**Term 5 Lesson 3**

**25.05.2022**

Hello from the studio, and let us start.

There are a couple of things that are floating in my mind today, I have a clear vision, but before I start I would like to ask you if you have any questions.

Pedro’s question…*difficulty to connect to my ground…*

This is exactly what I had in mind to talk about today. Did anyone else think about the idea of YOUR Ground?

It is a concept that is very important in this work, this is actually what we are aiming for, to find our ground. That is also something that I am aiming for through my work in my life. For me it is sort of the fundamental question in life, to find a little bit of our ground and to live our life from this ground. And to take care of our own ground and to fertilize it and to grow things on it, to harvest, to deconstruct it and to build it up again. For me it is a very important theme. I believe that when we work on our own ground it opens a lot of space in our minds and hearts, and into which we can go and in which we can get lost also.

I wanted to talk about the YOUR ground issue because you must have been asking yourself the question, why is she talking about it this late…now.. why didn’t she talk about it before.

I am sure you must have had this question, because now when you do it it is very obvious. That of course, we should be working from our own ground.

But I believe that before we find the ground we need to find a lot of other things first. We need to first start to relate to the ground, to the floor, to the earth that we are walking on, we need to relate to gravity, start to have a relationship with gravity and with our own weight. How much am I holding my weight, how much of it am I releasing? How much of the weight I am able to play with.

We need to start a relationship with what is my center, what is my periphery, also my personal physics, and my personal dynamics. So when I lift my arm or myself from the ground, what is happening to me and within me in relation to the ground. And we have to also activate and start to have an idea about what is happening inside of me and to start opening our inner perception of our actions. How do I perceive my inner space or my body? Not only the knowledge of the anatomy but also the support How do I feel MY anatomy. We can only be having a healthy relationship with these questions and issues, can we then look for the ground and connect to our ground. Which is constantly changing everyday, influenced by rains, floods, erosion, dryness, and many more things. So all the things that happen to the earth happen also to us, to our own earth. And I also think that we relate to ourselves through what is surrounding us.

You know we talk a lot about the inner life, the inner volume, the sensation inside, how you feel and our perception and our imagination, and the importance of these things.. but this importance can be felt only when we have the relation with what is around us, who we are, what we see what we hear. So it is the constant in and out relationship. We somehow are in influence of all these things, and only when we relate healthily to these we can find a way to reach into us.

Do you follow me? It is a bit difficult to follow what I am saying.

That’s why the YOUR Ground issue came this late. It can only come if I feel this is now what is now missing really. And I think that when you become a facilitator, and you want to accompany people, you really need to be able to accompany them from your ground. You see, because it is like doing physical work, you’ll know, the ones that are teaching physical activity, you will know that everyday our ground is a bit different, and when you see clients everyday, if you don;t respect that ground in you, you cannot sincerely accompany them lead them somewhere. And it really makes a difference right? When you start to work with YOUR ground and through that work with THE ground. So it is that dialogue, which needs to stay healthy, this is the secret. Now how much you will feel this or be inspired by this, this will be up to you, but this is exactly the key for this work. This capacity to breathe in your action, in your realting, in your perception, in your letting it be and doing, in receiving and giving, in all these oppositions that many of the traditions have talked about, this is the ground, this is what the ground is about.

*Pedro’s comment…*

Absolutely it makes sense, and if you stay in this acceptance, the work comes. When you are alone it is much more difficult. But you are rarely alone in this work because there is always the other one. So even sometimes when I work as a facilitator, and  I had a really heavy week, or for some reason I am not  “in”  my ground. There is always the ground of the other that is there. so by seeing that, by recognizing the ground of the other only that action brings me to MY ground.

*Pedro’s comment…*

When we are in denial of our ground, and when we are running after ideas that we want to achieve or our goals which we have planned, and if our ground is not good, it will just not work. Which of course does not mean that we don’t have to prepare, we still need an aim, we still need a structure, a vision, we still need a clear intention.

