

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.