

## 2 FINDING CONNECTION

- **Palms of Hands** Rub the palms of the hands together vigorously to make them very warm and to energise the nerve endings. Hold the palms a little apart and parallel in front of you and sense the energy field between them as if you were holding a sphere or ball. Your hands may be close together or further apart to perceive the effect. Massage this ball of energy and gradually bring the palms of your hands to a folded position just under your navel. (Men place left hand under right hand, women right hand under left hand). Receive the warmth from your palms into this lower body centre (dan t'ien) If you don't feel the subtle tingling sensations, your energy may be blocked by stiff shoulders or other tensions elsewhere in the body. Breathe deeply to release the tension and continue to sense the palms of your hands.
  
- **Shaking** - send the weight down, receive the verticality from the ground
  - Keep the breathing long and deep, as an axis of calmness and awareness.
  - **The 8!**
- Come to a still point. Check your pulse, the breath. **OLORUN**
  
- Take impulses from the feet (pushing into the floor from left to right) and let the echo travel through the body - **Rotational embrace**, slowly raising up the arms. - **OLORUN.**
  
- Start exploring the space around the body with the arms, give different directions, as if each movement would draw branches of a tree. While moving, imagine the connection between the roots under your feet and the arms reaching into air. - **7 min - SHIGETO - PULSE**
  - Let the knees bend.
  
- Let the impulses from the feet travel through the **SPINE**. Initiate the movement from the head / from the pelvis. - 5 min.
  - Explore the whole sphere. - **COHEN.**
  
- Start moving through space initiating with the arms, feeling the soft touch of the air on the arms. - **SERAIA. / RADIO DREAMS**

- (Move through space imagining the space is dense, as a thick liquid. like honey. Initiate with the arms / head / pelvis. ?). **DEO- AMON TOBIN.**
- **TASK:** after doing the lesson, take a big piece of paper and place it on the wall. Use crayons, coal, or whatever drawing instrument and draw on it focusing not on the result, but on the body principles and sensations you experienced during the lesson. Upload an image of your drawing.
- **READING** **MATERIAL:**  
<https://iadms.org/resources/blog/posts/2018/february/mental-imagery-and-creativity/>
- <https://matrioskalere.com/en/dance-and-imagination-a-useful-tool-for-all-of-us/>
- **TOPIC TO BE DISCUSSED:** The role of imagination in body expression.