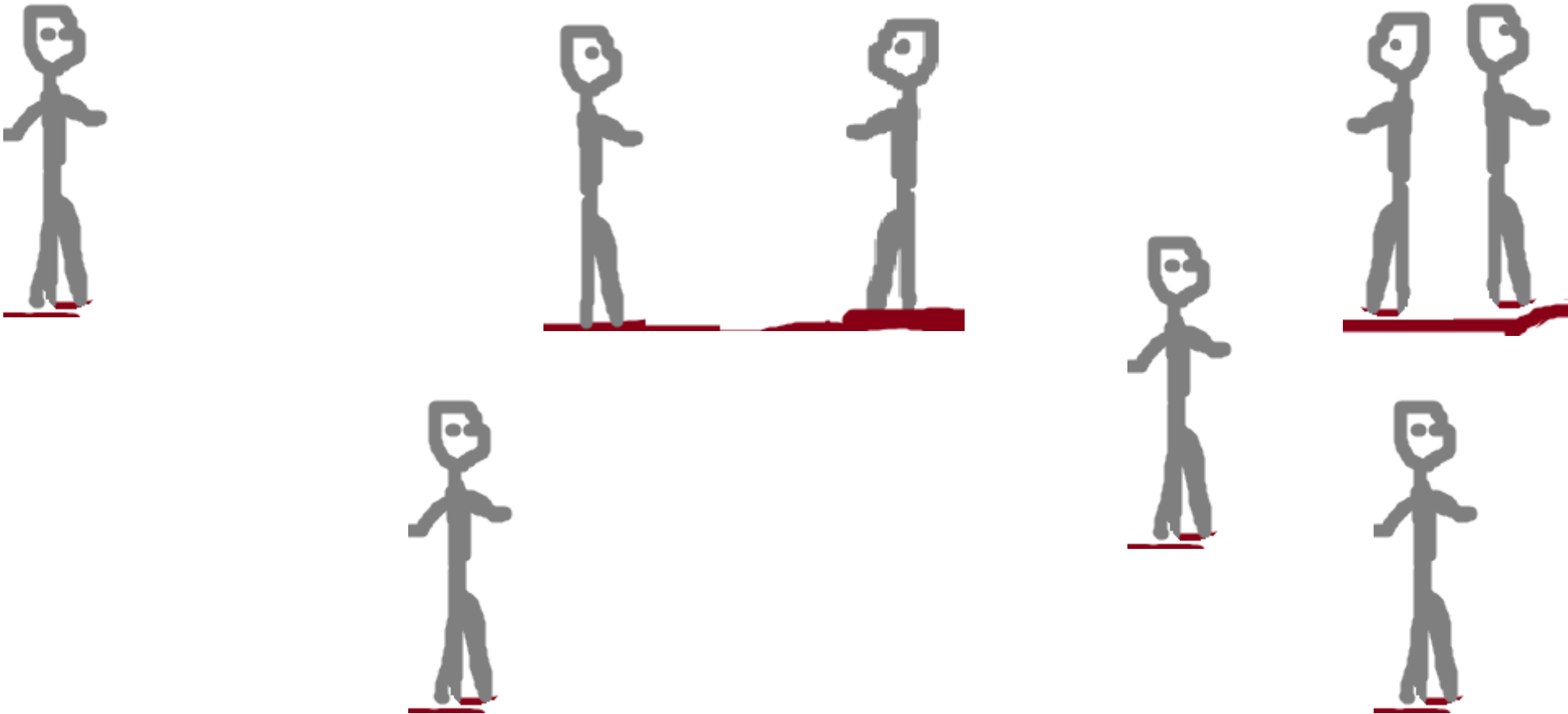
Space is relational

Different spatial relationships feel differently - Facings



Space is relational

Different spatial relationships feel differently – distance, levels...



