

## Video 2 Movement Exploration of Lines and Circles

### [Introduction]

Welcome to the second video of Knowing with the Body. In the previous video I introduced somatic practices and embodied knowledge as a different type of intelligence that can help us in our learning and research. Now I will talk you through moving with two spatial concepts of lines and angles, compared to circles and curves. This will give you a practical example of creating body awareness, knowing with and through the body in movement, so you are ready to research with your body. You can do this in your own home, if you have a space of two square meters to move freely. If you prefer to skip the movement practice now, the third and final video addresses the concrete application of the body as instrument for the research cycle.

You don't have to have any specific training or experience to participate, as movement includes everyday motion and gestures, such as walking, stretching, turning, rolling, simply done with full attention. This type of movement then becomes a means for personal exploration in a different way. Linking up with the previous video, how can we consciously cultivate perception of the outside world (exteroception), of our bodily movement and orientation (proprioception), and of our internal physical states (interoception)? Our brain is the centre in which these perceptions are interpreted and translated, but without the body and without our senses to map both what is inside and outside of us, there would not be any 'data' to start with. How can we become more conscious of the data bank that our body provides?

Before you start, I will talk you through some preparations, which will appear next to me. When I give you a cue, you can pause the video so you can attend to these instructions.

### SLIDE 11 Preparation for Movement Task

1. Please make sure you are in a space where you can work undisturbed for the duration of this video. Don't forget to switch your phone to airplane mode!
2. Clear some room to move freely, ideally about 2 square meters. If necessary, you can do this exercise seated.
3. At the end you will need some post-it notes or pieces of paper, and a pen to write down a few keywords (ideally not your electronic device).
4. Pause the video now until you have organised this.

### [Exploration]

1. Welcome back. Remember that there is no specific outcome required. It is about your personal exploration. Don't judge yourself if it is challenging to connect with the instructions. You don't have to 'get it right', as there is no wrong. You are simply exploring an addition to your research toolbox.

5. Become aware of your body. Feel your feet on the ground, and your bum on the chair if you are seated. Become aware of the space under your feet, and the space above your head. Take a few conscious breaths. Rub your hands together. Gently roll your shoulders, and bring some movement to your spine. Are there any tight or sore places in your body? Imagine breathing into those, to give them a little more space. Take some time to do what your body needs. This is like tuning your instrument before you start to play. You know your body best, so if you feel you need more time, please pause the video and continue your warm up as long as you need.
6. Now start swaying gently from one foot to the other. Become aware of your senses.
  - a. What do you notice *within* your body; the sound of your breath, heart beat, the gurgling of your tummy, perhaps an ache or pain somewhere. What surfaces does your body meet? How do your clothes hang around your body, how does your belt sit around your waist or on your hips? Might your shoe press into your feet somewhere? Where does your body meet the floor, chair, the air around you?
  - b. What do you observe directly around you? Notice how the light falls through the window. How warm is the temperature of the room on your skin? What do you smell? Are there any immediate sounds, like the humming of a fridge, or footsteps of your housemates?
  - c. Now widen your awareness to the space outside. Perhaps you hear birds, traffic noise, a plane overhead, a siren.
  - d. All these layers of information shape movement as a way of knowing. These are also 'radio stations' you can tune into. Which station do you want to listen to?
7. We are now going to work with a concrete set of concepts, which we will explore through movement. Start by focusing on lines and angles. What lines and angles can you make with your hands / knees / elbows / arms? What lines and angles do you 'observe' in the space? Can you move in lines and angles?
8. Do the same for circles and curves. What circles and curves and perhaps spirals can you make with your body, hands / knees / elbows / arms? Do you observe any circles and curves in the space? Can you move in circles and curves?
9. In your own timing, swap between the two polarities. Do they feel different? What associations do you have with each? Is there one you feel more comfortable with?
10. I will stop talking for a few minutes so you can explore both concepts. You can swap backwards and forwards between each of the 'polarities' as often as you like, or you can stay longer in each. Make sure however, that you visit both of them. As an extra challenge, you might try moving your upper body in angles and lines, and your lower body in curves and circles, and vice versa.
11. We are now bringing the experience to our mental cognition. Without breaking the exploration, find your way to your writing materials. While you keep moving, try to find three key words for each polarity. What have you learned? What has moving with these concepts taught you? How would you describe their essence?
12. Bring this to completion. Put your writing gear down. Feel your feet on the floor. Take a few deep breaths. Give yourself a pat on the back for trying something new. [Pause]

13. After closing this video, take some time to reflect on how this experience was for you. What stood out most, and what will you take with you?

**[Completion]**

Well done for trying something new! You can now continue to the third and final video, which gives a concrete overview of utilising the body as instrument throughout the entire research cycle.

Thank you for your time, and Remember your Body.

## References

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