

## “ASK ANYTHING AND YOUR BODY WILL ANSWER”

— Quotes from the book by Lansing Gresham, 1999

### ABOUT IA FLOORWORK

Instruction for floor processes are not guided imagery, nothing to do with imagining in the mind.

They suggest bodily form, metaphors for a state we once inhabited, still do at some level. They re-create certain conditions of physical development embodied poetry; enable us to assemble once again in consciousness, through our bodies, a moment when we made a choice we want to re-examine now.

Doing it “better” in movement terms, is about using less effort.

This doesn’t mean “better” as in judgement- it just means a more pleasing quality of movement. Don’t rush. Increased effort happens so that you won’t feel. When you want information, decrease effort, slow down.

Patterns of thinking or feeling or believing manifest themselves in our structure.

Taking note of our structural patterns gives us insight into the beliefs that run our lives. Changing energy will change structure, and vice versa.

This process isn’t to give you formulaic answers. IA(r) never does. It’s to help you remember the choice you already made.

### ABOUT LEARNING

Discipline is good for performance. Comfort is good for learning.

If you don’t know what’s “supposed to be” than everything’s a discovery inspiring you to do more. To learn is to go ahead and explore. In this world, learning and healing are The Same Thing.

If you don’t predict or expect your experience, then you can have it.