Space is relational

Add shape and now you are telling a story



Dynamic Play



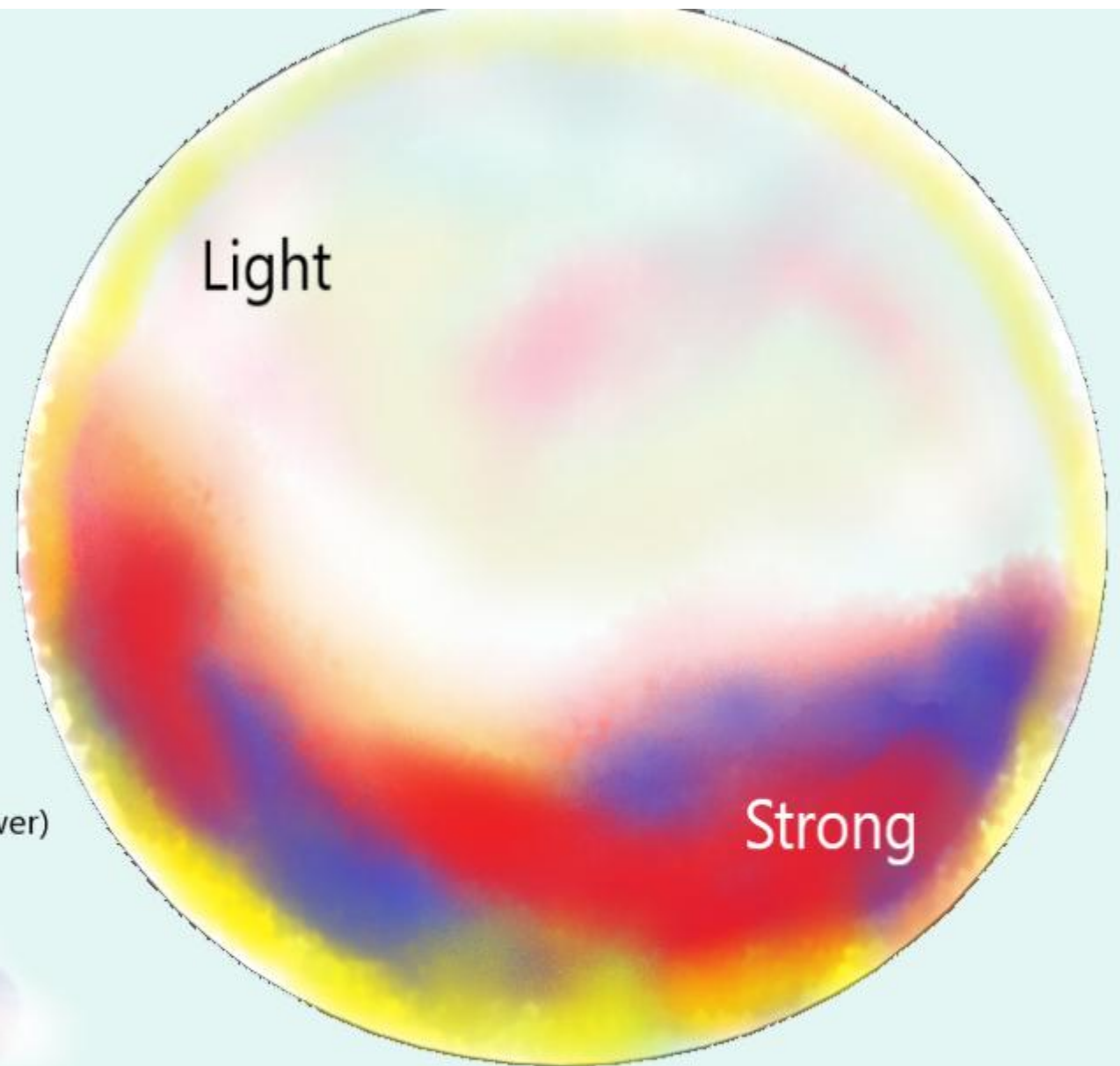
Dynamic play adds energy, time to our movement/feeling explorations. Life is dynamic. Going through dynamic range is also going through emotional range.

Dynamic Play



Play with a ball, a stick, an elastic, follow the butterfly.....
Do tasks, sense the dynamic demand of each task like: precise
and slow, strong and wild, light and clear. Explore tasks as
movement, as dances.

Power Play -- Use of Force



Strong (utilize all my power)

