

Part II

When Body Plays Expressions of the Physical

II-1

Stillness in Motion Non-doing in the Body

In the midst of movement

There is just You

Stillness
Awareness
Presence

Movement just happens

effortlessly
easily
naturally

All around You

You
are the enjoyer
of the movement

Being still
While moving

Moving
while being still

As soon as any movement costs you
any internal effort, any strain, any extra-doing,
let it go

Movement isn't something *to do*
Movement is something to allow
Allow it to happen
Allow it to open up

Then movement is
beautiful
gracious
full of presence

I am
the presence
that moves

Exploring movement is exploring the outermost, the effect of energy in/through the body.
Beneath the effect is the cause.
Beneath movement is the original impulse of movement.
Beneath the seen is the unseen.
Beneath a form is the formless.

Beneath a particular movement form is a particular moving out of the formless into expression.
That is where the movement comes from.

I explore this.
It's different from exploring the form.
I stay in the formless, letting form emerge.

So my movement work is actually stillness work.
Realizing, how from this stillness life arises.
And how this life moves out.