*Pedro’s comment…*

Thank you Pedro, that was a good point. Would anyone else like to react to this? THe ground and your ground…?

*Nisan’s comment…*

Very good.

*Tomas’ comment…*

It is like relating, right. If we want to relate and if we want to start a dialogue of some sort, we need to be sensitive to what is going on, in us and around us. It is like, if we do not listen to each other, we cannot continue our conversation. So if we cannot feel the ground in ourselves we cannot relate to the ground outside. we are coming back to the dialogue in a way, and each one in a different way. So I will continue, and if any one of you has the need and the urge to challenge me you are most welcome. I still don’t feel challenged enough by you (need to provoke you a little bit)

Today however, starting from that ground issue I want to work on two notions: The floor and the space. Which means the horizontal position and the vertical position, and everything that is in between.

How are we in the horizontal position and how are we in the vertical position? Those are two planes that we can work on as human beings because there is gravity. And the flying aspect comes through the imagination and sensation, and even when we are flying (not with airplanes or machinery), we are still in between verticality and horizontality. So today’s topic is that. We will do a bit of movement philosophy. Because in our work we start like this, we start on the floor and we lead towards the vertical because we are vertical animals. Also we emphasize the ground work a lot, because the life that we are living is mainly on the vertical plane, at least when we are conscious. So everything about our life is built on the perfection of this verticality. In Somatic Dialogue we also emphasize the perfection of horizontality.

Because it nourishes us, because we know that it helps us later in the vertical.

For us it is very important to feel and research and to give this idea of growing. Because we are evolving beings, we evolve with time, and also growing is our biggest experience, right? We constantly grow from the moment we are conceived until the moment we die we grow, somehow, something grows in us. Symbolically growing is a big action in our work, this feeling of the erect position, the feeling of something erecting itself in us, like work with the spine, with the axis, work with the emotions, this experience to be seen, to be witnessed… the “I”, the discovery of my existence and then relating to the world outside. This is very important, and the trust to be there in this erectness without holding, without fighting, and in a very natural way. Just being. This is something we are all working for. And this is something we need to work for constantly, because this is not something to achieve, but we can have the ease of getting there, through practice. To have the trust in this erectness without holding, just to be. This is one of the strongest things that we learn in Somatic Dialogue.

Actually I was inspired by something that Katerina told me lately, that she shared with Katrin… When “I” can be me in horizontal and in vertical and between, without any problems, then I have access to my power, I can be, I can start really relating to my environment and to the life around me.

And of course we know that this is quite a way and a work, it is quite a work because it is not easy to leave the comfort zone and get up, now talking about clients. You know from your experience that working on the floor is something, it takes time to find your trust there, and then getting up is something else. When you are up you have a different relationship, and even if you get up and spend your day in the vertical, you walk, you go shopping to do things, you don;t think about these things, but you are still exposed in the same way to life.

And sometimes you feel it when something unexpected happens to you, someone bumps into you, talks to you, attacks you, or takes your bag, or is aggressive to you and it brings you back and you realize that something is happening. The more we practice how we are in these different planes, the more we are prepared for life. the more we are prepared to embrace and accept how WE react to life.

Enough of talking, and let us do some simple exercises.

The class

Our first exercise today also as a warm up, is How to relate to the ground. Please take your places.

So if you are ready: Relate to the ground on which you are lying right now, you can also choose to start in standing or sitting position, please relate to the ground from your own ground today. Take time to perceive your own ground, that means your inner volume, the shape of your body ,and the position that you decide to start in. Just accept it and install yourself, open yourself to that decision that you have just made, and try to be fine with it. When the music starts, I would like you to relate to it in your own way, from your ground to the ground, how you feel now, the ground that is accepting you as you are.

Improv.

Stay where you are and I will give you one minute to feel your ground now….

So one minute is over. Great, so let us continue. Now I would like you to work on the floor, you will remain on the floor, and I am proposing to relate again to the ground but this time through perpetual movement. Which means you are not going to stop at all. A good way is to connect to the music and you can take that speed, or choose any other speed, but the challenge is not to stop at all. Be in perpetual movement. And you will remain on the ground and not get off the ground.

