

September 2023

Being Mindful of Ordinary Movement

Experiencing Movement as a Language

Presented by Stop Breathe Believe® & Dianne Morris Jones

Thoughts on Movement

By Roger C. Jones

If the entire ocean is affected by a pebble (Pascal),
let us reconsider the essence of movement

Since in movement there is life, and in change there is power (Cohen),
why not summon the courage to move and the conviction to change?

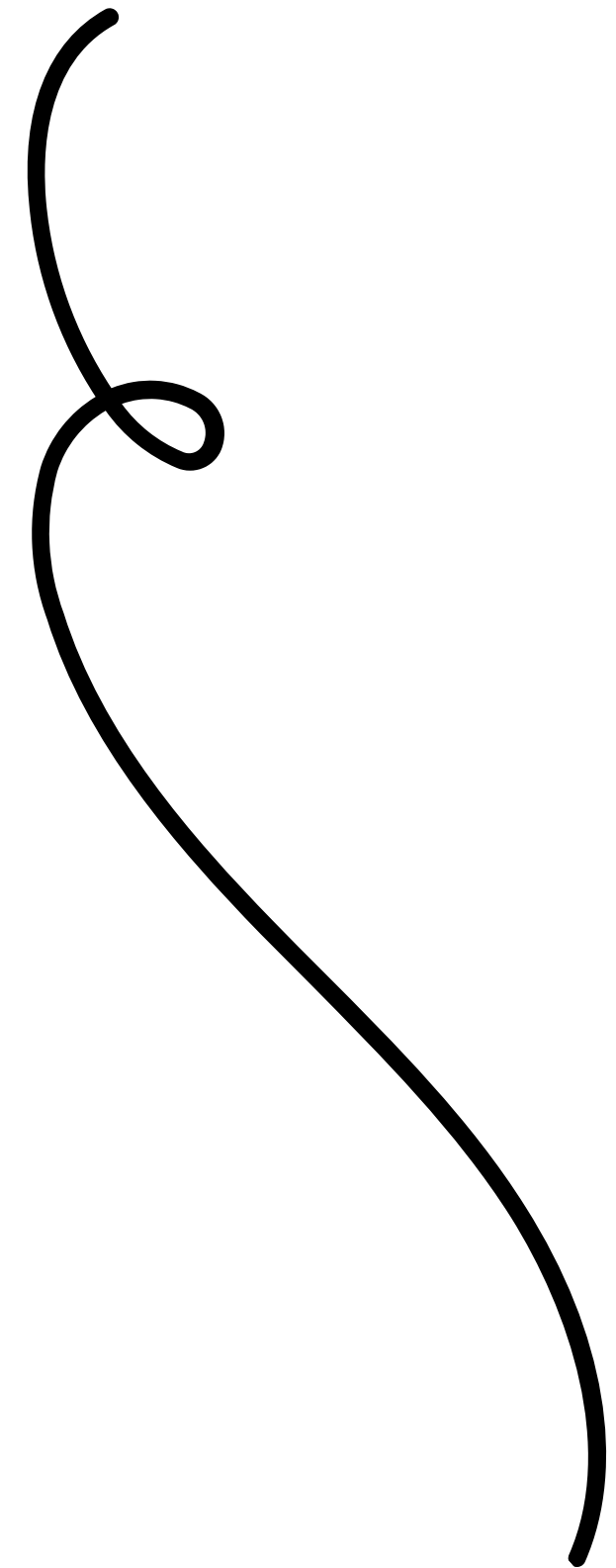
If the iceberg's 1/8 part above water dignifies its movement (Hemingway),
perhaps we examine the silent mass of the 7/8 part below the water

Since all change is not growth, & all movement is not forward (E. Glasgow),
we are best served when judicious in our moves and changes

If film's great art is movement of thought and soul (L. Brooks),
it is possible we can be transformed in just two cathartic hours

Since growth is an erratic two steps forward, one step back (Julia Cameron),
let us be patient and diligent, always grasping forward movement

If the dance is a poem of which each movement is a word (M. Hari),
let us drop the pens and let the poetic dance movement commence



MINDFULNESS IS OFTEN ASSOCIATED WITH A LOT OF FANCY DEFINITIONS. I SEEM TO MOST OFTEN LAND ON THE IDEA OF "PAYING ATTENTION" AS THE MOST SIMPLE, USEFUL DEFINITION.

HOW MIGHT WE BE MINDFUL OR PAY ATTENTION TO MOVEMENT IN AN ORDINARY DAY? HOW CAN WE BE MORE ACTIVE IN OUR BODY AND HEART AND MIND?

HOW MIGHT WE BECOME FLUENT IN THE IDEA OF EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

WHAT WE SAY AND HOW WE TALK TO OURSELVES IS SO VERY IMPORTANT. WHAT IF WE ALSO CONTEMPLATE HOW WE COULD MOVE IN A TENDER AND KIND WAY TOWARDS OURSELVES? WHAT IF MOVEMENT COULD BE A LANGUAGE WE COULD LISTEN TO? WHAT CHOICES COULD WE MAKE TO MOVE MORE FREELY? HOW COULD WE MOVE IN A LOVING, GENTLE, AND ACTIVE WAY – A WAY THAT COULD POSSIBLY BE THE MOST GENEROUS GIFT WE HAVE EVER GIVEN TO OURSELVES AND TO OTHERS?

Day 1

“TO ME, LIFE BOILS DOWN TO ONE THING, IT’S MOVEMENT. TO LIVE IS TO KEEP MOVING.” – JERRY SEINFELD

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

MOVEMENT IS CRITICALLY IMPORTANT FOR INDIVIDUALS WITH DOWN SYNDROME, WHO OFTEN STRUGGLE WITH BOTH GROSS AND FINE MOTOR SKILLS. ATHLETES IN BUDDY UP TENNIS, A 501(C)(3) NON-PROFIT ORGANIZATION THAT CONDUCTS ONGOING FITNESS AND TENNIS CLINICS FOR INDIVIDUALS WITH DOWN SYNDROME, WORK ON AGILITY, BALL CONTROL AND TRACKING, COORDINATION, BALANCE, SPEED, AND STRENGTH DURING EVERY SESSION.

ONE OF MY CHILDHOOD FRIENDS, CHERYL ROSEN HALPERN, STARTED THE DALLAS CHAPTER OF BUDDY UP TENNIS AND SERVES AS THE DALLAS COORDINATOR. TO VOLUNTEER OR LEARN MORE ABOUT THIS WORTHWHILE ORGANIZATION, VISIT BUDDYUPFORLIFE.ORG.



