

Increasing the range and quality of a movement by the non-habitual sequencing of that movement in weight bearing.

The first joint that moves in initiating any habitual movement is the most skillful, familiar, and easy, of the sequence. It is dominated by rule, which includes “move this first.”

The last of the sequence that is moved is the least skilled, the most out of awareness, and the least familiar. However it is the least rule bound.

The joint movements in the sequence that are in between the first and last have varying degrees of rule, and of “what is not permitted.”

Actively initiating, with attention, a reverse sequence, or scrambled sequence, changes out of awareness, habitual, holdings and muscular contractions, and allows greater range and ease in the movement. You may not discover what long ago childhood rule you have broken, but there may be somehow a sense of more choice in your adult life.

SIMPLE VERSION - Stand. Turn to your left and then to your right gently.

Choose the easier side. 1. Now gently slowly turn your **eyes in that direction and stop as soon as it starts to engage your head.** Return to center.

2. Now turn your eyes again and add your **head and neck** and stop as soon as it begins to engage your shoulder and chest. Return to center.

3. Repeat and add turning your **shoulder/chest** until it begins to engage your pelvis. Return to center.

4. Repeat and add turning your **pelvis** until it begins to engage your ankles. Return to center.

5. repeat and add turning all the way to your **ankles** and use them to turn to a comfortable stopping place around to your side.

6. now reverse the sequence. Turn toward center first only from your ankles. Do not let any of the parts above move away from their turned around to the side position. Now add your pelvis turning back to the center. Everything above stays turned to the side. Now add your shoulders and chest to the turn toward the center. Then add to your neck and head. Keep your eyes rigorously still turned to the side. Now let your eyes be the last to come toward center.

7. now just gently, with out thinking, turn normally to that side. How much farther do you turn? Is there more ease in your turning? Repeat a few times.

8. stand and feel that side compared to the other. Gently once turn to the nonworked side and compare. Take a slow walk. Differences side to side?

ADVANCED VERSION - Stand. Choose to explore the more challenging side.

1. (partner has pen and pad.) **very** slowly turn toward the new side. Say out loud what moved first. With what part did you lead? **Eyes? Head neck? Shoulders/ chest? Pelvis? Ankles?** Partner writes it down. (Partner can observe and report as well if you wish.) Keep that part turned and continue to slowly turn. what part clicks in second? Say out loud. Partner writes it down. Continue to slowly turn. What part clicks in third? Say out loud. Partner writes it down. What part clicks in fourth? Say out loud. Write down. What is the last part to be moved? Say out loud. Write down.
2. now slowly and carefully **REVERSE THIS SEQUENCE**. You can remember it in reverse, or look at the order that is written down and reverse, or have your partner call them out to you in reverse order. Lead clearly one at a time. Hold that part toward the center and then add the next one toward the center and so on.
3. stand. Without thinking just normally turn to that worked side. What is different in range and quality? Repeat a few times. Explore turning the other way and then alternating
4. Optional. Play with moving first from a completely new place or two novel ones together and continue sequencing backward with the remaining ones in an unfamiliar pattern and repeat sequence back to center.
5. integrate with a slow attentive walk. What has changed?