

The effective trajectory for extending an arm: sensitivity instead of a map

Even a simple movement like extending an arm can be the theme of an entire research study in the awareness laboratory.

When lying down, or later in standing, you raise your arm like a baby who extends his hand to grab an object. The process guides you to experiment with a number of possibilities. You are attentive to subtle details and discover the path of least resistance.

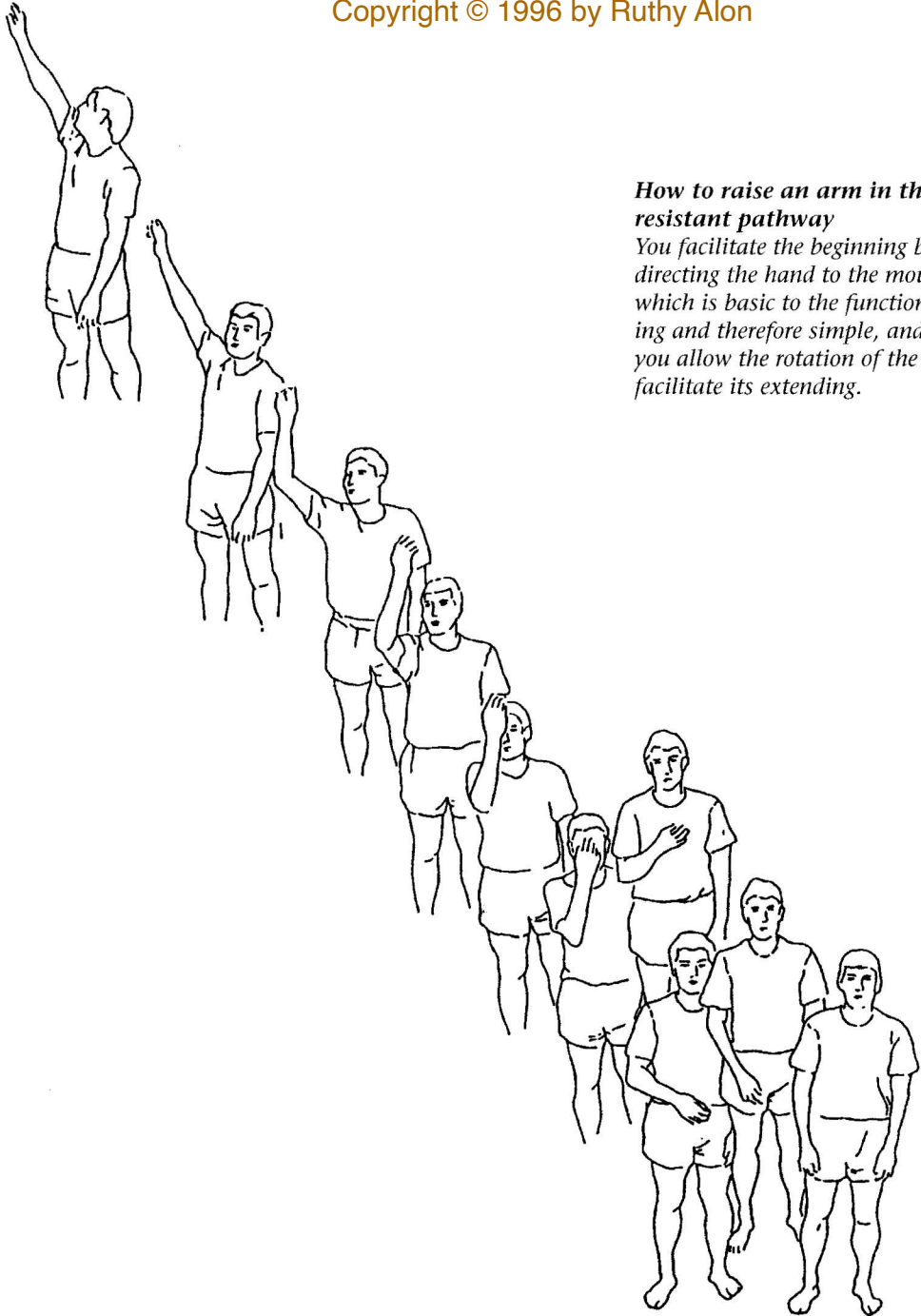
You realize that the trajectory which brings you a continuous uniform movement with a low level of tension forms for you shapes which flow through space in curving lines winding around themselves. No one can give you the map of this pathway in advance; you can only discover it yourself by your sensitivity to varying shades of ease.