Photo taken in Dallas, Texas.

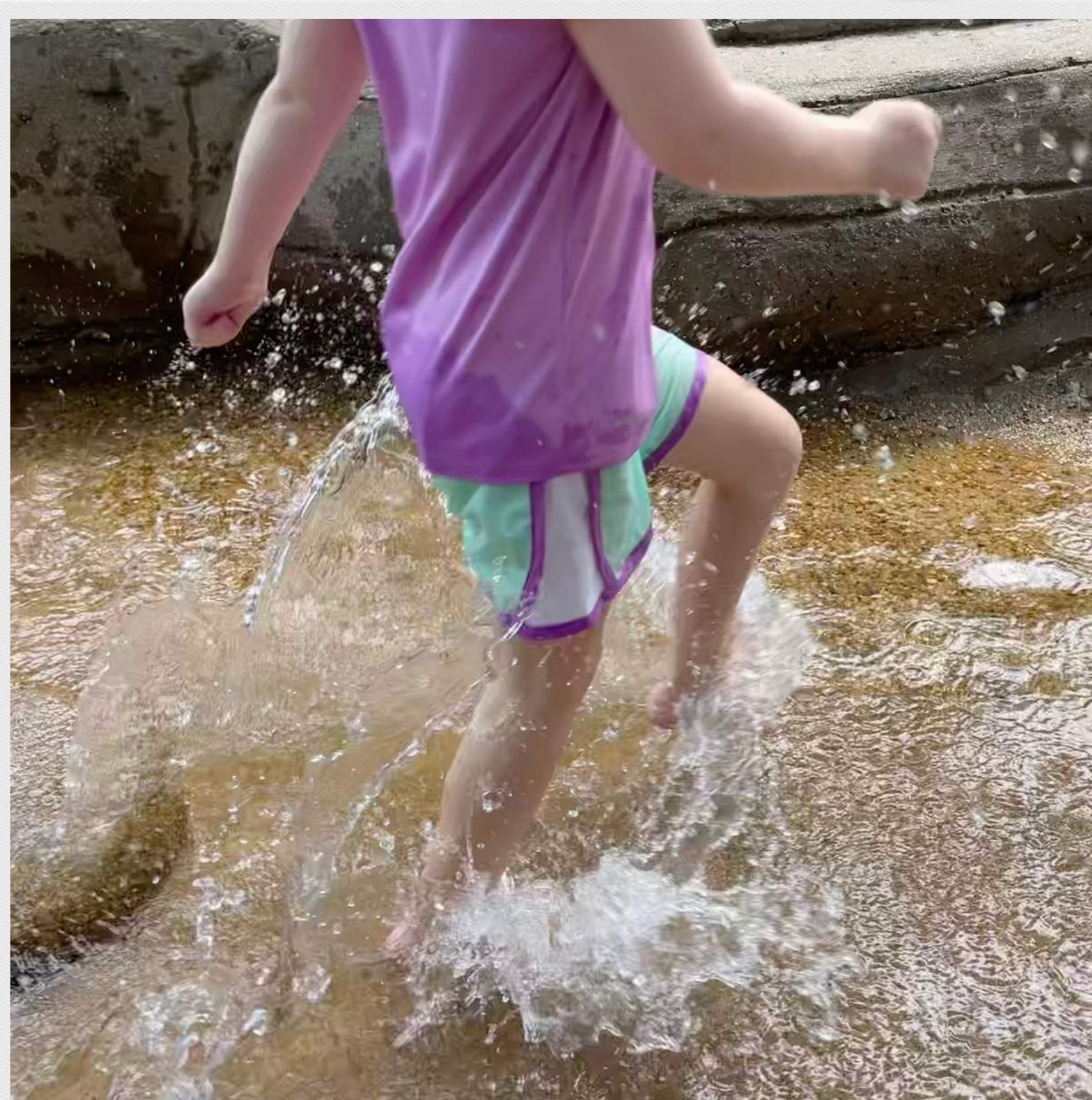


Photo taken in Dallas, Texas.

Day 2

“IT TAKES A LOT OF COURAGE TO RELEASE THE FAMILIAR AND SEEMINGLY SECURE, TO EMBRACE THE NEW. BUT THERE IS NO REAL SECURITY IN WHAT IS NO LONGER MEANINGFUL. THERE IS MORE SECURITY IN THE ADVENTUROUS AND EXCITING, FOR IN MOVEMENT THERE IS LIFE, AND IN CHANGE THERE IS POWER.” – ALAN COHEN

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT WE LEARN ABOUT THE FREEDOM OF MOVEMENT FROM CHILDREN?

