

How our mental and emotional state influence and limit our movements.

(Only use these explorations after a floor lesson when everyone on the floor is sensitive enough and physically able to feel these energetic shifts and emotionally prepared to do so. We never want to create a situation where a student feels stupid, incompetent or unable. Ask for feedback in circle as “What did you discover, what was interesting in any of these explorations? All the student needs is one “aha” to report, one curious thing, to feel successful.)

- I. Stand after a floor lesson. Imagine you are shifting your weight:
 1. Shift towards someone you love/friend/trust.
 2. Shift the same direction towards someone whom you do not trust.
 3. Shift the opposite way as if shifting away from someone you love/friend trust.
 4. Shift the opposite way as if shifting away from someone you do not trust.

- II. Walk after a floor lesson. (Give the student enough time.) Imagine you are:
 1. Walking on grass. Then step onto a concrete sidewalk. Continue walking. What changed? Now step onto soft sand. What happened? Now step back onto concrete and walk. What happened?
 2. Walking next along side an enemy/adversary. What happens to your breathing, throat, belly?
 3. Walking next to someone whom you are not sure of person's intention.
 4. Walking next to a friend/loved one/someone whom brings comfort.

- III. After Shoulder Clock or other arm/chest aware lesson. Lying on back. Eyes closed.

“Reach your arm out for” in the following circumstances. Notice how you recruit yourself differently in each circumstance.

 1. A pen you are being handed. Notice how you do that. What parts of yourself do you use?
 2. A parent, not knowing if they will be there.
 3. Something you are fearful of (just to barely touch, knowing it will not actually hurt you), snake, spider, rat, anything else aversive to.
 4. Reach out to touch lover/friend/relative when you don't know if they are feeling loving toward you or angry at you.
 5. Reach out to take a gift being offered you that you really want and have full permission to have.