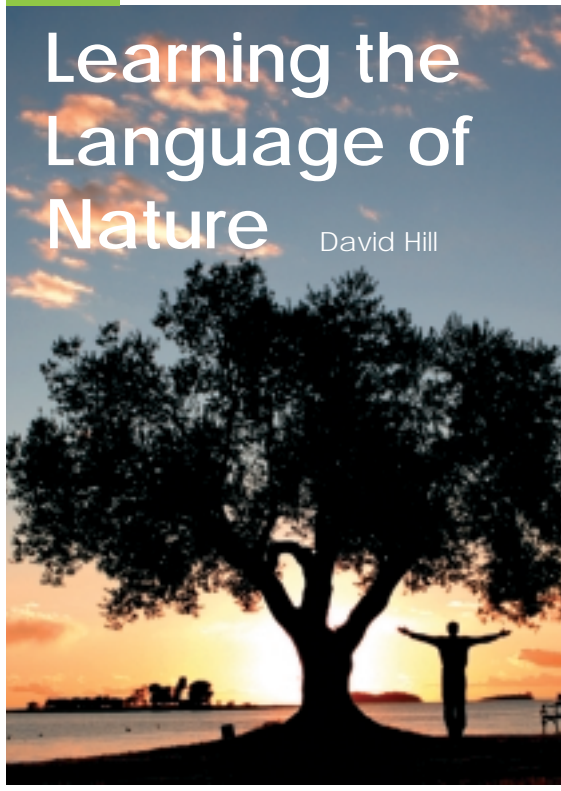




Learning the Language of Nature



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David Hill

Movement

For most of us, walking is a head down, heel first, leaning forward movement. In the animal world, no creatures walk like that, as having your head down means you cannot see opportunity or danger. Heel first damages your heels and knees and jars your back and leaning forward means you trip and fall if you lift your eyes. Our ancestors wouldn't have walked like this.

Try walking like the fox. Keeping your eyes up and your spine straight and all your weight on one foot, lift the other foot and move it forward slightly less than your normal stride. Relax the moving foot and place the outside of it down gently, feeling the surface, then, if clear, roll the rest of the foot to the ground and then transfer the weight. You should always be able to lift and replace the moving foot before you transfer the weight, if the ground is uneven. This method of walking will feel strange at first, because you are using your thigh muscles rather than your calves, but persevere and you will feel the benefits physically and emotionally as you move in a more natural way. Lipan Apaches could run 300 miles without stopping using this gait!

Seeing

For most of us seeing is a focused activity. We look around intensely, first at one point and then at another but by doing this we miss most of what is happening around us. Animals and birds do not see like this and neither did our ancestors. They would focus when they needed to but for 90% of the time they would use wide angle vision. The natural world is full of opportunities and dangers. Focus all the time and you miss out.

Why don't you try using Owl eyes? Allow your eyes to defocus then move your arms out wide by your sides and behind you. Slowly bring them forward while staying unfocussed until you can see your fingers moving at the peripheral of your vision. For most of us that is nearly a 180° angle of vision. Try the same exercise with your fingers above and below your head. Again when you move the hands forward until you can see the fingers move you will find you have

We all come from hunter gatherers. We have all the equipment to survive as they survived but we have lost the experience and the brain patterning that made their senses strong.

It should come as no surprise that we can survive better in our modern high pressure, time starved world if we learn and practise some of the skills of our ancestors. Our senses are the bridges to deep relaxation, increased creativity and intuition and where better to learn how to revitalise our senses than in nature. Who better then, to teach us than our co-inhabitants of earth, the animals and the birds.

What makes people tick?

People can be complex and are easily misread. An Introduction to Transactional Analysis (TA101) helps individuals understand their own and others' communication, behaviour and motivation. TA is now widely used in many areas where good relationships between people are important.

This Sussex-based 2-day course will introduce some of the main concepts including: Life Script, Psychological Games, Ego States and Transactions.

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