**Term 4 Lesson 5**

**16.2.2022**

Welcome everyone. Let us start with our bank of exercises…

Buse: *Hugging each other until coming more clients. We didn’t do it in this training.*

No, right, we haven’t done this in this training, because usually you don’t do this with a client. But it is very good to do it when leading group session.

* you can always get closer, the hugging exercise.

And with this I remember another exercise, after the hugging one, two people were chest to chest and neck to nec, like hugging but without the arms, and they had to move together, and find the connection with the legs. I am noting it down, so that we can try it in the workshop.

Tomas: *I will try to remember.. we did something with the feet, we did the whole development from the feet up to the pelvis, it was with the knees and the legs, there were more exercises in that…*

* series of improvisation on the legs, knees, feet. We did those all, I called it Legs and feet. And we also pushed away from the wall with our feet.

Pedro: *We also did one exercise, on all fours, and we were swinging the legs back and it was working on the psoas.*

Yes this exercise was for you, but nothing stops you from doing this with your clients, if they are ready.

* throwing of the leg backwards, first pulling the knee to the chin on all fours, and slowly stretching it back and then gradually getting faster and faster, dynamically and then we got slower. And always through the floor, the foot was touching the floor.

I call it the dynamic leg exercise. I don't name it. It depends on the level of communication with the group or the client. The name of the exercises are not so important, because it is more important how you describe them so you make sure it arrives on the other side. And usually these kinds of exercises you’ll show. So it is easier, it is important for you to know the whole dimension of the exercise.

Pedro: *Another one… an improvisation on your most generous dance. I found it very very interesting.*

Yes this is very nice, and this is very encouraging to do when you work on the allowing. This is something that we really want our clients to be able to allow themselves to free something, Allow themselves to experiment with something, allow themselves to experience something. And this allowing is not always obvious, and a very good way to have these little improvs with a poetical approach, like this one you mentioned for example. ANd through the playfulness and the poetry, you could even have a series of lessons of free improvisation in which you really make the client feel that he/she can really allow himself/herself to be in the lesson in front of you. And to explore and not to show. It seems very obvious to us right now, because we are all at that stage in which we can allow ourselves really, right? But fro some clients it takes a long time. So for sure this is a very good reminder. The allowing! Because if the allowing doesn’t happen the liberation cannot happen. Because you cannot liberate someone if that person is not allowing himself to be liberated. And we can learn to allow ourselves to make choices, to feel, and I think that this is amore gentle way, rather than making ourselves or pushing ourselves.

Buse: *I remember also from University the positive and negative space with the partner.*

Oh yes, of course, can you explain that a bit more, maybe Yigit, Nisan and Pedro remember it also.

We called it The Negative and Positive in coupe work.

Buse: *with partner we called the Positive part the body and the negative part the space, of the other person, but it is like we find the gaps and spaces in the body and we try to dance in the space without touching the other person, it is really effective if you wish to challenge your body.*

Yes, and the negative and the positive are not qualitative definitions but it comes from the allegory of the photo, in the photo film the image as negatives, so what is light is dark and what is dark is light, according to the light, so it comes from there. So the positive space is the physical space, and the negative space is the space created by the positive space. Very nice.

Pedro: *It reminds me of the architectural world of planning, we use it in urban planning, we call the positive space where the building is and the negative is the empty space. So just to understand how we work with the filled and empty space. So somehow I relate to this exercise, so the body is the full space and around is the empty space, and how can we move from the empty space and not from the full space, this is what I remember from it, it was more of an individual practice.*

Yes, and also what space we create through the movement in the space. Because every movement is the instant creation of a space in space. Yes it can be done also individually. Very nice.

Feel free also Beliz and Katerina to say or add something please.

Katerina: *It is a work on the floor with the landscape, and the landscape is our body and the floor at the same time, and you continue and it doesn’t matter if you are touching the floor or your body…*

Yes very nice. You know we did this exercise in the practical lesson last time. Very nice. When your landscape and the floor becomes one landscape, and you work with that and you let these landscapes merge into each other.

Let’s close the bank :)

So let us continue. Does anyone has a special remark concerning the last lesson? or something popped up.

Nisan: *I can say something. I didn’t participate in the lesson but later on I did it. And when I was doing it I discovered that, usually when I move I have the sense that there is the direction of the movement, where I am going and in my mind there is also a direction. But when I was doing the exercises I realized that there is another direction.. for example when I am reaching, at the same time there is something that is pulling me, like a kind of equilibrium, and I realized that this is how I get to actually let go and release the body to the movement, because it does it without effort, so there is like a complimentary force happening, without effort. And when I get this sensation it becomes so easy for me to move and I become like a radiant form. This was really good to experience.*

Thank you Nisan, very nice. It is a very nice definition of the space opening. The inner space opening.

