

# “Awakening through the body”

body | mind | connection by Marek Zadłużny

website: <http://sparkcatcher.eu/spark/awakening-through-the-body/>

For everybody whose body is stiff and needs an impulse through movement would be a suitable method.



**body|mind|connection** is a conscious method of working with body, based on making exercises as presented in the video clips. It incorporates the main idea of reciprocal communication of body-mind and mind-body.

The main idea is to stay in the present moment and try to connect to your body. You don't need any special outfit or any particular place for it. It is enough if you just start moving with us.

Choose the clip which you find the most interesting and follow its instructions.

It is entirely up to your choice, your present needs or your mood, or even the mood of the group, which exercises you choose first.

**body|mind|connection** is an open method. Mental-body exercises can be mixed in a different way (read the instructions below) and can be used both in a group or individually, as a form of autogenic training. Exercises can be treated as a dynamic way of warming up or calming down at the end of each training session. They can be treated as an autonomous unit – in this case the whole practice should take approximately 45 minutes and should follow the order described on the web-site. Each exercise should last approximately

4-5 minutes – still, always try to be flexible and just listen to your body and your emotions. You can choose own favourite music.

If you have gone so far yet – stay here with us!

# Let's begin to move

## Detailed description of the method:

Our everyday mental processes do not provide sufficient training for changing the relations between body and mind. Not only our muscles but also our brain and nervous system are becoming more efficient due to some systematic exercises. If our thoughts wander aimlessly, they become more skilled in this aimless activity.

Images appearing spontaneously during exercising provoke your imagination, therefore it may have a significant impact on your whole body and, in consequence on your emotional and psychological well-being. Sometimes just one single picture is enough to change attitudes, provoke some activity or shift the perception of socio-cultural reality that regulates our life.

What our brain needs is just a little hint how to begin this process of changes - and we don't even have to be aware of it. The more we develop our senses, the more effective our mental pictures become. We have to work on the precision of pictures created by our senses like a painter, who works on subtle shadows of colours of his paintings.

## Descriptions of the exercises

### CALMNESS

Practice this exercise any time you feel overexcited, anxious or stressed. It is an excellent way to help you recover from turmoil that surrounds you. It helps to calm down your breathing, mental processes and regain harmony. You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish - watch this video clip several times and follow its instructions. It is a calming exercise.



### WOW EFFECT

This exercise helps you to find inner WOW effect, which is everything that is exceptional and unique in you by using joke and absurd. Try to make fun of yourself. It really helps, esp. when one experiences a distorted image of oneself and has low self-esteem. You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish - watch this video clip several times and follow its instructions. It is an energizing exercise.



### DANCE

Find an inner DJ. Feel your favourite song which suddenly makes your body dance without any embarrassment. Dance as if nobody was watching you. Let yourself feel physical freedom and express yourself openly with no limit. Don't be shy. This exercise aims at awaking and freeing physical and emotional joy. It helps when you feel down. You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish - watch this video clip several times and follow its instructions. It is an energizing exercise.



## SHAKE

When you are in rage and feel increasing anger or other negative energy and frustration – the best solution is to get rid of it through physical movement. Let yourself experience shakes in your body. Allow the shake to take away all your anger and frustration. Kick it out of your body and this way also out of your mind. You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish – watch this video clip several times and follow its instructions. It is an energizing-calming exercise.



## BOUNCE

Imagine that you are the life and soul of the party. Your body bounces up and down and with every movement you feel more and more confident. Your body moves with confidence also when you don't feel it – all you need to do is to allow it. Don't be ashamed of it. Think that nobody is watching you. Practice this exercise at any time when you lose your confidence or when you feel intimidated by a certain situation. You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish – watch this video clip several times and follow its instructions. It is an energizing exercise.



## THICK AND SOFT

This exercise will help you when you feel some emotional anxiety and tension which you can't get rid of. Let your body feel maximum tension and then a total relief. Thanks to it, you will remove tensions in your body and you will feel relaxed. You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish – watch this video clip several times and follow its instruction. It is a relaxing exercise.



## BODY PERCUSSION

It may happen that you don't have any energy or strength. In this situation – imagine that your body is a living percussion. Firstly, allow yourself to feel quick movements coming out of your muscles and then start clapping on yourself as if your body was a percussion. Don't be too gentle. Let your muscles and skin feel the rhythm. Your blood will start circulating better, your breath will get faster. If you work in a group – you can start clapping at each other's bodies. Let it be fun. Don't be afraid of it. You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish – watch this video clip several times and follow its instructions. It is an energizing exercise.



## STRENGTH

Gaining strength from space around is not difficult. First, you will feel calmness in your movement and then you will become stronger, you will feel muscles work. You will feel strong. You are strong and ready for any challenges. Practice this exercise any time when you don't believe in your own abilities, when you feel you will not manage and this feeling is deeply present in your mind. You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish - watch this video clip several times and follow its instructions. It is an energizing-calming exercise.



## FLYING FEARS

When you are afraid of something, then facing your fears can be of a help - even if only metaphorically. In this exercise, we will work on it physically. First, imagine your fears flying around you and then through physical escalation you will transform these fears into something pleasant. Your fears would disappear. Remember that majority of our fears is illusional.

You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish - watch this video clip several times and follow its instructions. It is a relaxing exercise.



## ACCEPTANCE

This exercise will help you find your full acceptance of your body and all physicality.

For a moment close your eyes and imagine you observe yourself from outside. Let this sensation develop. Thank your body for all the work it makes for you every day. Touch your body with respect and acceptance.

You can keep doing this exercise as long as you need it, still approximately 4-5 minutes would be the best. If you wish - watch this video clip several times and follow its instruction. It is a relaxing exercise.



## Test phase with “AWAKENING THROUGH THE BODY” method

Test was carried out with group of people with special needs, participants of “Hear The Heart” association conducted by Honorata Szymkiewicz.

My basic conclusion is that my participants shown big openness for this kind of tool to work with. It's visible and they show that they have big need to work with their bodies, open their bodies, accept it- that's the main one. I tested the exercises with less groups (two- three people), big group (about eight people) and individual (with four participants) following the recommended instructions. Here in my opinion and from this test observations I notice very clearly that for my participants-people with special needs, is better to work only two/three or maximum four people in group for one session. They showed that they feel more comfortable in smaller groups, relaxed and more open to movement without too much of stress or shame, which is very common for them. It creates more intimate atmosphere, which is necessary for this kind of exercises.

During the moving sessions my participants moved in their own way, sometimes in different way than recommended in the instruction, but the wanted results have been achieved. With some of them for a moment with some as they declared, for next days.

What is very important is the instructions given during the exercises. I strongly recommend to create them more simple and accurate. People with special needs need to follow a very simple understandable language. They need to understand what they have to do and when I was leading them and reading them during the exercise following the lines as they were written, not everyone understand what some words mean.

All of my participants tried the exercises declared they want to practice the method further, maybe only without the camera and in small groups as I wrote before.

This is very powerful and great tool to work with. Great to use in work with people with special needs.

I will work with it with great pleasure.



