

## VIBRATION

(Vibrate / Shake / Throw)

Begin standing with feet at hip width apart – feet parallel, knees soft. The feet, ankles, knees, hips, ribs and shoulders are all in alignment – stacked naturally. Allow the head to float on a long neck. Close eyes to focus internally. Breathe deeply into the pelvic area. Feel soles of feet connecting with the earth for stability.

Take a moment to breathe.

Visualize the skeleton. Feel the bones hanging naturally in their place.

Visualize the way a microwave oven works – by vibrating the molecular structure of a substance to create even heat throughout.

With this image in mind, begin to imagine these microwave vibrations deep inside the bones.

As this visualization becomes stronger, begin to manifest the idea physically inside the body by sending very small, quick little vibrations through the skeleton. Try to keep these vibrations uniform throughout the whole body (although the feet are less able to move as they are currently still planted on the ground). Once this feels natural and organic, begin to focus the vibrations into each area of the body.

Starting with the head, face (releasing the jaw) and neck – focus on little vibrations shaking through the skull and upper vertebrae.

Then begin to take the focus into the upper chest, upper back and shoulders.

Down into the arms, wrists and fingers - sending microwave vibrations down the bones of the arms and hands.

Now go back up through the shoulders and deeper into the torso – sending vibrations throughout the ribcage.

Vibrate down through the spine into the pelvis.

Down the thighbones into the knee joints, the shins, the ankles (feet are still planted).

Now bring the vibrations back up the legs into the whole skeleton vibrating equally throughout.

Now imagine the microwaves becoming stronger and radiating out from the bones into the surrounding muscle tissue – expanding the motion into a shaking of the muscle.

Begin as a uniform sensation throughout the whole body – then repeat the cycle of focus to the head, the chest & shoulders, the arms and hands, the ribcage, the pelvis, the legs and then distributed evenly throughout the whole body again.

This time imagine the microwave vibrations are starting in the core of the bones, radiating out through the muscle until reaching the surface of the skin.

Becoming aware of the sensory surface of the skin as it meets the air and as it meets clothing (also defining a sense of the body's form), repeat the whole process – now vibrating through to the skin.

Repeat the cycle one more time. This time the vibrations begin inside the bones & radiate out through muscle, through skin to the air surrounding the form of the body. Bringing an energy field out to the immediate surrounding space.

After this cycle, allow the vibrations to gradually subside – reversing the process so the vibrations become smaller and smaller, deeper and more internalized – until there is just a natural buzzing sensation left resonating throughout the body. Breathe deeply.

Now – melt slowly down to the floor. Laying on the back, extend both legs into the air (as though suspended). If this is uncomfortable, it can be done with one leg at a time.

Now that the legs and feet are free from weight-bearing, the same exercise can be repeated with the legs and feet. Going through each cycle as with the body.

After performing all four cycles (bones, muscle, skin, air) with the legs and feet, return to standing and expand the exercise into full bodied movement with the freedom to travel through space, vibrate, shake and expand the motion further outward into space by the use of throwing gestures.

#### INTENTIONS:

This exercise embodies two main goals which are flip sides of the same coin – that of “energizing” and “releasing”. Both of these effects are on a deep, cellular level.

The use of vibration and shaking releases tension from the body – it also has the effect of energizing and preparing the body for further action.

As the exercise expands into bigger, throwing gestures and a broader use of space, both effects become more clearly felt in the body – as the mover has the choice to aggressively throw out all tension with wilder abandon.

Also to use the idea of energizing the space surrounding the body – which gives a relationship with space that creates an “energy field” around the mover, in turn feeding back energy into the body - to “charge up” with positive energy.