

GRAVITY

(Collated by Michelle Wilkinson www.movingnaturally.co.uk)

Gravity is proposed to be composed of quantum particles called gravitons.

The planet Earth and human inhabitants emit gravitons.

On Earth humans are weighted and this downward gravity force is in proportion to their body mass.

All well as having weight (condensation/pressure) humans operate within the space (expansion/vastness) around them.

A person's relation to weight and space is foundational to their movement. Some people are more interested in weight while other favour space.

A person's relationship to weight and space is reflected in their relationship to other people. For instance, expressing anger to someone by lightly waving the arms around in the air fails to emit the power and intensity of their feelings.

The release of weight downwards into the earth is required to power the push away from the earth necessary for activities such as standing, walking and jumping.

After birth the new external relationship with mother develops the baby's relationship with earth, a contrast from the watery womb world.

Close physical contact, where possible flesh to flesh, between a caregiver and baby provides a strong earth connection imbued with safety and trust.

Feeling safe and secure fosters the trust required for the future baby/toddler/child to move away from the earth pushing and reaching into space.

In Traditional Chinese Medicine (TCM) the Earth is Yin while the space of Sky/Heaven is regarded as Yang. Many Eastern practices such as Qigong move between Heaven and Earth.

In the human body the flexor muscle tone at the front surface of the body is yin, while the back surface extensor muscle tone is yang.

Babies have a Tonic Labyrinthine (Tonic Lab) movement pattern which draws them to the earth. This earth connection increases the postural tone of the muscles in contact with it.

As adults moving through different body surfaces while lying and rolling on the floor reawakens the Tonic Lab movement pattern. Yielding to the earth strengthens the body muscle tone which in turn enables a person to actively propel or move themselves away from the earth into space; the yin is the basis for the yang.