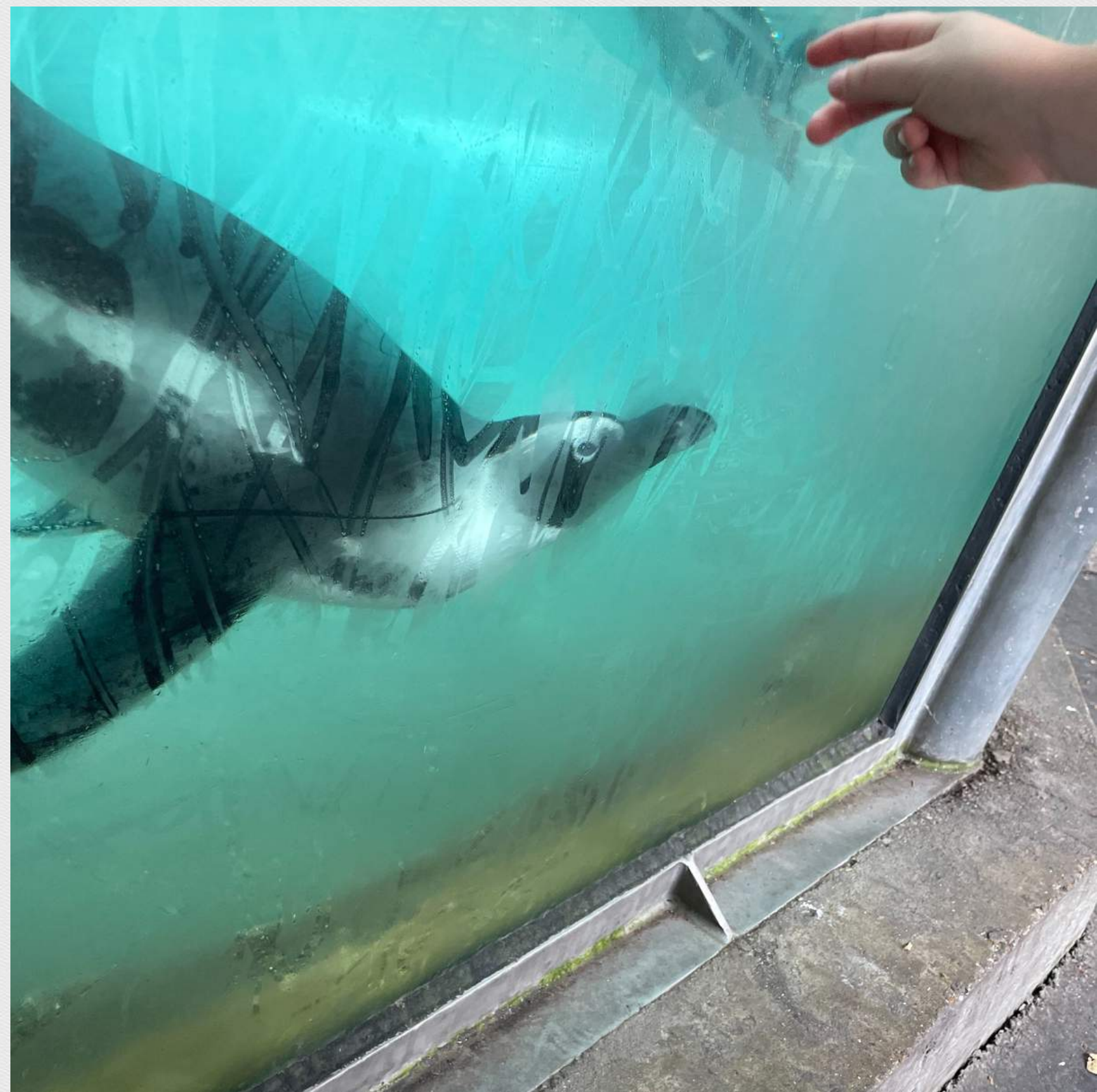


Photo taken at Dallas Zoo, Dallas, Texas.

Day 3

“THE LEAST MOVEMENT IS OF IMPORTANCE TO ALL NATURE. THE ENTIRE OCEAN IS AFFECTED BY A PEBBLE.” – BLAISE PASCAL

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT OBSERVING THE MOVEMENT OF A PENGUIN AT THE ZOO IS THE LANGUAGE OF MOVEMENT?

Day 4

“MOVEMENT IS TRANQUILITY.”
— STIRLING MOSS

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT REACHING, STRETCHING TO SQUEEGEE THE
SHOWER IS A REFRESHING, PEACEFUL MOMENT?



Photo taken in Dallas, Texas.

Day 5

**“MUSIC HAS JUST AS MUCH TO DO WITH MOVEMENT AND BODY AS IT DOES SOUL AND INTELLECT.”
— ESA-PEKKA SALONEN**

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD WE TURN ON SOME MUSIC, LAY ON THE FLOOR, FEEL THE AIR AND WATCH THE RHYTHM OF THE MOVEMENT OF THE CEILING FAN AND THEN SLOWLY MOVE OUR BODY, STRETCH, TWIST - APPRECIATE THE MOVEMENT OF OUR BODIES?

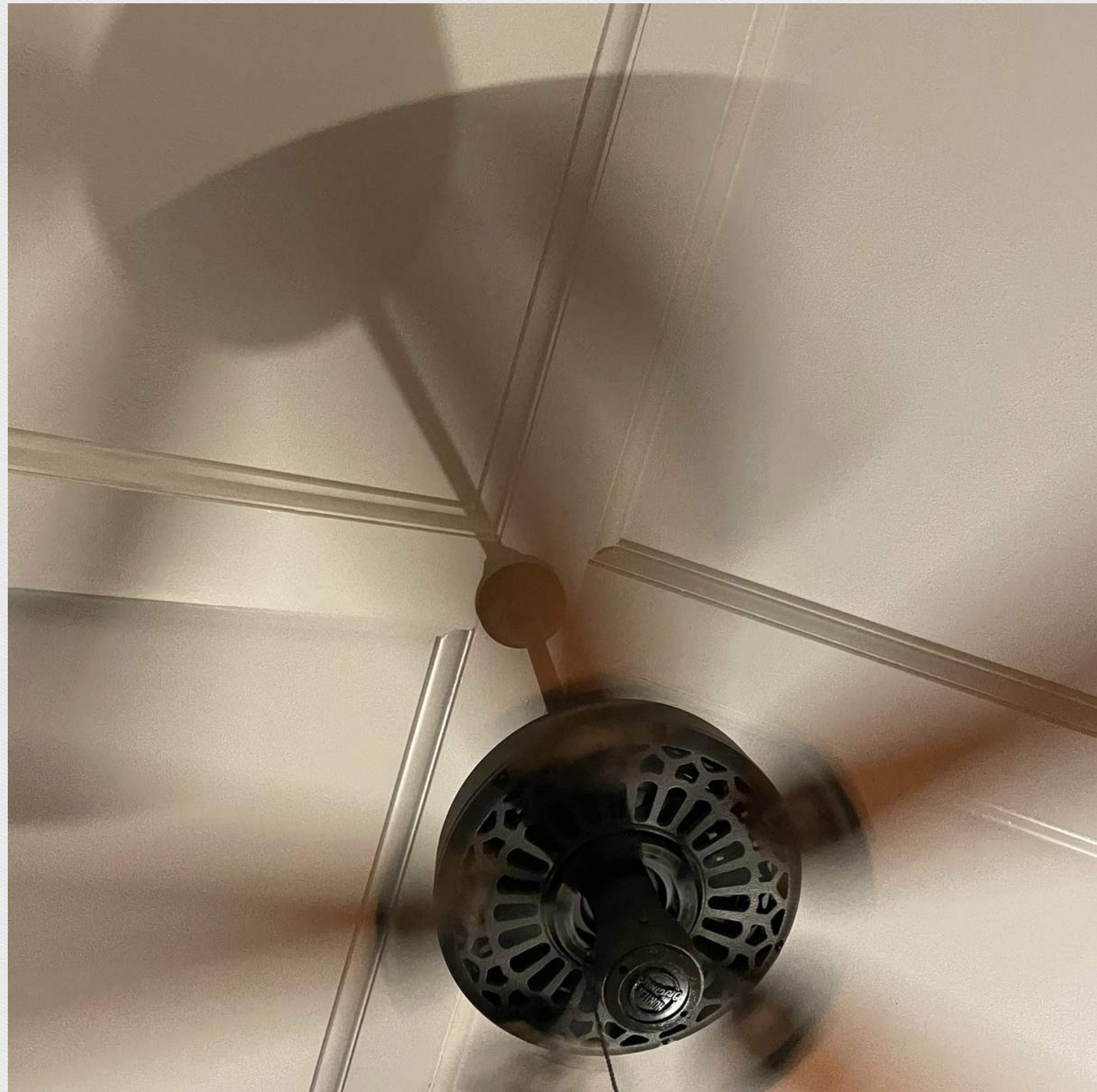


Photo taken in Dallas, Texas.