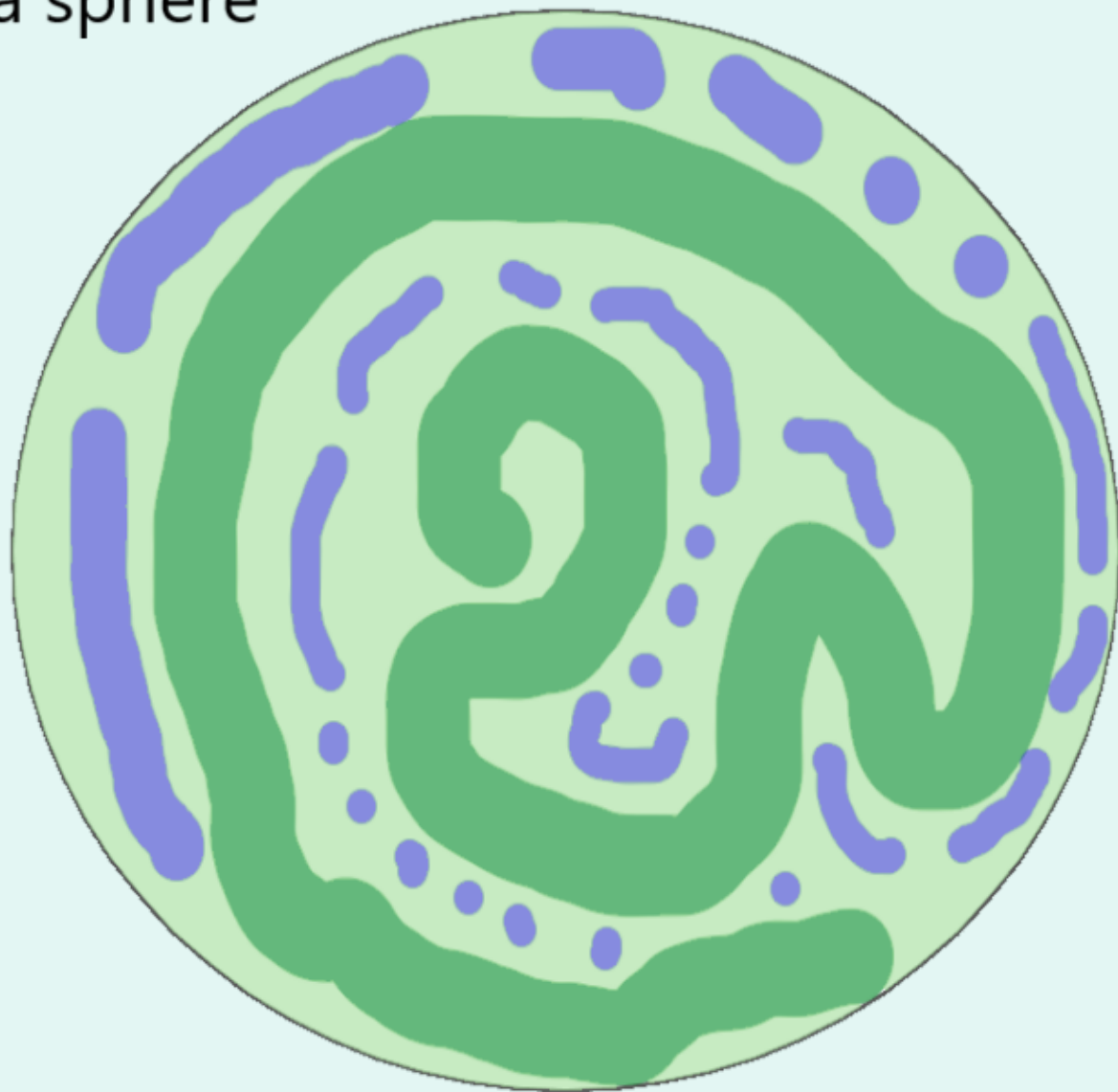
Light (recruit less power)



