

Jz



Jabok - Vyšší odborná škola
sociálně pedagogická
a teologická

INNER GAME CROUCHING TIGER MINDFULNESS

Overview of topics – Mindful Movement

1. Basic principles of mindful movement
2. Inner tuning – smile
3. Inner Movement (Inner Game according to T. Gallwey)
4. The Crouching Tiger analogy
5. Flow, Peak Experiences, Runner's High

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Basic principles of mindful movement

Mindful movement contributes to greater awareness of our own body and the signals it sends us. It improves muscle coordination during movement and can help identify and correct poor movement habits and the pain or other difficulties associated with them.

Being aware of movement – being aware of our body and movement – does not mean thinking more or trying harder to achieve something. It is about relaxing while also focusing the mind.



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Mindfulness

- **Jon Kabat-Zinn**
 - Paying attention in a particular way, intentionally, in the present moment, and non-judgmentally.
- **Susan Kaiser Greenland**
 - Being aware of what is happening as it is happening.
- **Debra Burdick**
 - Paying attention to what is happening right here and now, inside us or around us.



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Mindful Awareness

Surroundings

Breath

Sensory experiences

Mind

Others

Everything

That which transcends us, beauty, ...



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Smile ... a good inner feeling

A smile is one of the simplest ways to relax muscles throughout the body. In contrast, negative feelings (fear, stress, ...) create tension.

Try to smile at yourself (inwardly, throughout your whole body), not only while exercising, but also at the people around you.

A smile does not have to be visible if you do not want it to be.

Smiling triggers the release of mood-related neurotransmitters – dopamine, endorphins and serotonin – and also acts as a mild analgesic.

A smile calms the body, relieves stress and physically triggers relaxation.

One minute of laughter is almost equivalent to an hour of relaxation.

It improves sleep and memory and digestion, thereby also supporting immunity.

It harmonizes the cardiovascular system, accelerates the production of white blood cells, and improves healing and recovery processes.



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It works both ways!

Longer-lasting psychological states can manifest themselves in/on the body – that is true, but it also works the other way around.

By caring for the body, we can also influence our psyche.

For example, consciously maintaining a physical smile has a positive effect on our inner tuning and our psyche.



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Inner Movement according to T. Gallwey

I derive the concept of “inner movement” from T. Gallwey’s theory; in 1972 he published the book Inner Tennis.

Gallwey points out that we need to:

Be properly prepared internally

Perceive without prejudice what is happening in the body – if observation is sufficiently precise and we give the body a chance, it will adapt itself to produce good performance

Become aware of what predominates in me during movement and gradually maximize the positive aspects

Let go of preconceptions about myself – listen to Self 2

Let go of fear



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Inner Movement – Self 1

Self 1 (associated with the left brain hemisphere) tries to control us in various ways – it dictates what we should be like and is subject to pressures from our surroundings.

**It is as if there were someone inside us dictating what we should be like.
Typical examples are listed below, but try to find and name your own Self 1:**

The Instructor

Helpless Harry

Flashy Fred

The Competitor

Mr./Mrs. Fearful (Fearless)

The Critic

Harriet Helper, Nervous Nellie, Julius Judge, ...

T. Gallwey argues that if we submit to this self, we will not be able to listen to our inner self, our body.



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Inner Movement – Self 2

Self 2 (associated with the right brain hemisphere) – the true, often hidden self within us

Self 2 realizes that:

Success does not come from greater effort – on the contrary, we need to be able to “let go” and “just” perceive.

We need to let go of fear and trust the body, which can speak to us and adapt if given the chance.

This second self often emerges when a person is tired and no longer has the strength to maintain the “mask” of Self 1, or when we learn to work with it consciously.



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Crouching Tiger

Awareness of our physicality and awareness of movement often bring an interesting paradox – a well-executed movement pattern frequently combines two seemingly contradictory principles: tension and relaxation.

This paradox can be demonstrated well by a tiger (or cat) lying in the grass, completely relaxed and warming itself, but the moment it sees prey it immediately springs into action and all the muscles it needs for this action become tense – ready for action.

Another good example is a slow-motion shot of an athlete running a 100-metre sprint (for example, here), where we can see how muscles that are not currently being contracted can remain completely relaxed – creating a specific harmony of tension and relaxation.



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Mental setting for movement

The inner setting of the mind is connected with:

Looking forward to it just enough (excessive anticipation often actually diminishes the experience because it does not match the dreamed-of ideal; the same happens even more strongly if a person does not want to do something or is not looking forward to it – it then takes a long time to reconsider the situation and admit that what they are experiencing may be good)

Not having the feeling “I’ve done this a hundred times already” or “there is nowhere further for me to go with this”

Being fully present in the moment – not going on a trip while spending the first 3 km still thinking about work, the next 2 km at home dealing with organizational matters, and then several more kilometres thinking about family relationships, only arriving fully at the trip after about 8 kilometres. It could also happen that our “head” never catches up.

Do not force it – greater effort will not produce better results



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When it “clicks”

When a person’s right inner setting, abilities and skills correspond to the movement activity, states described as the following may occur:

Flow – M. Csikszentmihalyi

Peak Experience – A. Maslow

Runner’s High

In this state, a person becomes immersed in an activity, fully experiencing the moment, not noticing and yet fully sensing the surroundings; time seems to pass differently, and the activity almost does itself – with ease. Interestingly, the moment a person realizes they are experiencing a state of flow, the state ends.



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Sources on the topic

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Source of the pictures: unsplash.com

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***Chodím
a medituji***

Thich Nhat Hahn

THICH NHAT HANH

**HOW TO
WALK**

'THE FATHER OF MINDFULNESS'
IRISH TIMES

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