Photo taken in Dallas, Texas.

Day 6

**“MUCH MORE OF THE BRAIN IS DEVOTED TO MOVEMENT THAN TO LANGUAGE. LANGUAGE IS ONLY A LITTLE THING SITTING ON TOP OF THIS HUGE OCEAN OF MOVEMENT.”
— OLIVER SACKS**

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

HOW MIGHT WE EXPERIENCE FREEDOM IN OUR MIND AND BODY WHEN WE CHOOSE THE MOVEMENT OF SWINGING?

Day 7

**“KEEP WALKING, THOUGH THERE’S
NO PLACE TO GET TO. DON’T TRY TO
SEE THROUGH THE DISTANCES.
THAT’S NOT FOR HUMAN BEINGS.
MOVE WITHIN, BUT DON’T MOVE THE
WAY FEAR MAKES YOU MOVE.”
— RUMI**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

**COULD IT BE THAT THE MOVEMENT OF A WALK, EVEN IN INCLEMENT
WEATHER, COULD BE RESTORATIVE TO OUR HEART?**



Photo taken in West Des Moines, Iowa.

Day 8



Photo taken in Dallas, Texas.

**“...THIS VERY BODY THAT WE HAVE,
THAT’S SITTING RIGHT HERE RIGHT
NOW...WITH ITS ACHES AND ITS
PLEASURES...IS EXACTLY WHAT WE
NEED TO BE FULLY HUMAN, FULLY
AWAKE, FULLY ALIVE.” – PEMA
CHODRON**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

**COULD IT BE THAT AS WE CHERISH AND CARE FOR OUR BODIES THAT
WE LISTEN TO THE LANGUAGE OF MOVEMENT MORE CAREFULLY?**

Day 9

“ACTION AND REACTION, EBB AND FLOW, TRIAL AND ERROR, CHANGE – THIS IS THE RHYTHM OF LIVING. OUT OF OUR OVER-CONFIDENCE, FEAR; OUT OF OUR FEAR, CLEARER VISION, FRESH HOPE. AND OUT OF HOPE, PROGRESS.” – BRUCE BARTON

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT AS WE MOVE WITH OUR SIMPLE, DAILY TASKS – THAT WE APPRECIATE THE FLOW OF WATER, THE FLOW OF OUR BODIES, THE FLOW OF LIFE?



Photo taken in Dallas, Texas.



Photo taken in Dallas, Texas.

Day 10

**“WE FLOAT EFFORTLESSLY IN THE
ETHEREAL TIDE OF THE MOVEMENT
OF THE RHYTHMS OF NATURE AND
THE VIBRATIONS OF THE PULSE OF
LIFE.” – IAN FACTOR**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

**COULD IT BE THAT OUR DAILY MOVEMENTS – OUR CARE FOR OTHERS,
OUR PLANTS, OUR HEARTS IS A MOVEMENT OF GRACE AND BEAUTY?**



Photo taken in Dallas, Texas.

Day 11

“JUST DO IT!” - NIKE

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT EVEN SIMPLE AND SOMETIMES OVERWHELMING TASKS SUCH AS PULLING WEEDS COULD BE AN EXPERIENCE OF MINDFULNESS ABOUT THE GIFT OF MOVEMENT IN OUR BODIES?