You may discover that the most comfortable way to coordinate your scapula, shoulder, arm, wrist and hand into an integrated function is to first direct the hand toward the mouth. This primal existential motivation sets you into a moving pathway which your body readily accepts.

From the mouth you continue to lift your arm with a certain rotation and reach a full extension of the arm above the head. The whole time the sensation of your own weight guides your elbow to hang loosely and to seek the lowest point. If you allow yourself to touch your body you can pass through part of the way with your hand restfully brushing your chest, neck and head. Even a painful shoulder which made it impossible for you to comb your hair is liable to consent to move more than before.

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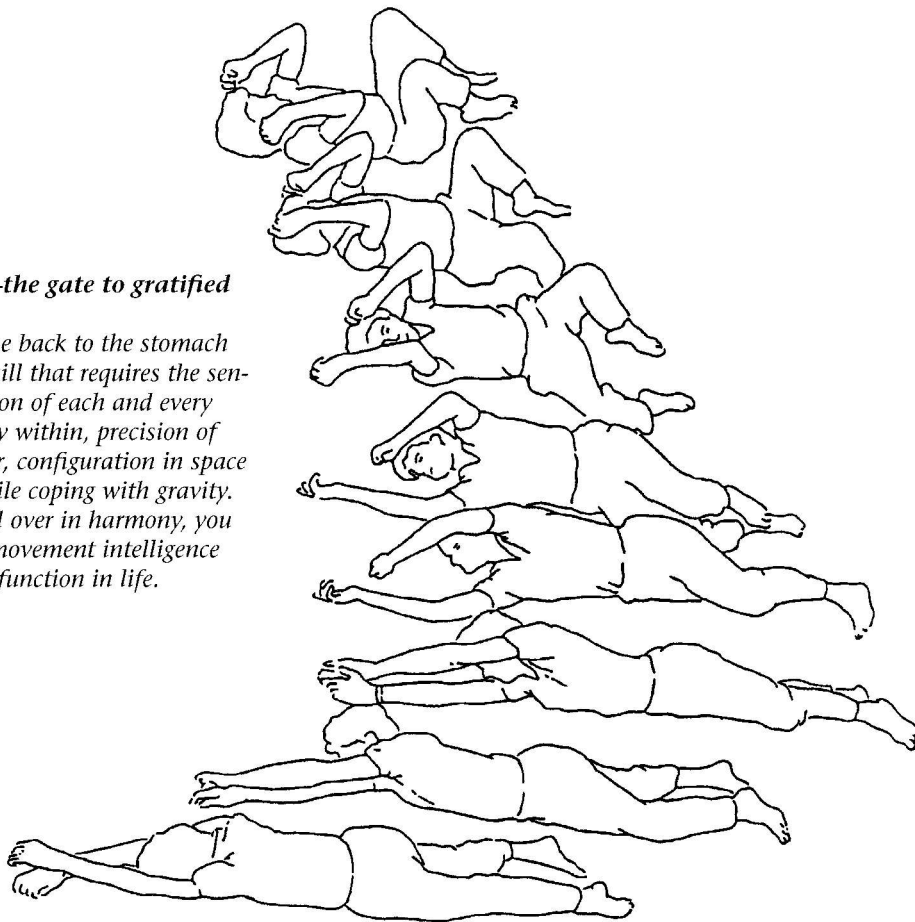


How to raise an arm in the least resistant pathway

You facilitate the beginning by first directing the hand to the mouth, which is basic to the function of eating and therefore simple, and then you allow the rotation of the arm to facilitate its extending.

Rolling over—the gate to gratified functioning

Rolling from the back to the stomach is a complex skill that requires the sensitive cooperation of each and every part of the body within, precision of investing power, configuration in space and timing while coping with gravity. Learning to roll over in harmony, you enhance your movement intelligence for every other function in life.



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