



Natural Movement Centre
Integration and balance through movement

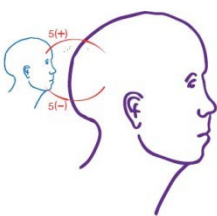
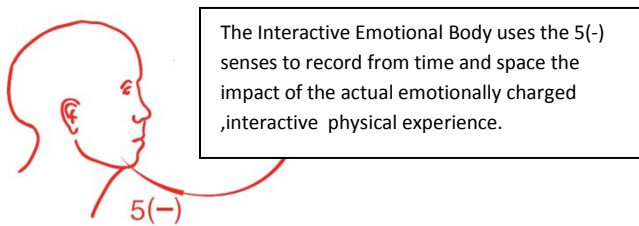
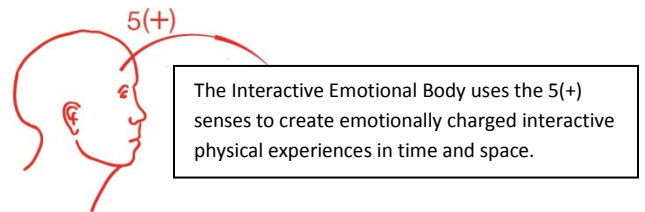
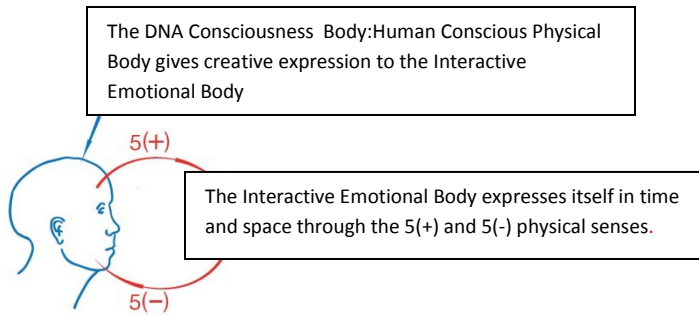
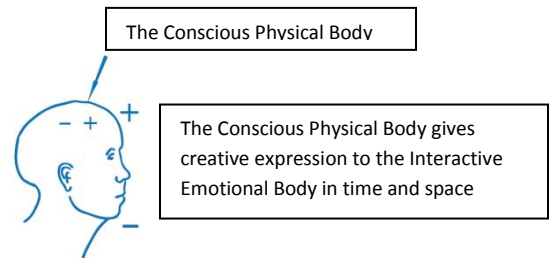
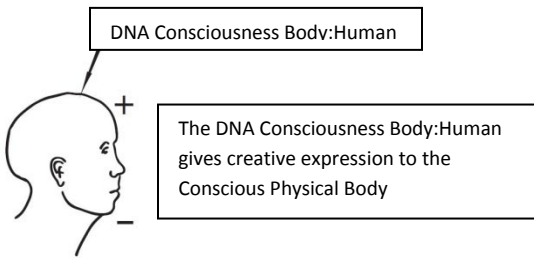
The Body/Mind Relationship

The Body/Mind relationship is set from birth, and it is based on how the brain is naturally (electrically) wired through the DNA Body:Human Conscious Physical Body. This natural positive to negative wiring process occurs whenever the DNA Consciousness Conscious Physical Body creates an emotionally charged physical experience in time and space through the Interactive Emotional Body's 5(+) physical senses—the active senses that come into the interactive room in time and space. The self-impact of the Emotional Body's naturally unfolding interactive experience is recorded through the 5(-) physical senses and processed within the frontal portion of the physical brain by the DNA Consciousness Body:Human, using the Experiential Mental Body's 'multi-dimensional interpreter'.

The sole purpose and function of the interpreter is to develop and bring into to creative expression, in time and space, the self-evolving consciousness of the Body:Human female/male. The life forms within the interactive world of the developing Body:Human female/male, from birth onward, determine the direction of creative flow and evolution of expression of the interpreter. It is not predetermined.

While the schematic diagram below shows each of the four components (DNA Consciousness Body:Human, Conscious Physical Body, Interactive Emotional Body, Experiential Mental Body) as occurring separately, they in fact form an integrated functional whole within the all-inclusive DNA Consciousness Body:Human.