Duet with Time

Represented on a continuum & in a sphere

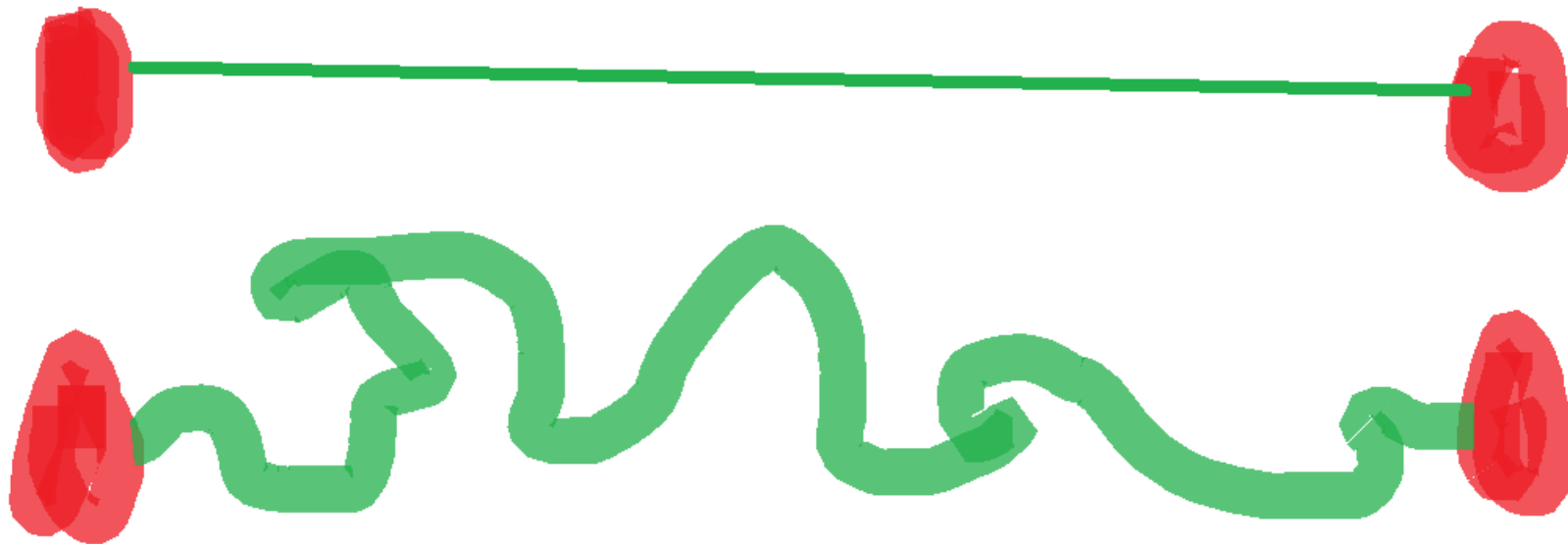
Play the range or the sphere of:
continuous, sustained, divided,
quick, paused, still...



Space/direction

Direct A to B

Indirect A meander to B



Deepen your experience by exploring continuums:



Attention – Inclusive: close • far (inside • outside)