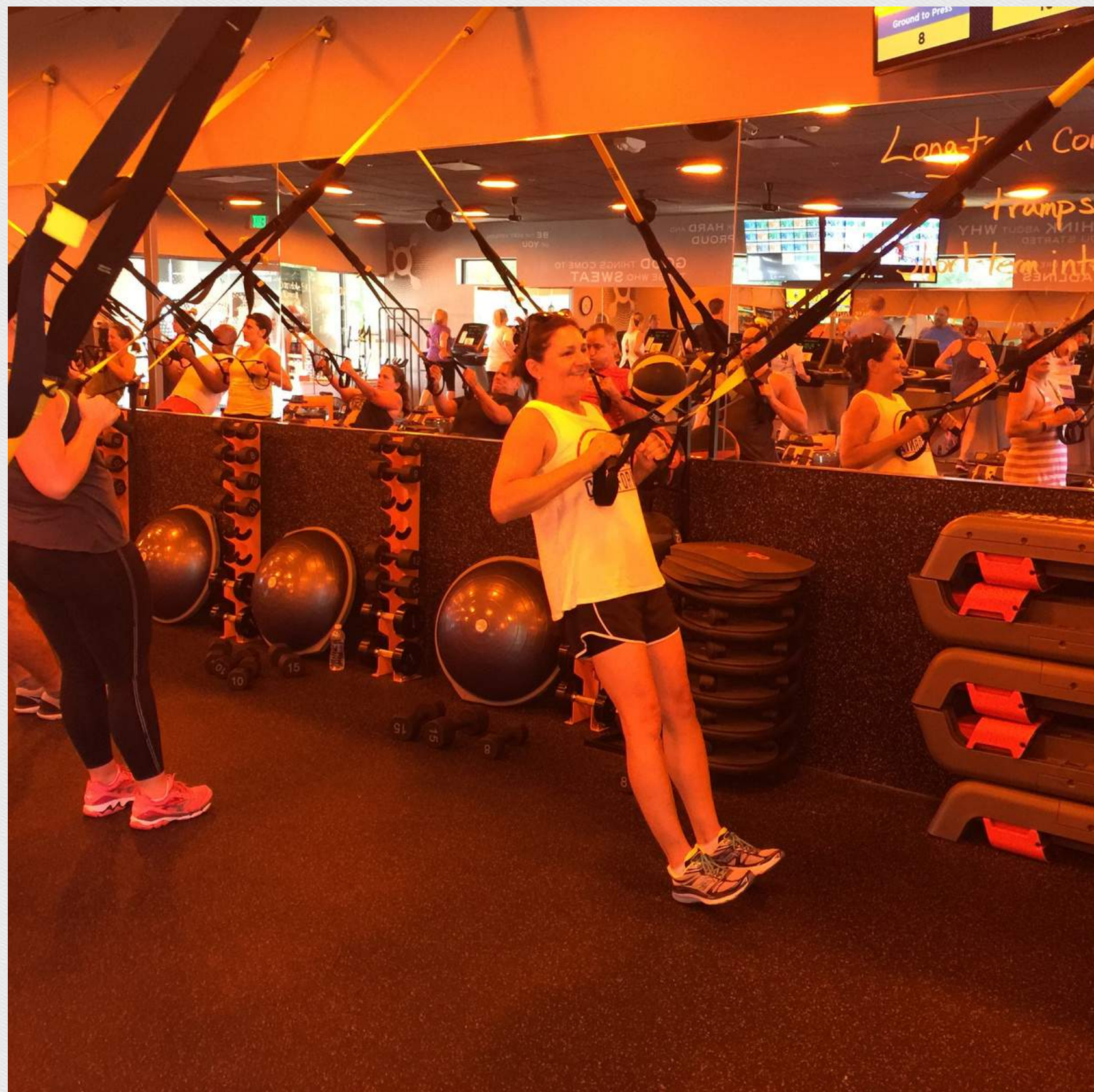


Photo taken in West Des Moines, Iowa.

Day 12

“LACK OF ACTIVITY DESTROYS THE GOOD CONDITION OF EVERY HUMAN BEING, WHILE MOVEMENT AND METHODICAL PHYSICAL EXERCISE SAVE IT AND PRESERVE IT.” – PLATO

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

WHAT MIGHT MOVEMENT AND METHODICAL EXERCISE LOOK LIKE FOR US TODAY?

Day 13

**“MOVEMENT IS A MEDICINE FOR
CREATING CHANGE IN A PERSON’S
PHYSICAL, EMOTIONAL, AND
MENTAL STATES.” – CAROL WELCH**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

**WHAT MIGHT THE INTERPLAY OF MOVEMENT AND CHANGE LOOK LIKE
FOR US TODAY?**



Photo taken at Lake Marie, Wyoming.

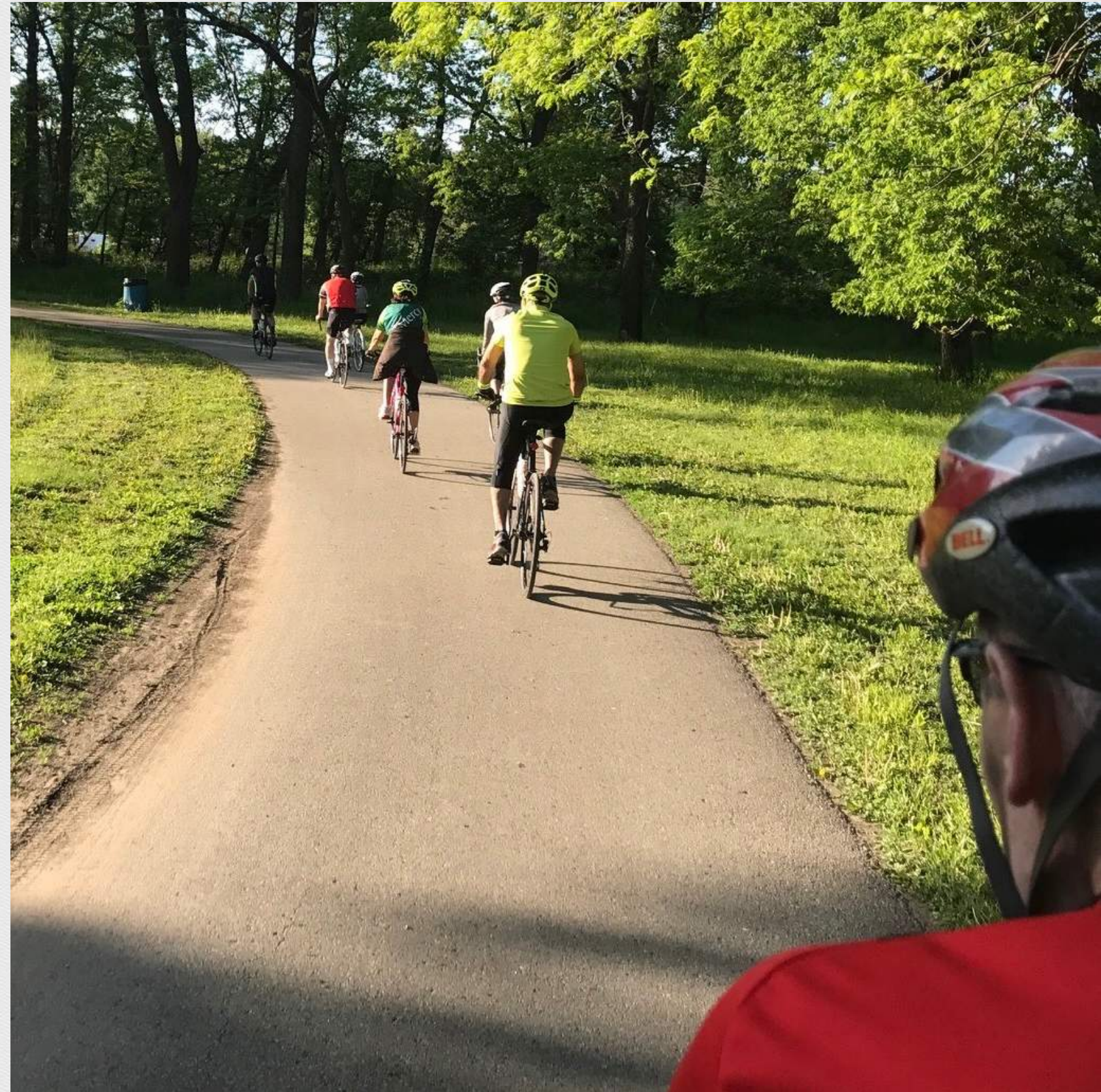


Photo taken in West Des Moines, Iowa.