Illustrations:



Within the DNA Consciousness Body: Human Conscious Physical Body, the Experiential Mental Body is given creative expression through what was expressed in time and space through the 5(+) physical senses and recorded from time and space through the 5(-) physical senses within the Interactive Emotional Body. The Experiential Mental Body creates a functional, multi-dimensional interpreter to process, organize, and determine what all incoming and outgoing data means so that it can create its own consciousness from its own experiences. The interpreter always looks at what the Conscious Physical Body does and says first, and then what the one-dimensional life form it interacts with second: "I" then "you".

Beginning at birth, the DNA Consciousness Body:Human creates the opportunity for emotionally charged interactive physical experiences in time and space with itself, other life forms and things. Each one of these 'one-dimensional' physical experiences is creatively expressed in time and space through the 5(+) physical senses and accurately recorded from time and space through the 5(-) physical senses of the developing Body:Human (female/male).

Within the frontal area of the physical brain of the developing Body:Human female/male, the DNA Consciousness creates the opportunity for a fully functional, multi-dimensional interpreter to process, organize and decide what all outgoing and incoming data represents through its 5(+) and 5(-) physical senses. The function of the interpreter is to create an orderly timeline through which the developing Body:Human can follow its own (self-developing consciousness) story by using its own self-created, one-dimensional interactive physical experiences. The evaluation of these experiences, whether they are good or bad, is of no importance to the interpreter. The interpreter only focuses on the actual physical experience, not the content or what was said during the supposed experience.

The interpreter knows that the 'illusory' shared content within any experience can never be real, for each developing Body:Human consciousness is unique and solely based on how its interpreter interprets each of its own self-created, emotionally charged, interactive physical experiences. Only the physical experience itself is real. To the interpreter, all life forms and things that exist outside the Conscious Physical Body can only ever be one-dimensional. The depth (or lack of depth) of the one-dimensional life forms and things that exist outside the Body:Human Conscious Physical Body, is subject to the creative organization and interpretation of the multi-dimensional interpreter within the developing DNA Body:Human Consciousness.

The interpreter exists solely within the singular, all-inclusive DNA Body:Human Consciousness that creates its 'formlessness' and sustains its creative function and evolution during the Body:Human life journey. The interpreter knows that the two one-dimensional life forms engaged in an unfolding physical experience in time and space, are having **different** multi-dimensional internal interpretations of

what is being created externally. The interpreter also knows that the two separate, internal, multi-dimensional life forms are also sharing the **same** common external one-dimensional physical experience that is being created through the 5(+) and 5(-) physical senses in time and space.

An example of this would be: Two people agree to meet at a coffee-house to have coffee and discuss what each has been doing since they last met. Each person orders a coffee and they sit at a table. The dialogue naturally unfolds and continues for forty minutes, as each sips away on their coffee until it is gone. They say goodbye and each goes his separate way.

The actual experience was that two people met and each had a coffee. Each person sipped the coffee while they were chatting for forty minutes. Each person was slowly drinking a coffee, the affect of which is only known to the one drinking it. The coffee would affect each person differently internally, but externally it would appear that they share a common physical experience—drinking coffee.

The origin of the dialogue for each person comes from the frontal area of each person's brain, where the developing consciousness interpreter would be processing incoming information and responding with verbal and non-verbal movements as the dialogue moves back and forth between the two people.

In summary, each person would have the same physical experience through their physical body, sitting, drinking coffee, and talking. The affects of the coffee for each person would be different and singularly known and felt. The dialogue that each person contributed during the forty minutes would only make sense to the one who created it, for they would be the only one who would see and feel exactly what they were speaking about.

The unique developing consciousness interpreter within each person would process, organize and decide what parts of the dialogue and the interaction it would use to construct an internal reality in order to develop its own consciousness from its own interpretation of all incoming data. The collected data would be mixed with, and influenced by, all interpreted data already stored from previous interactions with other people. For each person, the internal multi-

dimensional person sitting across the table would only ever be an external one-dimensional character that the interpreter would solely use to build its own reality construct. That construct will **never** be real for the other person.

These self-created one-dimensional physical experiences act as 'stepping-stones' for the developing Body:Human to remember what it has created in its past, what it is creating in its present interactive world, and what it would choose to create for itself in its future. The actual physical experience is the stepping-stone. The positive and negative implications that may arise from the interpreter's evaluation of what the experience represents is not the focal point when it comes to creating emotionally charged interactive experiences in the time-and-space - controlled world beyond itself.

The developing Body:Human creates the direction for the physical interactive experience to move in by using thought as a tool. It creates either a planned or spontaneous direction to move in, so it can create an emotionally charged interactive experience for itself, within itself, through itself, by itself, in its own timing, while it interacts with a one-dimensional life form or thing beyond itself in time and space.