Improv.

Very good. Let us just relax. I need to tell you that it is really great to watch you, while I was watching you know, it is really great how you relate to this physically, with your presence, and your bodies what they are expressing. Beautiful.

We will continue with the perpetual movement on the floor and now you will speed up. just speed up a little more than what you did, stay connected to your ground, and even if your body will not move something in you will have to move. And let me just remind you that this is all about your center. All about your energy, your life power that runs on your ground, your drive and your attitude right now.

Have a good journey.

Improv.

And just stop where you are and stay there. And just taste this one minute of nothingness, and see what is going on inside of you now.

The 1 minute is over, and you remain where you are and you concentrate on the pelvic area: the whole pelvis, the bone, your belly muscles that are living in the pelvis, your pelvic floor, your lower back, your hip joints and all the tissues in the pelvis and with the holes that you have in your pelvis, that they are open and active, that they can close and open. Your muscles should activate and release in your pelvis, they can breathe and they can speak. So the next improvisation will be only the pelvis leading you and the rest of the body following it. The initiation is only there, and the movement is coming from there. I let you concentrate on it…

Improv.

just take a moment…

So now we will pass to the middle level a little bit. But before that I will show you one movement and I would like you to improvise with that.

So you start lying on your back, and you will fold to your side, fold while sliding on the ground, as much as you can, and then turn and lift the legs and arms and close on your side to the fetus position, and you will open and the find the floor again and will unfold to the original position. So it is a sideways folding.  And you will repeat this and eventually speed up.  You have to activate the periphery at the same time, and your center is going to pull them together (the hands and feet, and arms and legs). After speeding up your will gradually you will slow down.

Exploration time…Improv.

Very good, well done. Now a couple of remarks. Just breathe out.. your hands and feet have to move at the same time, you need to decide to activate your periphery. Of course it starts in the center but your periphery has to start also. This is vey good for you (not for beginners).

Do you feel your abdominals and your back muscles? Yes it brings a lot of energy, and if you are tired and if you do it mindfully, it regenerates and fluffs up your energy. Like the leg swinging exercise. So it is all about the center.

So the activation of the center does not only mean the contraction and the power you have in your belly, but it is the responsiveness that you have in your center. ok? The capacity to activate and release.

Now that you have had a rest we will do it one more time. I would like you to concentrate on the way that is doing the movement, so that you find the physical way, and then when you feel the energy coming you can liberate the energy.. elbows and knees, hands and feet and center periphery relationship and relating to the ground with your ground… all this is very important. They all meet in this exercise.

Find your stillness…and you will start very slowly.

Improv.

Please work on this exercise. it is very good for your center, it makes the center very strong. And not only the belly. the whole of the area. And soon we will talk about the center even more.

Now I would like you to work again on the center and the pelvis, relating to the ground without putting your pelvis on the ground.

So you will be relating to the ground working with the ground but your pelvis will be off the ground, and you will stay on the ground.

You can start lying on the ground, but as soon as the music starts your pelvis has to lift off the ground and then it cannot touch the ground again.

Improv.

Great! Just relax and do nothing for 30 seconds.

Very well, stay where you are and just listen to me.

So the last improvisation: you start from where you are and you will grow into the vertical position very slowly, you can go up in any way you like from where you are now, and you will make a journey up until you are in the complete vertical.with your feet together under your hips, your hands hanging alongside of your body and your head connected to the sky and your feet connected to the floor. During the whole of the piece, if you are late you continue to grow until you reach the vertical, and if you get up there earlier than the end of the music, you will stay in the vertical position and listen to your body without further movement.

Stay connected to yourself, stay connected to the ground as it is now.

Improv.

Welcome to verticality. Thank you.

Please come back to your screens.

We will continue to work on this passage to the verticality next week. But I would like you to really think about it during the week, the horizontality and the verticality and everything that is in between.

It was beautiful to watch you.

See you soon.