**Term 5 Lesson 1**

**4.5.2022**

It is very nice to see you after one month.

This first lesson I have to confess that, I wasn’t quite sure how to begin or how to continue, because this last term will depend on you and your needs, and in order to open these needs we need to talk about it, which means that you’d need to think about your needs.

I would like to tell you a little bit how I am visualising this term’s online lessons: I would like to have one hour for specific needs that you may have, like questions, problems, desires.. So you can prepare your questions. Also I would like to give you more time in our collective time, so that you can ask me more. It can be a practice of a certain issue, analysis of a certain exercise, or anything about the past lessons, which you feel was not enough and you need more, or you need to hear it again.

I feel when I look back now, I have given you what I think is necessary. But of course if you push me I can give more. You need to push me, now it is your time, and also I would like to awaken more of your curiosity and make you more active. I think the times of receiving only have vanished, and you need to know to come and get what you need. And I am very much available for that.

And in the second hour of the lesson, I would like to make you dance. So that we go over things, but again if you manage to stimulate me, then the classes that we will do will be different. Because, this is the principle of Somatic Dialogue, it is a dialogue, so it means that it cannot happen only from one way. The facilitator, which is you in the very very near future, cannot give only, he/she opens the dialogue. Whatever I do in my classes, be it individual or in group, I always make the first step, but actually that first step is determined by my impression of the client’s state of being.

If you will be sitting during the lessons, and just look at me, I will not give much this term. So you will really need to make me feel what your desires are and they can be very concrete, and really use these two months to really squeeze me like a sweet lemon.

Having said that, did you take time to think about the last workshop last term, what was difficult, what didn’t feel right, all discomforts. You know all these discomforts that you may have felt will find you with the first client, and if not then they will find you later for sure. The sooner we talk about them, the more comfortable you will be.

I would like to give you a little bit of time, for those who would like to share, so that I can hear and feel where you are right now. We don’t have much time, so please focus and be precise. I don't want to hear how you give your class, how wonderful your clients are and the progress, and so on. Because knowing you, knowing how good you are, I presume that your results so far are very satisfactory.  I want to hear the problems, the discomforts and things that are not so nice. But I want to hear certain issues, because these are precious moments. We will have the workshop to celebrate your success, but we need to now focus on certain issues.

Pedro: *Just to clarify, we should speak about what we felt during the workshop and our brief experiences with the clients. I don’t want to be the one starting, but if nobody else goes, I go.*

*Hello everyone, happy to be here for this new chapter. I'm really very excited.*

*So discomfort zones, the first client. It really hit me. I really felt my first client was revealing places where I felt discomfort during the workshop. There was a language thing, I had to translate everything to French in a very immediate moment. I don’t know if I’m ready to share it here, I’d like to process it a bit more. The first class happened two weeks ago. I just wanted to share what I noticed, or as if I saw myself. As if there was me, my spine, there was a filter of me and there was my client. What I was saying was filtered on the way. It’s not that I was apologetic, but I was maybe overpolite. I don’t know how to analyze  it, but just to say that I noticed this and he (the client) noticed also and he said it to me at the end, which was very beautiful. The words Thank you or it was very beautiful in between exercises made him feel that he had to produce something or that i was evaluating him, or that he had to produce something beautiful. Because I said it was beautiful , and I felt it. With the other two following clients it was different, I was teaching in Portuguese and i didn’t doon purpose, but  i didn’t use any thank you I’m sorry, nothing i just went straight to the point and i said nothing, actually sometimes the client would speak and inform of what went on through his mind. And this was very informative because it would shift a little bit more what I was going to do after. I didn’t feel the need to say anything, I stayed most of the time in silence for the 1st session of  the 2nd and 3rd client and this was very calming; at the beginning i was thinking “should i fill up the gap / should i say something?” but then i said, “no he’s cool, he’s enjoying his moment” and he was.*

*This realization was very important for me, that with the 1st client, I was in an unsteady place, where I couldn’ accept the silence of just saying nothing and i felt I had to say something. With the 2nd and 3rd client, it was on a different level, the filter was much thinner, if not present at all, I was more listening and being there. there was less Ego maybe, or less whatever. The discomfort zones were mostly these. And yes it was a pleasure and yes beautiful and very nice. So Three clients with one class, this is where I am now.*

Thank you Pedro. It is a very delicate matter. I also find myself speaking a lot and sometimes not at all. It comes again to the point in the first term lessons…it is about that person. We need to be sensitive to the needs of the client, if he or she is in need of external  stimuli, and sometimes you can just sit there in silence, and let the client do the things. But you need to be open also to how it resonates with you, because sometimes we don’t want to abandon the client, and some clients may feel abandoned when we do not give them a signal that we are there with them. Because if they are anxious or very shy, they may feel that you need to feel something, to underline that you are there with them, simply maybe just say: thank you, now we will continue, and I am still with you here ....” And of course you need to see in the dialogue if the client is talking a lot, of course it is good to let the client talk, but in time really to frame it, into time frames, just to be a mirror, to tell them, now we talked half an hour and we lost 15 minutes of movement, and slow train the clients to say less and less, or to say the strict minimum.

