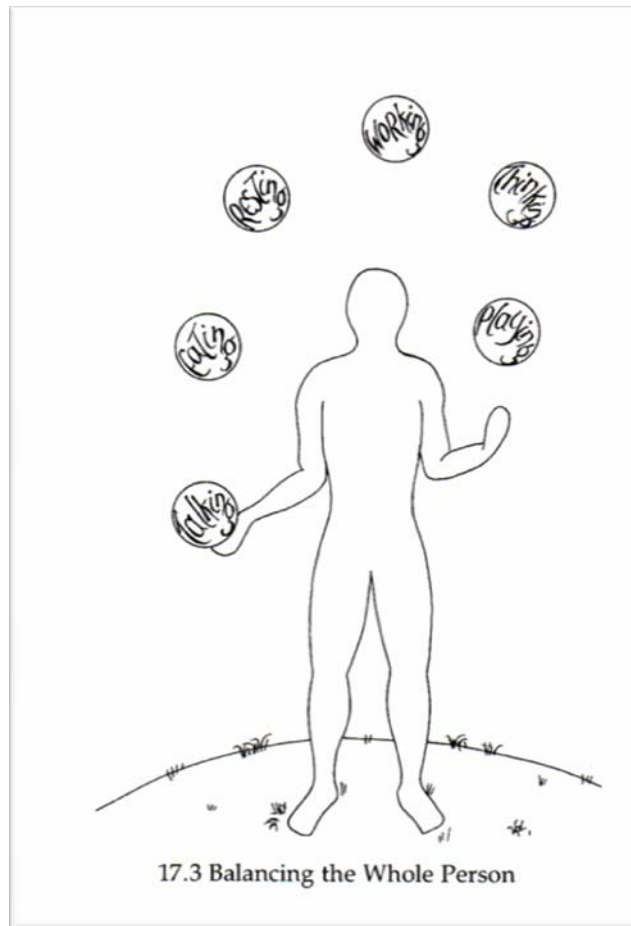


Awakening

The rivers within – keep your vital energy flowing with natural movement



INTRODUCTION:

Movement is the unchanging law of nature. We experience cosmic movement through the ceaseless circling of the planets within our solar system. The seasons come and go, the months wax and wane, day dawns and night draws near. Within your body, even while you lie still, blood circulation, intestinal peristalsis, and nerve impulses continue unabated in order to maintain normal functions. The inactive body is a residence for depression and toxins. Movement assists the body in maintaining and restoring healthy flow. Movement is essential for proper metabolism and energy circulation. Our cardiovascular and lymphatic circulatory systems rely on movement to help with circulation of blood and the expelling of cellular waste.

AWAKENING ONE: THE CIRCULARITY OF ALL NATURAL MOVEMENT

The natural movement of everything in the universe follows a circular pattern. The earth spins on its axis as it orbits the sun. The sun, in turn, orbits the galactic center of the Milky way. And the Milky way follows a circular pattern as it courses through the universe. Life itself consists of cycles and the energies of the human organism also circulate through the microcosmic energy network.

YOU WILL NOTICE THAT ALL THE PATTERNS IN THIS PRESENTATION FOLLOW THE CIRCULARITY OF ALL NATURAL MOVEMENT



Anything that continues in a straight line must eventually run out of power and come to an end.

AWAKENING TWO: AWAKENING THE MIND FIRST; AFTERWARD THE BODY

The mind integrates all natural movement. The body is quiet, the spirit at ease. At every moment be totally conscious of the internal energies that allow the parts propelling through space in harmony. Natural movement is not sucking and tucking, or do a “specific” exercise. Natural movement is not about right or wrong, but about unblocking and relieving energy congestion in certain parts of the body and gradually eliminate the stress that has accumulated over the course of time.

Often when we are engaged in “exercise” our minds are engaged in an unrelated activity. People generally either engage in mental activity and are oblivious to their bodies, or they engage in exercise but their minds are wandering and not aware of what the body is doing. Consciousness directly influences the energy flow and the general state of energy. When the

split is created and the body and mind do not function as one unit, the ability to realize our full potential is greatly impaired.

AWAKENING THREE: THE BODY IS NOT ISOLATED PARTS

The human body is like a tree – if energy circulates to all parts of the tree, the entire tree is full of life. However, if one part of the tree does not receive its supply of energy, then the part withers. In the human body, the energy must always be regenerated and it must be able to circulate freely to all parts of the body. In ordinary exercise, circulation is stimulated but energy is also burned up and lost in perspiration. Thus you may generate energy but you also lose energy. In AWAKENING the body is allowed to blossom in perfect condition without perspiring. Your muscle tissue will be neither flaccid nor rigid but full of energy like a ripe plum.

AWAKENING FOUR: UNDIVIDED ONENESS

The principle of undivided oneness applies in all the movement as well as in the reality of daily life. For example, when we walk, each leg cooperates with the other, and both are governed by the oneness of the person who is walking. All movements may be explained in terms of yin and yang. For example, leftward movement is yang, rightward movement is yin, upward movement is yang, downward movement is yin. Inhalation is yang, exhalation is yin. If there is an upward movement, then there is a downward movement to balance it. If there is movement to the left, then there is a movement to the right to give it symmetry. Inhalation and exhalation are also coordinated with each movement so that yin and yang which are sometimes also called the negative and positive vibrational polarities of the human system, are always balanced.

PRESENTER: Jannie Claassen and ICK lecturers

CONTACT DETAILS: International College of Kinesis (ICK) – 0114440761 or 0825505889
www.collegeofkinesis.com

MUSIC: Visit our website www.collegeofkinesis.com for more info