Day 14

**“LIFE IS LIKE RIDING A BICYCLE. TO
KEEP YOUR BALANCE, YOU MUST
KEEP YOUR BALANCE.”
– ALBERT EINSTEIN**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

**COULD IT BE THAT THE MOVEMENT OF BIKING IS LIFE GIVING FOR
US?**



Photo taken in Dallas, Texas.

Day 15

**“MUSIC IS THE MOVEMENT OF SOUND
TO REACH THE SOUL FOR THE
EDUCATION OF ITS VIRTUE.” – PLATO**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

**COULD IT BE THAT MOVEMENT OF OUR FINGERS, OUR MINDS, OUR
MUSICAL ABILITIES ARE LIFE GIVING FOR US?**

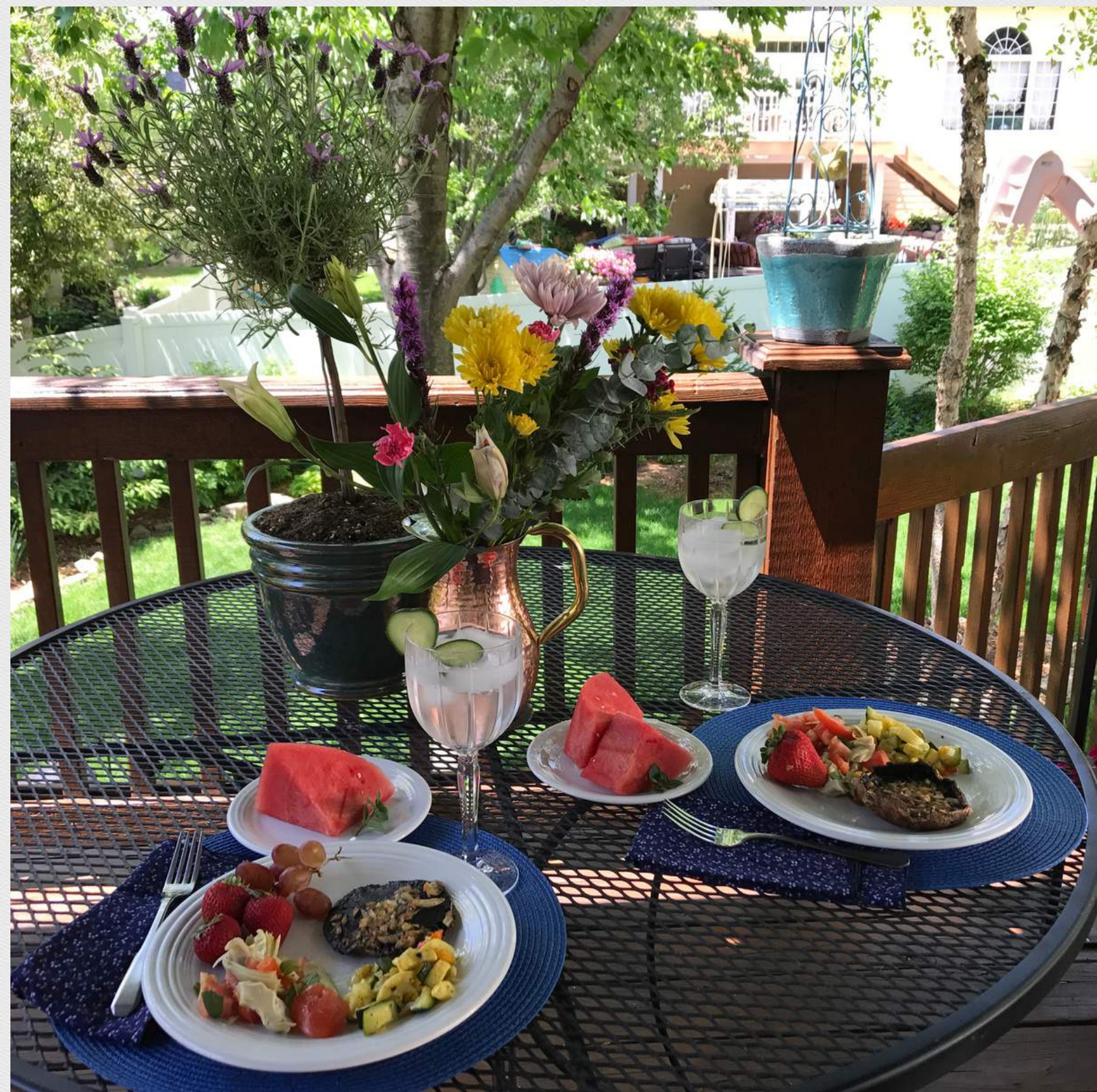


Photo taken in West Des Moines, Iowa.

Day 16

“THE BODY HOLDS ANSWERS TO QUESTIONS THE MIND DOESN'T EVEN KNOW HOW TO ASK.” – ERICA HORNTHAL

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT THE MOVEMENT OF PREPARING A NUTRITIOUS MEAL IS LIFE GIVING FOR US?

