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.