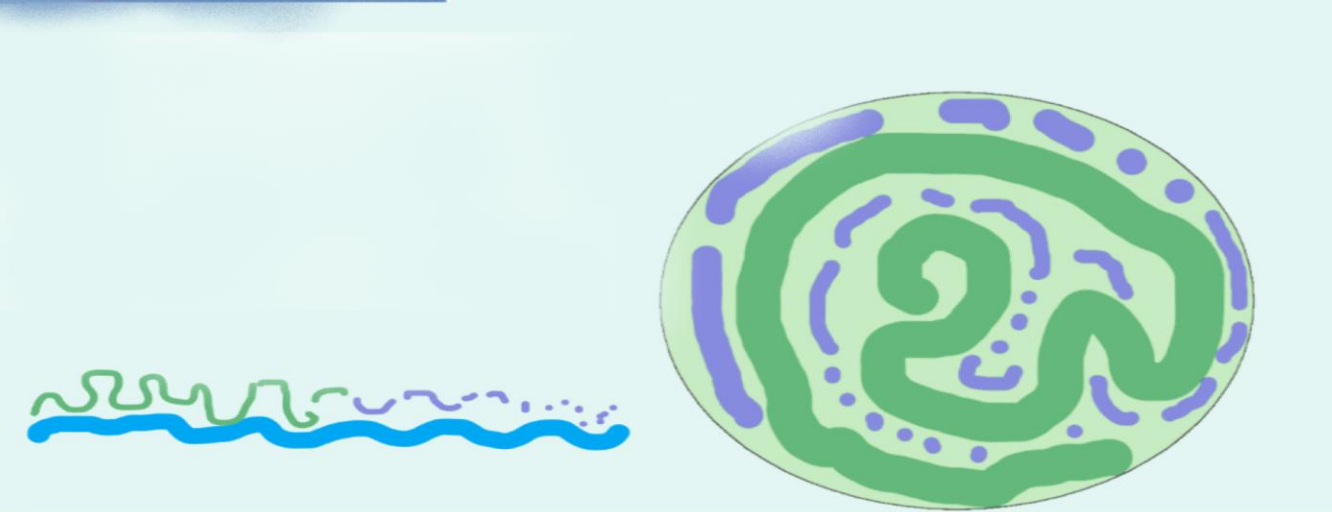
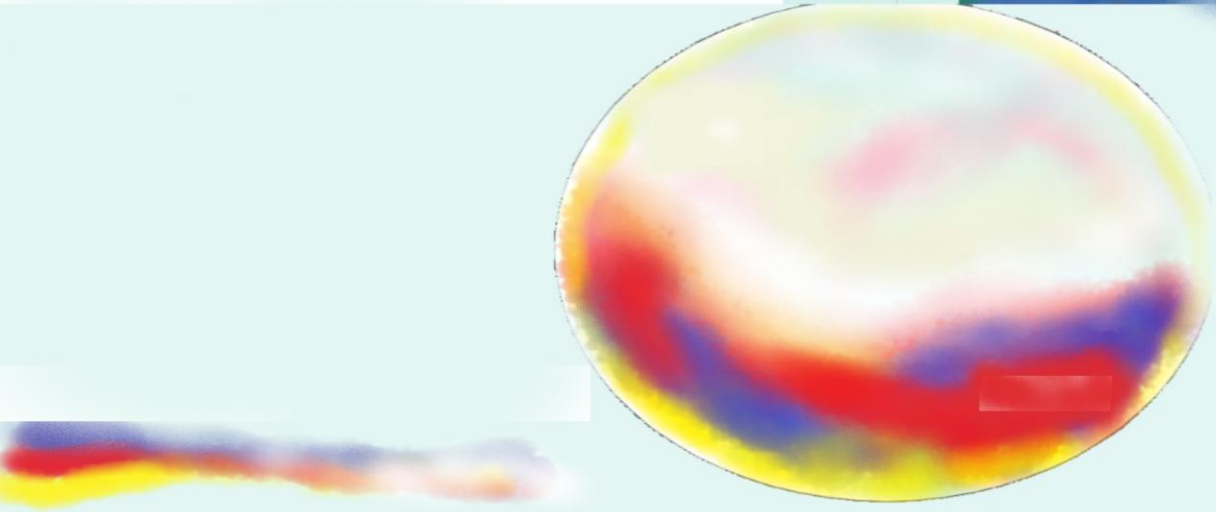
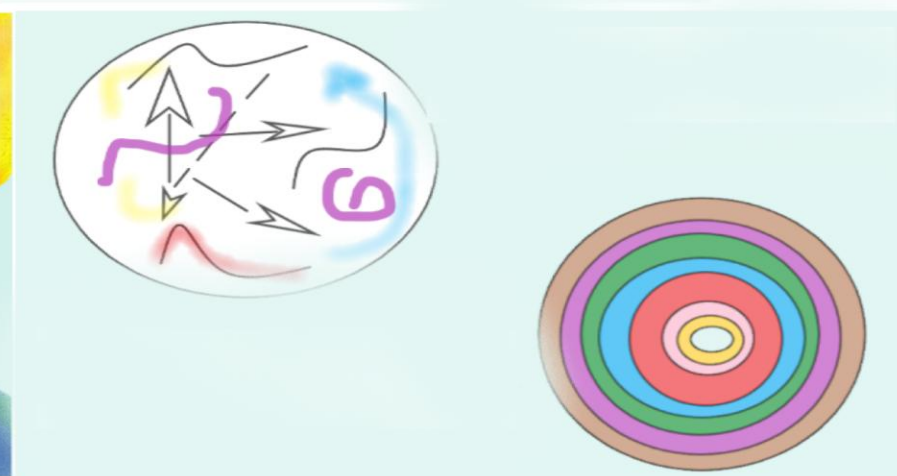
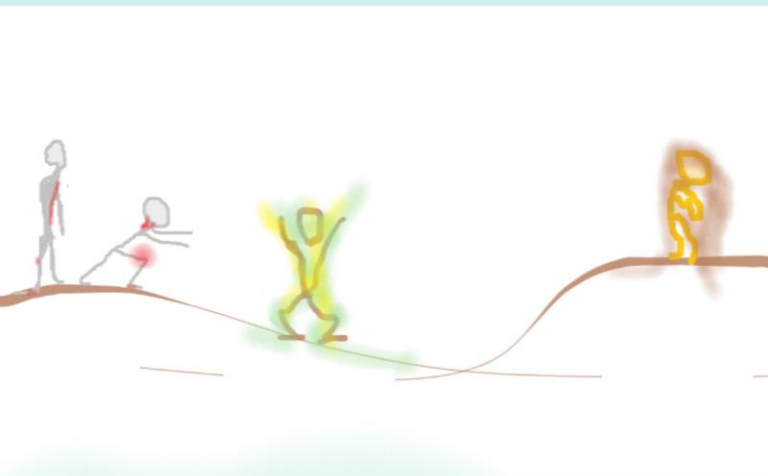
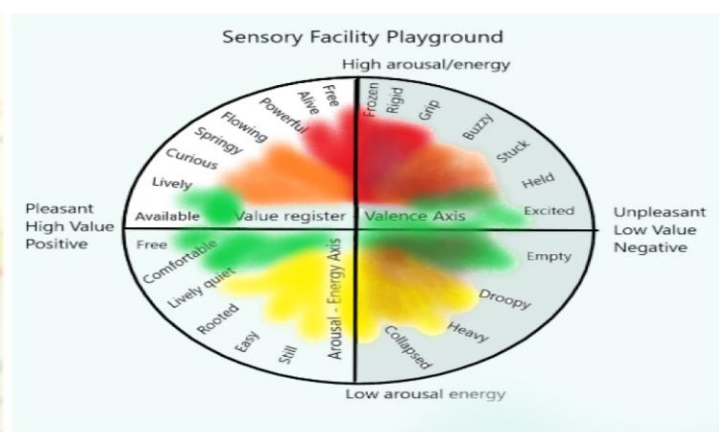
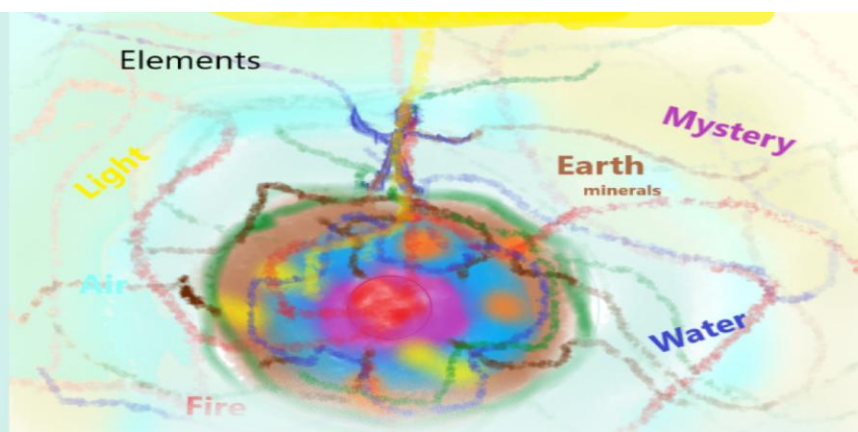
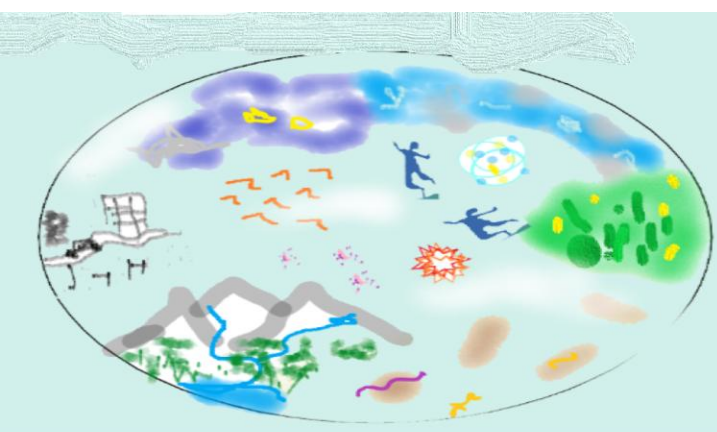
Narrow: In • out

Shape – Expansive  • Gathered 

Space – Close • far, Planes of movement, Relational facings.



Dynamics – Energy, Time, Nature as a guide, Dance



Here I am

As I am

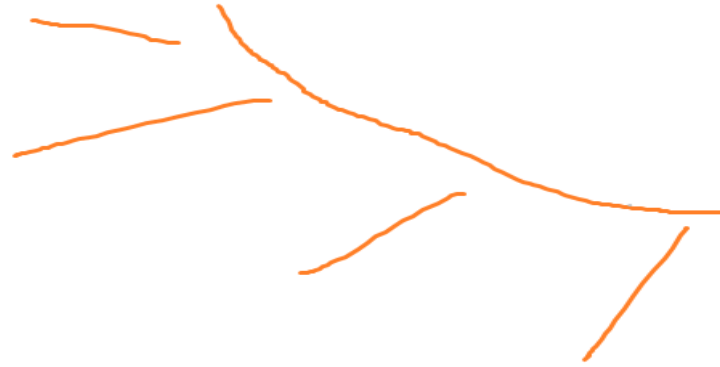


Here we are
as we are





Thank You!



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