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Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Title Page -- Copyright Page -- Dedication -- Contents -- Foreword: Chris Aiken -- Entryways: An Introduction -- Preparations: Using the Text -- I: Underlying Patterns and Perception -- Day 1: Basic Concepts -- Communication is inherent-every person communicates. -- To Do: Basic Standing Posture -- To Write: The Story of Your Name -- Day 2: Attitudes -- Attitudes affect our actions and our interactions. -- To Do: Noticing Breath -- To Write: What Do I Care About and Why? -- Day 3: Underlying Patterns: Biology -- Our family of origin extends back in time to the planet itself. -- Evolutionary Timeline -- To Do: Pouring the Fluid Body -- To Write: Family Pet -- Day 4: Underlying Patterns: Biography -- Personal story begins in the womb and continues to this day. -- To Do: Inner Observer -- To Write: Bodystory -- Day 5: Perception -- We perceive the world as we are. -- To Do: Full Body Scan -- To Write: Three Things -- II: Foundational Skills -- Day 6: Arriving and Orientation -- Arriving is a process. -- To Do: Feeding the

Tonic System -- To Write: I Noticed, I Didn't Notice -- Day 7: Alignment -- Alignment is relationship, not position. -- To Do: Three Body Weights -- To Write: My Stance -- Day 8: Breath and Voice -- Breath is exchange. We share it with others. -- To Do: Audible Sigh -- To Draw and Write: My Voice -- Day 9: Balancing the Nervous System -- The nervous system governs our actions and reactions. -- To Do: Practicing Presence -- To Write: Differentiating the Nervous System -- Terminology -- Day 10: Dancing with the Endocrine System: With Shruthi Mahalingaiah -- The endocrine system is a continuous communication loop. -- To Do: Elevated Pelvis (Yoga) -- To Write: An Endocrinized Experience -- III: Modes of Communication -- Day 11: Movement and Touch -- Movement is our first language. -- To Do: Knocking on the Door of Life (Qigong) -- To Write: Layers of Touch -- Day 12: Speaking and Listening -- The dialogue between speaking and listening is a somatic exchange-we feel what we are saying and hearing. -- To Do: Stand and Deliver -- To Record and Write: Hearing Your Voice -- Day 13: Writing and Reading Aloud -- Writing is a process of putting words on a surface. -- To Do: Journaling: Writing to Discover -- To Write: Looking Back -- Day 14: Embodying Digital Media and Filming: With Scotty Hardwig -- Digital media affects how we think as well as how we interact. -- To Do: Filming from Center -- To Write: Unpacking the Mediated Experience -- Digital Profile: Who Am I Online? -- Day 15: Art-Making and Imagining -- Every innovative project is a creative project. -- To Do: Inhibiting Your Inhibitions -- To Write: Inspiration -- IV: Enhancing Authenticity -- Day 16: Face and Expression -- The face is a signature, an indicator, and a communicator. -- To Do: Exploring Your Face -- To Make and Write: Magic Masks -- Day 17: Energy and Vitality: With Rich Wolfson -- Energy is that invisible substance that activates human life from first breath to last. -- To Do: Modulating Tone -- To Write: High-Voltage Writing -- Day 18: Humor and Laughter: With April Danyluk -- Humor saves us. -- To Do: Inviting Levity-Flying (Qigong) -- To Write: Remember the Time . . . -- Day 19: Resistance and Relationship: With Chris Aiken -- Resistance to change is part of being human. -- To Do: Facing a Wall -- To Write: Talking Shoes -- Day 20: Sensations and Emotions: With Mary Abrams -- They are real, those moments of activation related to emotion. -- To Do: Fierce Tiger (Qigong) -- To Write: E-Motion -- V: Experiencing Interconnectivity -- Day 21: Vision and Insight -- Vision is how we see. -- To Do: Refreshing Seeing -- To Write: Seeing and Being Seen.

Day 22: Identity and Fluidity: With Nükheth Kardam -- Identity includes how we perceive ourselves and how we are perceived by others. -- To Do: Identity Shield -- To Write: Borders and Boundaries -- Day 23: Spirituality and Embodiment -- Spirituality is ever-present. -- To Do: Bringing Down the Heavens (Qigong) -- To Write: Ecstatic States -- Day 24: Rest and Restoration -- Rest involves yielding. -- To Do: Constructive Rest -- To Write: Restoration (Yield or Collapse) -- Day 25: Food and Ritual -- Nourishment and nurturance are interwoven. -- To Do: Activating Digestive Fire (Qigong) -- To Write: Food Stories -- VI: Somatic Practices -- Day 26: Mind and Mindfulness -- Mind is a process, not a thing. -- To Do: Seated Meditation -- To Write: Opposite Voice -- Performance Text: Awakening Grace-Mind -- Day 27: Body-Mind Centering®: Introduction by Bonnie Bainbridge Cohen -- The Body-Mind Centering approach to embodied movement and consciousness is an ongoing, experiential journey. -- To Do: Touching and Being Touched-Locating the Organs -- To Write: Organ Expressivity -- Day 28: The Discipline of Authentic Movement: Introduction by Janet Adler -- Authentic Movement is a transformative

process grounded in the relationship between a mover and a witness.  
-- To Do: Eyes-Closed Moving -- To Write: Five Qualities of Your Inner Witness -- Day 29: An Introduction to Qigong: With Lee Holden -- Qigong means skillful energy. -- To Do: Bamboo in the Wind (Qigong) -- To Write: Reflecting on Qigong -- Day 30: Body and Earth: With Caryn McHose -- Body and Earth connects body systems and earth systems. -- To Do: Thresholds -- To Do and Write: Place Scan -- VII: Personal Project -- Day 31: Your Chapter -- Having a vision and moving it through to completion is a process. -- To Do: Ten Embodiment Landmarks -- To Write: Author's Bio -- Acknowledgments -- Notes.  
Selected Bibliography and Video Resources -- Subject Index -- Art Index -- About the Author -- Back Cover.

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## Sommario/riassunto

"A daily workbook of exercises and practical theory to strengthen understanding and develop embodied communication skills, for professionals and lay practitioners in dance, movement-based therapies, and kinesiology"--

"Daily explorations to enhance embodied communication.

Communication is a fundamental human activity, and as much as 90% of all communication is non-verbal. Yet awareness of embodied intelligence in communication is rare. This book is the fourth in a series by interdisciplinary educator Andrea Olsen focused on embodiment. Through the exercises and readings in this book, we can deepen our relationship to ourselves and others and improve our communication skills, moving between worlds: inner and outer; self and other; self and Earth. Each of the thirty-one chapters combines factual information, personal anecdotes, and somatic excursions, inviting the reader to explore multiple learning styles and lenses for finding balance in a more-than-human world. This guidebook is a valuable resource for anyone seeking practical tools for living and communicating with more ease and clarity"--

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