By following the natural developmental schematic above, the developing DNA Consciousness Body:Human would be using its Conscious Physical Body to create emotionally charged interactive physical experiences in time and space through the Interactive Emotional Body in order to create the functional opportunity for the Integrated Mind to be developed within the Experiential (based) Mental Body. When the three creative bodies continue to function and integrate in this manner, the physical brain remains wired positive (+) to negative (-), thereby maintaining a strong energy field both internally and externally. The amount of creative energy available to the developing Body:Human when the brain is wired this way is limitless in its internal creative direction and in its physical output . It is only limited by how the developing Body:Human would arrange the letters and spaces that create the direction for the thoughts (in words) to move in so the Body:Human can create an experience in order to develop its own creative consciousness.

Practical application in Sports:

A person would like to create the opportunity for himself to row at an organized rowing club. The person signs up and has his first lesson. At the end of the lesson with a rowing coach, the person is told that he has the natural ability to excel at the sport if that is something he wants to do.

The person began his journey to the rowing club because he wanted to row. He now has a choice: row because he wants to row or row to excel at the sport and win (or lose) races in organized rowing regattas. Does the experience of moving a boat through water using two oars over a set distance remain the focus, or does he get caught up in the coach's concept (which is outside him) to 'win' the races and excel in order to fulfill the coach's vision.

To use the Body/Mind construct, the person would continue to put his focus on rowing and never look at the end result. As long as he keeps his focus on the actual physical experience he would like to create for himself, the creative energy available during each experience would be limitless. He would keep his focus on wiring his brain positive (+) to negative (-). He would do this by consciously and intently selecting the letters and spaces that create the words that create the direction of the movement that open the creative energy. This allows him to move the boat through the water as fast as he can between two set points.

As part of focusing on the physical body and its physical interactive experience, the person eventually becomes aware that in order to create a progressively higher performance level in rowing, he has to eat the nutritious foods that would help his physical body create the ongoing opportunities to experience energy output surges and sustain them over an entire rowing season. The person would also become aware that he would have to quiet the mental body's thinking process and only become focused on what he would like to create—to row the boat. There would be himself, the boat, and the water. The calmness or roughness of the water would influence how the boat would move, the movement of the boat would influence how he would align to the boat, and he

would focus his thoughts to create the energy release within and through himself in order to move the boat through the water as fast as he can.

Using the Body/Mind construct, the person would also become aware that asking questions of himself within his internal dialogue would clear his thinking of other non-essential distractions, and focus his thoughts concerning what he would choose to create for himself to experience. Before each physical experience he would prepare himself for the unfolding experience.

Being aware that he is the physical body sitting in the boat, he would ask the following questions and give the appropriate answers:

- 1) What time is it? The time is now. This would create the opportunity for the focused unfolding creative experience.
- 2) Where am I? I am right here. This would bring his attention to the present moment, focusing him for the alignment to, and release of, creative energy that will provide him with an emotionally charged physical interaction between himself, the boat, and the water.
- 3) What am I doing? I am sitting here in the boat on the water. This would focus the alignment and integration between his Conscious Physical body, his Interactive Emotional Body, and his Experiential Mental Body.
- 4) What am I going to do? When I hear the signal I am going to move the boat through the water as fast as I can until I hear the horn. This aligns the three bodies and allows the creative energy to have a concentrated focus for expression in time and space. The more focused the person is on the actual physical experience, the greater the creative energy available to move through him.

After the experience is over and the Experiential Mental Body has recorded it, the Interactive Emotional Body recedes, and the Conscious Physical Body becomes the focal point for re-energizing the body, making it ready for the next experience in a short period of time. Using his focused thoughts in the same manner as he did to prepare himself for the first experience, he uses questions and answers to release himself from the affects of the experience he has just had, and he opens himself to the possibility of creating a new energized creative experience.

Sitting in his boat after the race, being very still, controlling his breathing and being one with himself, his boat and the water, he would ask the following questions and give the appropriate answers:

- 1) Do I need this body anymore? No. This releases the energized body that was created for the experience that had a specific duration in time and space.
- 2) Has this body served its purpose? Yes. This allows the developing consciousness to acknowledge the alignment and integration of the Physical, Emotional, and Mental Bodies that were used to release the focused creative energies for a specific period of time.
- 3) Am I free to create a new body? Absolutely! Spoken internally with an energy increase tone, this resets the creative opportunity and allows for the possibility for a new surge of creative energy to be brought into functional reality.