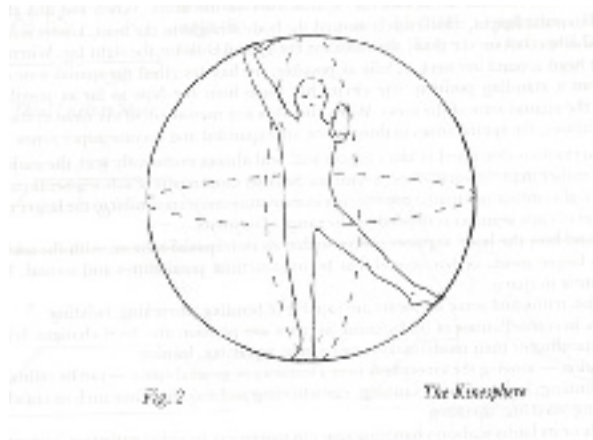


Embodying Space: The Six Basic Moves

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(Credit: Irmgard Bartenieff, "Body Movement: Coping with the Environment")

There are six basic "vocabulary words" of space. From these six basic building blocks come ALL spatial moves, if you combine them in certain ways. Mastering these six gives you greater awareness of the spatial aspects inside your kinesphere, and also awareness of the space outside your kinesphere.

The more we get to know the space around our bodies, the more we can "own" that space, which brings a greater sense of ease as we walk through the world. To map out our kinesphere is to familiarize ourselves with the immediate space surrounding our skin in a more personal way. The more versed we are with this space, the more comfortable we feel as we move and explore new possibilities.

Each of the six basic moves has its own distinct "flavor," personality, or characteristic and each will have its own meaning for you. Embodying these six basic moves can increase the clarity of your "Spatial Intention" – the ability to project your body and energy out into the space around you.

These six moves provide a basic structure, a scaffold. They are like archetypes and they can contain the many energies we ascribe to them.

In order to familiarize yourself with these basic movements, please read through the six descriptions on page 2. Next watch the video (link included) in which I demonstrate the moves. Then experiment for yourself! Note that the way the moves feel today may change tomorrow.

After you have familiarized yourself with the six basic moves, please do the exercise on page 3. Let me know what you have created and what you have learned!

Warmly,

Marylee Hardenbergh

THE BASIC SIX

Rising – feel each and every cell of your body ascending, going upward toward the sky. This move has its own personality, its own flavor. This movement can be executed with different dynamics, such as steam misting lazily upward, or a hand shooting up in victory

Sinking – feel your cells descending towards the earth, toward gravity. This can be done slowly, like gentling a blanket downward, or putting down a sleeping baby, or it can be done rapidly and with force, such as hammering.

Closing (or enclosing or narrowing) – This move I teach as a bilateral move; so you bring both arms towards the midline of your body; your trunk cells are narrowing toward the center like an accordion. This move can be done slowly and gently like giving yourself a loving hug, or it can be done suddenly; the main point is to feel the “flavor” of closing.

Opening (or spreading or widening) – This move involves opening your cells out side-side, and feeling the expansiveness; send your energy out miles to either side of your body. Feel each cell growing in width.

Retreating (or withdrawing) – here, send all of your cells backward, out toward the space behind you so that you are reaching toward the back of your kinesphere. Keep your facing forward, yet feel how your cells are retreating and moving away from the front. As with the other basic spaces, feel the personality of this direction.

Advancing – the flavor of this move is one of going forward. Feel all of your cells do the exact opposite of when they were retreating. Now, send your energy out in front of you. What happens as you commit to this direction?

THE BASIC SIX VIDEO:

<http://www.globalsiteperformance.org/wp-content/uploads/2019/01/The-Basic-Six-Video.mov>

Exercise

Step one: You are going to create a sequence using three of the six elements. Spend some time experimenting. Let your body choose for you instead of making a decision with your thinking. Choose which of the six you want to start with, which is in the middle, and which of the six you want to end with. Keep your sequence simple, and notice how you transition from one to the next. Repeat your sequence over and over until that feels familiar.

(Optional: Take a video of yourself performing your three elements.)

Step two: Write down three sentence stems. This sentence starts with “I _____ [whatever you selected from rise/sink/close/open/retreat/advance] (in order) to... “

You will end up with three sentences that start out with:

“I _____ to.....”

“I _____ to.....”

“I _____ to.....”

You are invited to send me your writing and/or your video.

Send it to director.gsp@gmail.com.

I will get in touch with you so that we can discuss what you created, what you have learned and if you have any questions.