

Why “Slowly”?

Doing things at the usual speed, we tend to do them in the usual way.

The whole point of these explorations is to do something in a *new* way: move.

You may have noticed that you can't see much detail in things that are moving quickly; it's much easier to see the details of things that are holding still or moving slowly.

The same is true of your body-image.

In the case of these movement explorations, the slower you move, the more time you have for details to “fade in” to your perceptions. In other words, you will not necessarily perceive the restrictions and habitual tensions of your usual way of moving immediately, during a movement. However, if you slow down and *pay attention to the sensation of movement*, you will discover the ways in which you hold unnecessary tension during movement. You may even discover that you are holding tension that *directly interferes* with the movement you are doing.

At that point, you can use the “Feathering” technique (page 6) to release those interfering tensions. As you do, you will notice your movement getting smoother, feeling more elegant and under your control.

Try going slower with each repetition, maintaining the smoothness of the movement.

At the beginning of this explanation were the words, “The whole point of these explorations is to do something in a *new* way: move.” Those words are, at this moment, an abstract generality to you; they don't have much meaning. Their meaning will be obvious once you start the movement explorations.

Here's another set of words that will have meaning once you start the movement explorations: *INTEND, ALLOW, DO*.

That means, “Know exactly what you **INTEND** to do, get the distinct feeling of **ALLOWING** yourself to do it (relax into doing it), and **then**, **DO** it.