

## **Centering - Moving Faster Than The Speed Of Mind**

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### **FORMAT:**

Duration: 30-60 minute skill building exercise

### **PURPOSE:**

This exercise moves the center of consciousness out of the mind and to the physical center, and allows the Possibility Manager to navigate space through using four-body gestures that bypass the necessity of needing to think and make decisions with the intellect before responding or navigating with consciousness.

### **SETUP:**

Pairs, or small groups with one person up.

### **INTRO / BACKGROUND:**

The mind is far slower than the physical body or energetic body (consciousness).

### **INSTRUCTIONS / PROCEDURE:**

These exercises have the Possibility Manager practice moving in each of their four bodies before they think. These can be motions that are sudden or instant, where there is no time delay between the stimulus and the response. The action and reaction are nearly simultaneous, giving the action no power in the space because it does not actually get to occur or complete itself before something else is happening.

### ***UH! EXERCISE***

This is where Possibility Manager uses the palm of one hand in a single unblockable move to push an attacker's nose back into their face, while simultaneously exploding the sound, UH! There is no preparatory *getting ready* first action, and there is no in-breath before the sound.

### **PARALLEL MOVES**

This is where the Possibility Manager moves – or rather dances – instantly simultaneously with the partner to navigate the space somewhere other than where the person originally intended it to go. The parallel moves are with any of the four bodies, or with several bodies simultaneously. For example, physical gestures, speaking words, being in contact at the feelings level and navigating the feelings, or sensing intention, as below.

### **NAVIGATING INTENTION**

This is where the Possibility Manager feels out along the intention lines of another person's gesture while the person is still forming their intention, before they make any

action. Then Possibility Manager navigates the action while the intention has not yet hardened into action. As Morihei Ueshiba the founder of Aikido once said, *The time between when a person decides to pull the trigger of a gun and when they actually pull the trigger of a gun is a very long time.*

Learning to move faster than the speed of mind allows the Possibility Manager to avoid disasters and create possibilities in ways that are almost invisible and seem almost magical to the common way of perceiving. Mind has a speed (speed of thought), consciousness has a speed (lightspeed), and love has a speed (slow).

## **DEBRIEF:**