For example that is the reason why I propose the silent works, like the silent weekends, in groups, because I have 2 or 3 days of time to make them go through a real experience, and therefore they will not have the chance to ask questions or make comments, and thus lose the intensity of their experience. Because when we experience something really true, and we have a tendency of talking about it too much or analyzing it too much, we actually dissolve the energy of that experience. And then with time, also you will learn how to become the parenting organ of this relationship, because sometime you will have people coming to do this work in order to realize what they feel, because they are not able to recognize their feelings and verbalize them, and you will see their emotions and you will verbalize for them. You will become a translator to their feelings. You will tell them what you see. But it is not personal, Pedro, you see…I think what you have learned with your first client immediately is to take away this personal aspect. What you express as Ego, but it is a personal thing.

And we discussed this recently with Katerina, whatever may arise during the session, it is something that you are witnessing. It is not between you and the client. It is something that happens in you and something else that happens in the client. So it is not in between you, you are not in a relationship. you create a relationship but you are not personally in a relationship.

*Pedro:   Just wanted to say something about the relationship I had with each client and it’s true that with the first one, is the one with wh i have the most intimate relationship. That probably there was this issue. I think I went immediately to the hardest one and I think i knew that he was going to be the hardest one. So I guess there was definitely this confusion about the in between. Thank you.*

*Katerina’s sharing…*

*Yigit’s question…*

You need a little bit of a distance, when intense intimate moments happen. It is not good to comment and talk about them immediately, in order not to spoil the experience. But later on in the next session or even later, you can come back to it, and say what happened and how it made you feel. You can say: last lesson something precious happened, and I would like to make sure that we are on the same page..if it was natural for you, did you feel good afterwards…

Or maybe just make sure that they are well. These are big moments of liberation. And probably in Katerina’s case it happened because by her presence she gave that possibility without saying to the young woman in that session, she is a 17 years old adolescent, and if she is able to express what is going on in her and liberate a strong act like this, this is a very precious moment, it shows how well the work has been going till then. And this happens also to adults except that most of the adults have more filters, and they don't jump on you or grab you, or partially only. Or they need support and you would need to hold them, but even then it is not between you two. It is something that is going on in that person, and the only thing you can do, if you are strong enough to stand it, be there and give your support, hold the person, and usually saying something does not work, you can only say, are you ok, do you need something else?  a tissue, drink water, breathe..shall we stop,...etc. and if it continues you can just still be there. This is a good way, but a more harder way for the facilitator, because you have to hold that moment.

Another way is to slowly stop it, but then it will have other consequences, but then the second liberation will not come. Because this kind of liberation will work in the client, it will do its own work, and you can then talk about it in the further sessions.

*Pedro’s comment…*

Thank you.

*Yigit’s sharing… about grounding..*

First of all the last workshop was not a build up, and that was the most difficult part of it, because it demanded from you constant work, whereas when it is a built up structure you have much more pleasure. And the last one, I admit, was not so much of a pleasure, in the totality of it, because it was hard work, plus you had to give a lot of feedback, which meant that you had to be in yourself and out of yourself constantly, sometimes even simultaneously. I apologize for that but it was necessary, and you will understand later on why.

Now for the workshop that you are constructing, which is not your choice, Yigit, and which you are probably co-creating with someone else right? In this kind of place it is a little bit tricky , because you need to be experienced enough to navigate your work in a structure that you have not designed yourself, but it is possible.

Coming to the grounding issue, there are two kinds of grounding, the first one is the pure concrete, physical way of grounding, that is you make sure if you are working the body, that there is a relationship with the ground.. the legs, center of gravity, the pelvis, the knees…that the people are able to feel shift of weights and transfer of weights, we have a lot of exercises for grounding. One is in standing position, on the spot and you work with different parts of the body without moving from the spot, just this exercise if you do it long enough will ground you, which will shift your sensation of grounding, then you slowly work the feet, so the shifts and transfers of weight activate, and there are many more exercises in our bank of exercises, that can be used for grounding.