Pedro: *It was just from this morning.. I was doing it again and I did it as a prayer. I had in mind what it was, I didn’t read the exercise so I had just little clues of the exercises. And I started standing. And that was very interesting. I went immediately to the spina and then from there I was able to see what I was going through. I went immediately to the surface caressing, to the inside caressing, and then I noticed I was standing on the spot, I was not moving, it was very interesting finding this verticality. Before the exercise was very horizontal, kind of it felt very interesting experiment it on the vertical plane, and then I said to myself I ‘d like to move my legs more, and it was a nice moment because there was a real dance happening between the legs and feet, and it was a lot of traveling in these 2 square meters, and I felt really connected to the earth through my legs, and this brought to me much more use of space and feet. ANd when I arrived to the floor I lost my focus. It would be the beginning of something more and then it was just the end.*

Very nice thank you. You have actually experimented with one exercise that we are going to do today, in the development of what we did before.

Today’s focus I will talk very little is again on the melting. The notion of melting. in all it’s levels and meaning. It would be nice if all of us could think and meditate on the idea of melting and what it evokes in us. It can evoke many things. It merits a little meditation and a little exercise of thinking. I think we sometimes, not always, but in this work in particular, we will find the need to melt the hardness in fact, the hardness is created by our loves, everyday struggles, by accumulated tension, and by stress. So somehow over time there starts to be a hardness, in spirit, in intellect, in emotions as well as in the physical body. That's why sometimes we stop being well, or we don’t feel the natural flow.

So you will see, you will meet this hardness with a lot of clients and in a lot of periods with clients repeatedly. it is not something… well,  with time you can achieve a certain softness in your being, a quality that you have mastered, but there will always be levels of hardening.  Remember we said everything that happens inside is like a chemical reaction, so there will be times when we are softer , and other moments when we will become more hard. We need to melt the resistance.

I’d like to think about it like that, instead of braking or destroying the resistance, because resistance is not always bad, it can help us, it also creates movement, but sometimes we need to melt the resistance which for example can lead to inertia or stagnation, but I feel that most of all all of us we need to melt our ego, our pride and our selfishness. I think this is very important when we work with other people. Like we are somehow in the service of making it possible that others experience something and feel and find muhabbet. We need to really melt these three things in us. And of course the challenge is always to find the right amount of melting. But this is a lifetime challenge.

That’s all. Please prepare your space, and get ready for a fantastic melting lesson. And remember everyone has a different melting point, and let’s see where our melting point is today.

We will start on the floor, and repeat the first exercise like last time and see how it feels today.

You and the floor today.

You and the earth today/

I will let you concentrate and I will send you the music.

Improv.

Very good, thank you very much. Stay where you are, and we will continue and you will introduce the skin organ. the skin as an eye. Like a perceiving intelligence. So you and the earth and the skin as a perceiving intelligence. So you will turn your attention also to the surface of your body. I’ll let you concentrate.

Improv.

Thank you. We will continue to the third improvisation, and we will introduce: we will allow ourselves to connect with the inner caressing, the movement of our organs, of our bones with the muscles, and we will connect through the inner caressing with the movement the caressing of our body and the floor and the air and through this we activate the body.

Improv.

Thank you. THat was very good. I am going to have you jump out of the experience and then jump back in again. Let us just talk now a little.

So this was the preparation part of the lesson. Which means you prepare the body and bring to a certain melting point and this deep relaxation. YOu can do this depending on the stress level of the client. Last time we did it differently..

From here there are two possibilities, and we will do both.

1 possibility is to remain on the floor and dedicate the whole lesson to floorwork and slowly lead the client to the self caressing activity step by step.

So the next exercise will be where we consciously caress the surface landscape of our body, with our hands and feet and the limbs, the arms and the inside of the legs. Or the shoulders, whatever is possible to touch you will explore, and you will put your attention into the nestling into the touch.

But because you are already experienced self caressers, I would especially ask you to do it freshly, to be as fresh as possible and really approach your body as if it was the first time.

You can be as daring as possible, so allow yourself to really explore this exercise. Thank you

Improv.

Very nice, thank you very much. That was really good. Have you caressed yourselves everywhere. SOme of you didn’t, but it doesn’t matter. But it is in your interest to do these exercises with a scientific approach (I mean more technical). Of course it is really nice to be able to lose yourself in the improv, because we are really ready to do so and really disappear in the exercise, which is great. And it also shows how far you are in the practice, but it is of utmost importance that you can really scan your body in the sensation and know really how it feels when you touch yourself in each spot of your surface. That was a side note.

