

## SPONTANEOUS MOVEMENT AS A LEARNING ADVENTURE, by Aileen Crow

As you are reading these words, you may be  
simultaneously aware of many things---  
the black print on the white paper,  
the movement of your eyes as you read.  
You may be hearing sounds around you---  
maybe the ticking of a clock,  
traffic noises, voices, vibrations, hums.  
You may be sensing the weight of your body  
as you sit or stand,  
the temperature of the room,  
the feel of your clothes on your skin,  
the pace of your breathing, and perhaps  
of your pulse.

And knowing that this is about  
Spontaneous movement and  
Learning adventures,  
Some part of yourself may already  
be drawn in past experiences you've had that  
resonate to these words.

Be remembering times you've had  
that had an unusual quality of surprise  
and delight in the unknown.  
Even when it may also have seemed to be  
something you've always known  
but forgot, or misplaced, or covered up,  
or that temporarily got washed out of your brain.

Your history is here inside of your body.  
Your body is your storehouse of  
learnings, feelings, thoughts and experiences,  
only waiting to be invited  
to reveal your treasures to yourself---  
perhaps some secret it has held for you  
until the right time has come,  
perhaps to give you the opportunity  
to complete a learning now  
that you started long ago, or to  
teach yourself the next thing you need  
to know to enhance your life.

And when you  
Give your practical, critical, analytic mind  
the job of standing watch on the outside, to  
take care of outside reality,  
it allows you to safely go inside, to  
have the adventure that will come when you

let your body move you  
with subtlety and sensitivity, as you  
respond to its shifting impulses and  
let it lead you  
sometimes slowly and gently,  
sometimes quickly with vigor,  
aware of your growing ease and comfort as you  
let your breathing be one with your movement.  
No need to know now.  
The meaning will reveal itself  
In its own time  
In its own way.  
You may be fascinated to  
watch what is going on inside your body, to  
see the harmonious and rhythmic flow  
of breath and blood, to  
be a benign observer of the inner dance  
you're doing---  
where it goes, and how,  
as it changes shape and evolves,  
like a river that flows  
now slowly, now quickly,  
hits a snag and frees itself,  
perseverates and flows again,  
always changing and evolving.  
And as you move with exquisite subtlety and  
listen to your inner voice,  
your body is telling you what you want to know  
to help yourself.  
As you let the learning emerge and take shape,  
you can  
appreciate the wisdom of your body.  
each cell alive with spirit, emotion  
and intelligence.  
Ready to help you at every moment.  
Always with you and for you.  
You can continue in motion as long as you like.  
Continue to consult your teacher within, to  
find for yourself what's best for you.  
Then, when you are ready, you can  
come back to outer reality  
renewed and refreshed and reaffirmed.