

Environmental Studies Individual Project
Focus: Outdoor Authentic Movement
By Kelsey Solum

Introduction to idea of Authentic Movement:

Authentic Movement is a practice of connecting to the creative life force or source that animates life on the planet. It's a practice of listening and observing. A process of witnessing the moods and changes of the internal and external ecosystems.

I have been studying this practice with dance faculty and students this semester. The daily practice helps to ground me in my body (as a part of nature) and plant me in this physical place.

When I feel unsettled it's an especially useful tool to take a moment, pause, evaluate and honor what I think, feel, and want to do about the current circumstance. Integrity and authentic or purposeful and intentional choices result in the alignment of my physical, emotional, intellectual, and spiritual bodies.

In essence I am trying to get a clear picture of my perception. What I see is based on what I believe. When I believe something is "bad" or what I'm doing is "wrong" the thoughts are destroying life rather than creating life and are no longer sacred. By first taking responsibility for my own life and honoring my own heart, I in turn honor the hearts and creative life force of all beings.

The Celtic people believed the sacred tree of life creates a union between the heavens and earth. The Celtic Tree of Life is a sacred source of infinite wisdom and eternal love. This pre-Christian spirituality emphasizes the interconnectedness of all life and is a way to honor each individual's spiritual path.

Outdoor Authentic Movement Score:

Find a place at the base of a tree.

Close your eyes and bring your awareness to your breathing.

Allow yourself to be moved by your breath- your creative life force

Take a moment to notice without judgments...what are you thinking and feeling?

How does that inform what you are doing?

When you have established yourself in yourself you can open your eyes.

What do you notice about the space/environment?

What draws your attention?

How does it impact your thinking, feeling, and doing?

Bring your awareness back to your breathing and again allow your breath to move you- either subtly or substantially. It is of your choice and will.

Allow yourself to move without judgment, just noticing where your movement is along the continuum of *effort actions. You are the witness of your moving and have the choice to affirm and validate your movement and make shifts and changes as you need. Trust and believe in the movement, in what you do not know.

*Effort Actions:

Quick-----time-----Sustained

Bound-----flow-----Unbound

Strength----weight----Lightness

Direct-----space-----Indirect