The other one that you speak of as grounding, being centered, that is the connection with the spine. And the connection to one’s center, how are you able to perceive your body as a volume and be in the center of this volume, in the three dimensionality of your being. And so these are two things. If you work on these two things, and you put the focus on making them do things that will de-centre them and de-ground them, and then you make them go through exercises to ground them, and you continue of using these oppositional poles as a work, in time you will make then feel more and centered. So yes you can build it up like this. Like polarity work, you can actually work in the oppositional qualities within a workshop.

But of course it would be nice if you start working on one to one basis, instead of going into workshops immediately, especially with non-dancers..that you also have time to create your little path individually. because this is something that will keep you going.

I understand if you would like to go through an experience of being part of something like this workshop, but you always have the choice of saying no to someone else's work, because it is tricky to collaborate like this.

I get lots of demands of collaboration, with groups and themes, and they want me to get in and do whatI do because they have heard it is very interesting. I always ask myself, how much I can remain close to what I do in this kind of work. And if I feel it is kind of too challenging, then I rather say no. Or I talk to these people, explaining how it could work better, and I propose co-creation.

*Katerina’s comment…*

That is the difference between the individual work and the group work. In the group you need to respect the different dynamics, and sometimes you feel you need to break the build up, and come back then to your build up, you can take them out, when they go really deep, or they are starting to sleep in the depth or loose the awareness of it, then you just take them out, shake them a little bit, you change the energy and then you will come back to that. And you’ll see they will be more fresh.

In the individual work you’ll need to respect the build up, because it is about the development and the path of the individual. But even then you’ll see, may come a moment, where the client is not going anywhere, then you’ll need to shake them gently, and try different things so that they always remember that they need to refresh themselves. Otherwise it goes into a dependency relationship. And you don’t want this, because it will not be good for either of you.

*Buse’s sharing…*

Thank you Buse, that was a very detailed sharing. This is something I think related to online teaching really. Let me tell you first one thing: never take notes during the class. Take all your notes after. Trust yourself, trust what goes into you. If you feel that you will not remember something important, you’ll make a pause and you say to your client: “just give me 30 sec, I need to make a note.’’ Then you take your note and then you continue the class. When you do it during class it’ll disconnect you from your client. Also if you take notes afterwards, try not to go deep, because then it’ll be your intellect that will speak. But, you should take short notes of what you did, or something significant that the client said, which is important to his/her development.  In the long run, as you know, after about 10 lessons, I always have a chat with the client to see if we are still on the same page. then the notes help me to see what we have done. I also try to note shortly the biggest discoveries of the clients, or something important that they shared with me. For example: he finally felt the connection with the floor….

Also when you have a lot of clients, you want to do that in order to keep records. But actually what you really want is to be present and to be there, and usually you remember everything.

What can help, before giving classes, especially when you give a lot of classes online, or even in the studio, is that you take about 10 minutes to do something physically. You can roll on the floor, let the waves work in you, and awaken your joints. Just to get into your body. This will also dissolve the resistance to the work. When it becomes a work, it is very very difficult to keep up the same quality over long periods of time , you’ll need an endless source of desire, and endless resources of things you need to burn in your energy in order to continue to do this for a long time. So if you don’t work on yourself consciously in time this work will wear you out eventually, but the hope is that through this work you will also find your holes, and these empty spaces inside of you, or these accumulation of energy, that you can transform into an appetite for work. We need to practice regularly, not much, little but regularly. If not we will get ill. I got ill, and I know it is because I didn’t practice regularly. This is very important.

The balance could be by giving face to face classes, and I know this is not easy for the clients, because they’ll need to leave their home and comfort zone. but the balance is like this: if I see 14 students a week, only three of them are online. Because too much online will wear you out, unless you have super motivated people, who know how to work on their own it is fine. Like with you guys I have no problem. Until you fall asleep. So, I hope that I have answered your question. And dance, get together and dance. The thing is that we get caught up in the thought that we always want to learn more…but actually you can learn anything for anyone, you don’t need to work with someone that is more experienced with you or higher than you. Just go to the workshops and take this opportunity to take that space and the energy for yourself to work, and you will be surprised about how much you will learn from that, the interaction like this is very important. For example, I learn a lot from Katerina, only when we do these sessions, we talk, we get together and it is very nourishing. You have to create this time for yourself.