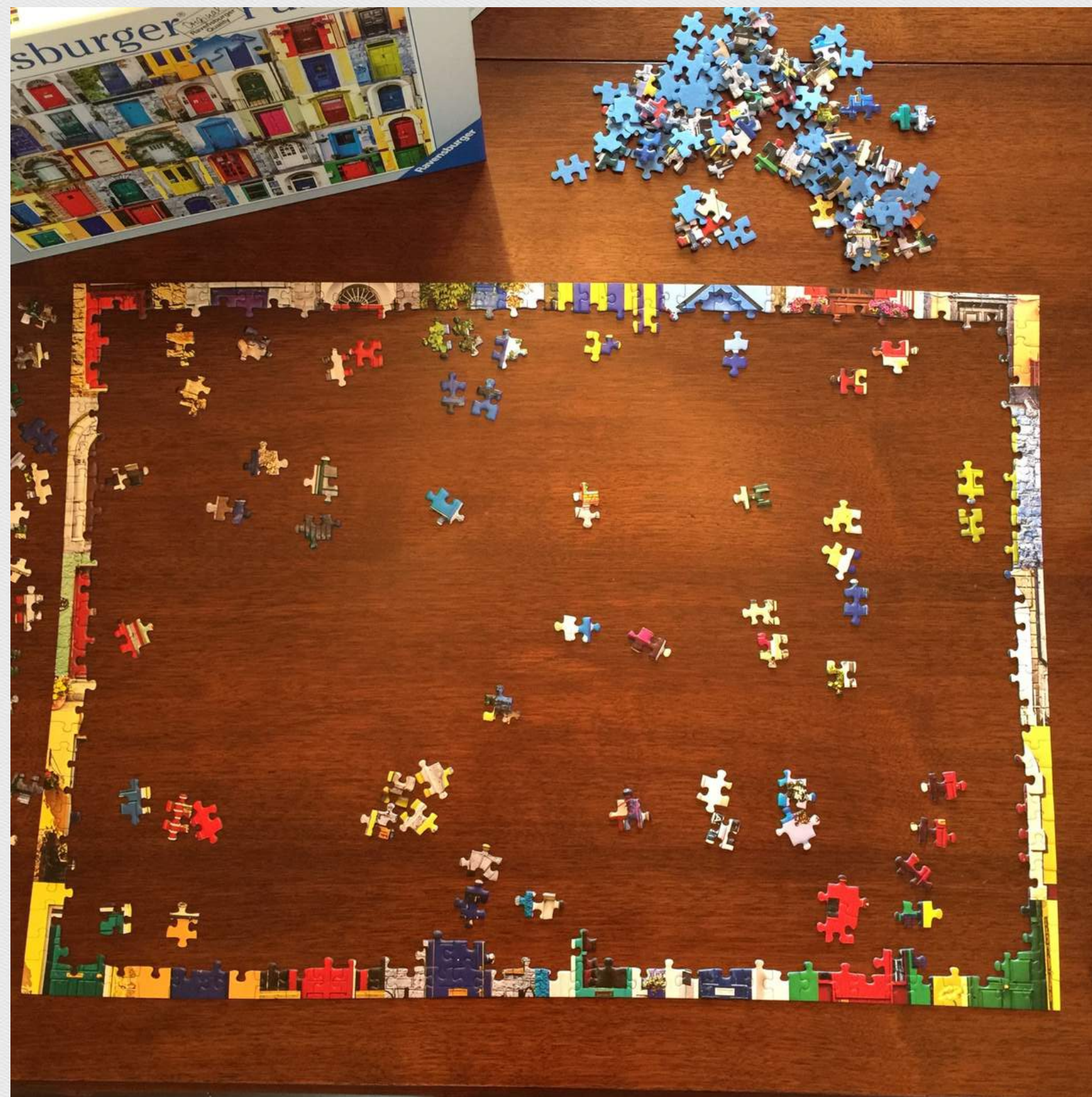


Photo taken in West Des Moines, Iowa.

Day 17

“WE’RE ALL PUT HERE FOR A REASON. AND ONE LITTLE MOVEMENT CHANGES YOUR WAY OF LIFE.” – TOMMY LASORDA

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT PUTTING TOGETHER A PUZZLE IS MOVEMENT OF OUR MIND, OUR BODY?



Day 18

“GROWTH IS AN ERRATIC FORWARD MOVEMENT; TWO STEPS FORWARD, ONE STEP BACK. REMEMBER THAT AND BE VERY GENTLE WITH YOURSELF.” – JULIA CAMERON

**COULD IT BE THAT WE PAY ATTENTION TO GROWTH AROUND US?
THE SMALL PINE TREE, THE BIRD FLYING FROM ITS NEST, THE
CHILDREN IN OUR NEIGHBORHOOD, THE DEPTH OF OUR SOUL?**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

Photo taken in Rocky Mountain National Forest, Colorado.

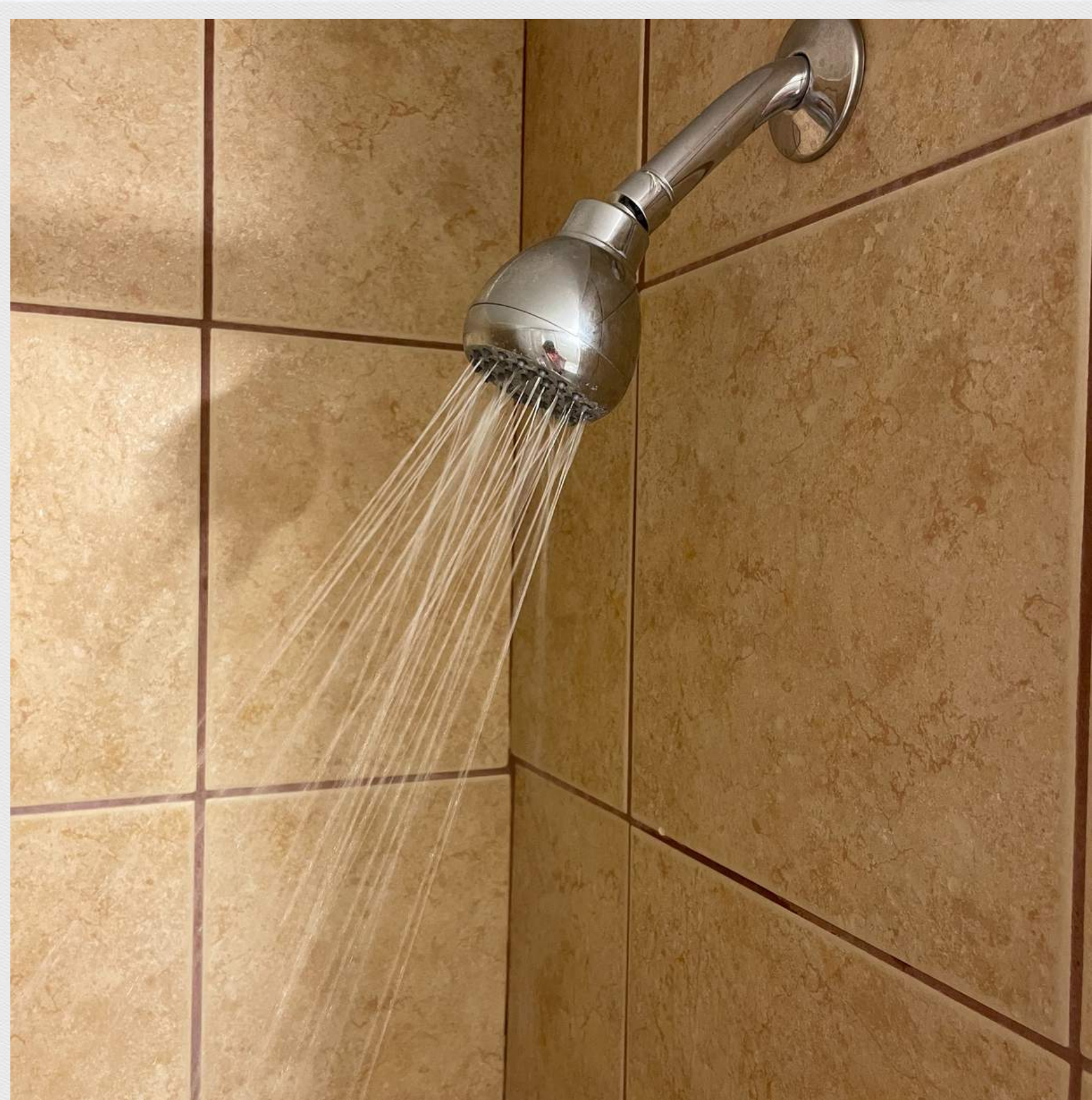


Photo taken in Saratoga, Wyoming.

