

# NATURE IN NATURE

*Dear friends in movement,*

*This is a written score for moving in Nature.*

*You will recognise a lot of movement from the sessions.*

*In the titles of the paragraphs you can see clearly a sequence.*

*See if you internalise the sequence as you would do with a song.*

*You have a song to travel the landscape.*

*Enjoy.*

INSPECT THE SITE AND ARRIVE

WALKING INTO YOUR FIELD

EXPLORING YOUR FIELD

FREE MOVING IN YOUR FIELD

NATURES MOVEMENT INSPIRATION

SIT IN AND RECEIVE YOUR FIELD

DRAW MOVEMENT LINE 1 IN YOUR FIELD

DRAW MOVEMENT LINE 2 IN YOUR FIELD

LET LINES CROSS AND GIVE YOU A PLACE

STILLNESS

BEING TREE AMONG TREES

REST

*Tuning into a landscape is a slow process.*

*You cannot force it, only be willing to be receptive.*

*Maybe first you hear no birdsong.*

*It might be, they left cause we humans are loud.*

*Maybe they observe you and come back when you tuned in.*

*And you will feel the welcome guest.*

## NATURE SESSION NAVIGATION **when you move individual**

### INSPECT THE SITE AND ARRIVE

#### **bags**

Put down your bags somewhere.

#### **inspect**

And inspect your place, what we have here today?

#### **clean**

Maybe you even have to do some cleaning of litter laying around.

#### **maybe replace bags**

You will know after this round, if you want to be somewhere else in your field.

If so, replace your bags.

#### **drink**

All arranged now?

Drink something and arrive.

### WALKING INTO YOUR SPACE

#### **walking into your space**

Walk into the space.

Let your walking body show your eyes around. (EARTH, AIR)

Let the world stream in.

#### **walking with the sunlight**

Walk seeing your field with the sun in your back.

Walk seeing your field with the sun in your face.

Experience the change of the landscape from colour to silhouette.

#### **listen to the sounds**

Listen to the sounds in your space.

### EXPLORING YOUR FIELD

#### **explore with your clever hand-feet**

Explore your field, the earth with your inquisitive hand-feet legs. (EARTH)

See your field, as you explore, let the world stream in.

#### **receive your field**

Exploring your field will naturally reveal you what is your movement field.

You cannot foretell, just explore with your inquisitive hand-feet the earth.

And your field will answer you.

#### **assess border field and surrounding**

Move along the border of your field. Assess its shape.

Notice the clear border you will feel now between field and wider landscape.

### FREE MOVING IN YOUR FIELD

#### **move into your field**

Move into your field.

Wake the three dimensionality of your body, wake up all your joints .

### **dancing tree**

Become dancing tree. (AIR)

### **align**

Align yourself fully inbetween sky and earth into your full volume, your full being.

## NATURES MOVEMENT INSPIRATION

### **engage**

See the trees, the rocks around.

Trees, plants root in the earth and suck up the water all the way - up - into their leaves. (AIR)

See how they respond to the wind.

See their shape, volume, colour.

See, hear the birds.

### **let nature inspire you**

Let nature inspire you.

Mirror movement.

Copy.

Synchronise.

Complement.

Contrast.

## SIT IN AND RECEIVE YOUR FIELD

### **sit**

Come to sit in your field.

Feel your field around.

### **eye travel close far**

Where you sit, is the viewpoint the landscape provided you.

Let your eyes travel from detail to overview.

Breathe the space and time of your field.

### **close your eyes**

Close your eyes.

### **feel earth texture**

Feel the earth with your hands.

Feel its texture.

### **merge**

Merge with your landscape.

*If you feel free and safe enough*

Feel the earth with your whole body.

Roll over your landscape, lay in your landscape. (EARTH)

Float up with your seaweed arms. (WATER)

Let your hand screens dance inbetween the sun and you, causing colour and shade. (FIRE)

Deepen your palm into a hollow, feel the warmth of the sun intensify in the hollow of your palm. (FIRE)

Find your way to sit on your bum again.

**sit aligned from your sit bones.**

Feel your breath aligning you up from within. (AIR)

**open your eyes, see**

Open your eyes from your sit bones on the ground.

**receive**

Receive what your eyes fall upon.

Receive it as a gift.

Feel what is the movement inspiration in what you see.

**DRAW MOVEMENT LINE 1 IN YOUR FIELD**

**to stand**

Feel the warmth and energy of the sunlight. (FIRE AIR)

Let it align you up to standing on your two feet again.

**approach through your field**

And move towards the gift you received as movement inspiration.

Remember jellyfish, approach with all your sensitive jellyfish nerve endings open. (WATER)

**into contact**

Feel the energy inbetween you.

Come closer.

Till contact.

**merge**

Feel shape, texture.

Give your weight, like lean on a branch, rest your cheek on a rock. (WATER)

Merge. (WATER)

**dialogue**

Create a dialogue.

**loosen up**

Loosen up from the dialogue. (WATER)

Feel the space and time of the farewell.

**turn to a new inspiration**

Turn into your field again.

**see**

Let your eyes fall on something else.

**receive**

Receive.

**DRAW MOVEMENT LINE 2 IN YOUR FIELD**

**approach through space**

Approach, travel the space inbetween like jellyfish with all your sensitive nerve endings.

**into contact**

Feel the energy inbetween you.

Come closer.

Till contact.

**merge**

Feel shape, texture.

Give your weight.

Merge.

### **dialogue**

Create a dialogue.

### **line**

Now you have drawn a movement line through your field, from place to place, you merged with.

### **crossing line**

Create the crossing line by moving or looking.

### **cross**

Now you have created a map of the four directions of the wind.

Receive your field.

### **LET LINES CROSS AND GIVE YOU A PLACE**

Walk to the point where your lines cross.

This is the spot your field gave you.

Feel your spot, your place.

### **STILLNESS**

Let movement come to stillness.

Listen.

Feel the wind.

The sun.

### **BEING TREE AMONG TREES**

Become tree among trees.

Rock among rock.

Grass among grass.

Flower among flower.

### **REST**

Find your way to your sitting place.

Rest.

Drink something.