This exercise you can also do in couples, depending on your relationship with the client, you can help a lot by introducing your touch on the client. It is also interesting doing this in a group lesson, if you feel the people are ready.

Now another variation of the self caressing, especially in moments when you feel that the body of the client is emotionally charged. You can introduce this caressing as accumulating the things you don’t want, and caressing them off and sending them into space. so caressing certain areas and taking the traces and sending them into the space. This is done by the hands that the client can do to himself/herself. caress and send it off in different dynamics and speeds. I would like you to experiment this now on yourself. As we did in couples.

Yigit: *on the floor?*

On the floor and in the middle level also because sometimes you will need to sit etc. Very good question. Thank you.

Lina: *So in a way we scan the whole body with our hands now and send it off into space.*

Exactly and you can use this opportunity to send off things you don't want, any traces, emotional charge, residue, that you don’t want.

Improv.

Very good, excellent.

So, we will continue on the floor and middle level with the caressing, but this time…

But just to tell you a little bit about the caressing off the unwanted stress, charge, traces, everything that remains on the surface of the body. Of course this will be more effective if you’ll repeat it imore times in different qualities. If you feel it is necessary. It is not a must. There are some people with whom I haven’t done this at all. Every time you choose an exercise you need to somehow in your sensation be sure that it will serve something. Somehow you’ll have to know that it is right, that you choose a certain exercise.

The next variation of self caressing is with the focus of forgiveness. Now this is also very connected, to this allowing and liberating oneself, in this direction of this work. It is also to be able to forgive ourselves for neglecting, for not appreciating enough, for not allowing ourselves to be, and there is something very deep that is happening here, when you start to caress yourself in order to forgive yourself, or something that has happened. I don't prefer to talk about it more.It is very poetic so each one will have a different connection to it. Therefore I dislike defining it too much in order to leave the space to your experience.

One more time the self caressing, using the caressing in order to forgive. And if you have nothing to forgive, think.. I think we always have something to forgive. A beautiful moment with yourself. You can be at any level you like.

Improv.

Very nice, thank you everyone. Please come back to your computers please.

That was beautiful, very touching. It really merits a whole class. So this is one complete structure of a class, where you can lead the melting and caressing to a more emotional direction. I hope you are able to continue, hope I haven’t melted you too much.

So, sorry to startle you but the second possibility after the inner caressing would be to go to a more dancing experience. Let’s now remember the inner caressing, and now as a continuation we will do an improvisation going mainly from the floor to the middle level, and caressing through the air. That means with your movements you will be caressing the air and you will combine it with the self caressing. The improvisation is focusing on the caressing through the air, with your movement you will be caressing the air and you’ll be going from the floor to the middle level. And also the self-caressing whenever it is needed.

Improv.

Thank you, very nice. I would like you now just to take a moment to stretch yourself to the vertical position. ANd when you are standing, take a moment to just stand and let your body organize itself, and your perception organize itself to be aware of the vertical situation.

Well done everyone, it was beautiful to watch you. we will continue.

one more exercise and that is now in the vertical, you will be in the vertical starting from the inner caressing, caressing through the space as you did now.

I would  like you to caress through the space in the vertical position, but this time finding your bodylines. From the inner caressing you caress the air with your movements, and you become aware of your body lines and what they are doing, and by lines I don’t mean straight lines, lines can be of all sorts.

Improv.

Very well done. very good, and you’ll have to know and we have been chatting about it with Beliz. She said that this is a very difficult exercise. And I agree, I feel I need to challenge you a bit technically. It is a really difficult exercise because it requires meditative state and a full active state at the same time, because it is in the vertical you have to organize your body, find your ground, find your lines and have a good inner sensation and in the same time be aware what is happening in your body in the space, the lines etc, so it is like being inside and outside at the same time. So it is not easy, but you have done it very well. The hint is that remember when you lose it just slow down, when you slow down to re-establish the connection, once you have the connection you can lose yourself in your flow.  It is a strong mind work.

Beliz: *I feel like it is adual awareness that you have to keep doing it at the same time, sometimes one of them just rushes in and wants to take over you and it is really challenging to keep them both and slowing down is a great help to keeping them together.*

As a general remark, as we are not going to see each other next week, you have time, I would like you to read through all the lessons from term 1 onwards. Yes take your time, but the think is that you are at such a state, that it would be great just to revise everything what has been said, so that you make the connections with the things that you feel right now, and with the experience and the things that have been said, especially term 1, and you will the the bridges.

And I have to say that you are doing really great, I am very touched by the quality of your work. Well done.

Take care.