

Meditative movement

In the optional meditative movement with Jaya,
we "go inside" specific parts of the body. Then from that connection, we simply allow movement anywhere in the body. This improvisation practice can feel weird or freeing, but either way is very relevant for daily life.

Meditative movement frees our experience of awareness--and gets us in touch with other ways of knowing:

Being in the body develops direct nonverbal knowing.

We leave room for what is already aware.

Not thinking about what movement comes next, we can feel for the edge of the unknown, and discover what emerges experientially in the flow of movement.

We can notice and let go of the feeling that we are being "watched" and judged by someone separate, whether outside or within us. We notice and put aside right-and-wrong control. Realizing that embarrassment and showing off "are not friends", we contact unshakable dignity.

Tremendous freedom is available as we realize that this separation--watching, judgment and control--happen in our own minds. And that there is another, undivided way of living.

Resting into relaxed awareness and moving on the edge of the unknown help free us from the control that often infects meditation practice. Playful, simple, deep movement gives access to release and insight.



Inspired by the “embodied anatomy” of Bonnie Bainbridge Cohen, Jaya's meditative movement also sometimes integrates Jin Shin Jyutsu, deep ecology, and constellation work.