Day 19

“MUSIC IS THE EXPRESSION OF THE MOVEMENT OF THE WATERS, THE PLAY OF CURVES DESCRIBED BY CHANGING BREEZES.” – CLAUDE DEBUSSY

COULD IT BE THAT THE SHOWER IS A PLACE TO SING, TO MOVE OUR VOCAL CHORDS, TO FEEL THE REFRESHMENT OF WATER?

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?



Photo taken in Grand Lake, Colorado.

Day 20

“YOU’VE GOT TO DANCE LIKE THERE’S NOBODY WATCHING, LOVE LIKE YOU’LL NEVER BE HURT, SING LIKE THERE’S NOBODY LISTENING AND LIVE LIKE IT’S HEAVEN ON EARTH.” – WILLIAM PURKEY

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT WE CAN DANCE ANYWHERE? IN THE KITCHEN, ON THE DECK, ON A DANCE FLOOR? COULD IT BE THAT WE CAN DANCE ALONE AS WELL AS WITH OTHERS?



Photo taken in Colorado.

Day 21

“THE WINDSHIELD IS BIGGER AND MORE IMPORTANT THAN THE REARVIEW MIRROR BECAUSE THE MOVEMENT OF WHERE WE ARE GOING IS MORE SIGNIFICANT THAN WHERE WE HAVE BEEN.”
- ANONYMOUS

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT WE NOTICE THE MOVEMENT OF THE LITTLE THINGS THAT ARE BIG THINGS?



Photo taken in West Des Moines, Iowa.

Day 22

**“LIGHT IN NATURE CREATES THE
MOVEMENT OF COLORS.” – ROBERT
DELAUNAY**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

**COULD IT BE THAT NOTICING MOVEMENT OF BIRDS IN OUR OWN
YARD CAN BE AN ENRICHING MOMENT FOR US?**

Day 23

“IF YOU WANT TO CHANGE THE
WORLD, START OFF BY MAKING
YOUR BED.” – ADMIRAL MCRAVEN

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT OUR MORNING MOVEMENTS CREATE A RIPPLE
THAT IMPACTS THE MOVEMENT OF THE REST OF OUR DAY?



Photo taken in Wyoming.



Photo taken in Saratoga, Wyoming.

Day 24

“ME THINKS THAT THE MINUTE MY LEGS BEGIN TO MOVE MY THOUGHTS BEGIN TO FLOW, AS IF I HAD GIVEN VENT TO THE STREAM AT THE LOWER END AND CONSEQUENTLY NEW FOUNTAINS FLOWED INTO IT AT THE UPPER.” – HENRY DAVID THOREAU

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT THE MOVEMENT OF WALKING – ALONE OR WITH A FRIEND – COULD BE RESTORATIVE?

Day 25

“IN SILENCE AND MOVEMENT YOU
CAN SHOW THE REFLECTION OF
PEOPLE.” – MARCEL MARCEAU

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT WE TAKE A FEW MOMENTS AS WE ARE WASHING
THE DISHES TO PONDER OUR SILENCE AND OUR MOVEMENTS
THROUGHOUT THE DAY?



Photo taken in Wyoming.



Photo taken in Saratoga, Wyoming.

Day 26

“MANY A TRIP CONTINUES LONG AFTER MOVEMENT IN TIME AND SPACE HAVE CEASED.” – JOHN STEINBECK

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT MOVEMENT OF PLANNING AN ADVENTURE, GETTING IN THE CAR, EXECUTING OUR PLAN IS HEALTHY FOR US?

Day 27

**“WHEN THERE IS IN NATURE NO
FIXED CONDITION, HOW MUCH LESS
MUST THERE BE IN THE LIFE OF A
PEOPLE, BEINGS ENDOWED WITH
MOBILITY AND MOVEMENT! “– JOSE
RIZAL**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

**COULD IT BE THAT WE BE MINDFUL OF THE FLUTTER OF THE TREE
LEAVES, THE SWAY OF THE BRANCHES AND REFLECT ON THE
MOVEMENT OF OUR BODIES? THE ABILITY TO GROUND OUR FEET,
THE STRENGTH OF OUR LEGS AND TORSO, THE GRACEFUL SWAY OF
OUR ARMS?**



Photo taken in Saratoga, Wyoming.



Photo taken in Saratoga, Wyoming.

Day 28

“THOSE WHO APPROACH LIFE LIKE A CHILD PLAYING A GAME, MOVING AND PUSHING PIECES, POSSESS THE POWER OF KINGS.” - HERACLITUS

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT PLAYING GAMES IS MOVEMENT IN OUR MIND, OUR BODIES, OUR SOCIAL CONNECTIONS?



Photo taken in Dallas, Texas.

Day 29

**“NOTHING IS MORE REVEALING
THAN MOVEMENT.” – MARTHA
GRAHAM**

**HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A
LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?**

**HOW MIGHT WE LEARN FROM LITTLE ONES ABOUT THE JOY AND
BEAUTY OF MOVEMENT OF OUR BODIES?**



Photo taken at Lookout Lake, Wyoming.

Day 30

**“IF A WRITER KNOWS ENOUGH ABOUT WHAT HE IS WRITING ABOUT, HE MAY OMIT THINGS THAT HE KNOWS. THE DIGNITY OF MOVEMENT OF AN ICEBERG IS DUE TO ONLY ONE EIGHTH OF IT BEING ABOVE WATER.”
— ERNEST HEMINGWAY**

HOW MIGHT WE BECOME FLUENT IN EXPERIENCING MOVEMENT AS A LANGUAGE FOR A WHOLEHEARTED AND HEALTHY LIFESTYLE?

COULD IT BE THAT THE MOVEMENT OF READING A BOOK IS HEALTHY FOR OUR MIND AND HEART?