*Katrin’s sharing….*

Thank you Katrin. I completely agree with you. This weekend I was talking about the importance of being in action, and also the importance of passing into non-action. The non-action is something very active, because it is the resonance of the action, and there we come back to the action and do it differently each time. I think it is very important what you say, I can only underline it and support you in this. So please react.. others.

*Steffen’s sharing…*

*Tomas’ sharing…*

These are very true and concrete issues. Now you have about 4 months to work with your clients, so I said 5 clients, but it doesn’t have to be 5 clients, it all depends on your possibilities. If you have 1 client, that’s fine. But I invite you to really start it. Start small. make little steps, but start it. It will set your priorities and it will get you organized. Also you will ave time to digest the things. You will digest while you are working. This work nourishes itself while you are working. I am still digesting things with each client, and with you guys I am digesting a lot of things, and I have to revise my own work, because you push me to. So it is a never-ending process, but we always have the freedom of doin little steps, we don’t have to make huge steps, and everything at once. And sometimes when the periods are difficult, I somehow check what is necessary for me and for example I will create the classes with the clients in such a way that I will make them tune with me. So I will take them to my world, an by this I nourish myself and they also learn a lot of things. So staying in dialogue with oneself is very important and it is time consuming, and not easy, I understand that, but this is how it is, and we have to start from somewhere. You can of course postpone it, why not. Choose 1 client and you can work with one client for 4 months. 2 would be better because you will have diversity. Or make a little group, but start. If you don’t want to do the facilitation, then you’ll have to tell me, and I can direct you in a different way. Because if you feel that you don’t want to work like this yet, then you don’t have to, but I will need to know that. If you feel it is not the right time for you to work with the clients, take an appointment with me and we can talk about it, and we can create a different program for you. It is your choice and it is for you. But we have to remain in a dialogue about it.

I think we have touched a lot of things today. So today I will suggest a class, so that we can ground ourselves. But I will need you to be active from now on, and tell me what are your needs so that I can close this training to your advantage.

The class:

Find your floor please. Find your ground. And just take a moment to take in the floor, to connect to your breathing, to connect with yourself a little bit. So when we are on the floor lying like this simply, everything seems to be very simple, right, it is just you and the floor.

Just find the stillness inside of you, the stillness in your head, and just take a moment to connect to the life that is flowing inside of your volume, which is your body.  Every breath celebrates this life that is dancing inside of your body constantly.

We will focus on the very beginning of the movement, which is very simple. Nothing complicated, just simply, your desire to follow the movement that is already there in your body and let this movement lead you through the space on the floor.

Improv.

Thank you. Stay where you are and really enjoy this moment for yourself, and we will do this one more time, you don’t have to move, if you feel like just listening to the movement, inside of you, if it doesn’t take you into motion, you don’t have to move, but stay active please in your mind and your perception.

I would like you to focus more on the beginning of the movement, where does the movement start, more specifically does it start in the central area or the peripheral area of your body? Just for you to recognize, what is the natural impulse which is coming to you. And if it is starting in the central area I would like you to follow it and accompany it in the central area and eventually let your periphery respond to it. And if it is the opposite, that your periphery is moving first, then I would like you to stay in it and let all your peripheral parts move, and then connect them with your central parts. Stay close to yourself, stay close to the ground.

Improv.

Thank you very much, stay where you are, it is going very well. We will focus really now on the central and peripheral relationship. This communication between your central part of your body, your pelvis and chest area, and your limbs, the legs and your arms and the head. But also the central-periphery meaning the very deep and inner part of your volume and the space all around your body. So these two dimensions, and really let these two notions play with each other, so that they slowly activate you, and they make you move from the floor to the middle level also. I let you concentrate.

Improv.

Thank you very much, stay in the feeling, in that space, that is between you and the near space. And the center and your periphery, it is going very well. And I would like you to follow this dialogue, and this interaction. And this, there and back, going out of you and back into you, going into the world and coming back home, you remain always at home even if you have the impression that you are going into the world, because your center cannot be separated from your periphery, you cannot perceive what is around you if you cannot perceive what is in you, so stay very close to this sensation and let this movement take you from the middle level into the space, and let’s see if it can bring you up.

Improv.

Thank you. Please slowly come back. Thank you very much. I would like to just say what I think about this exercise, and what it makes me think of. And I would like you to stay with this for the rest of the time until our next lesson, And I would like you to think about it please.

So we said Center and periphery:

I see home and the world

The ground and the space

Inner volume and outer shape

In and Out

Concrete and abstract

Visible and Invisible

going away and coming back to

sending out and receiving in

away and towards

It is an invitation to go deeper into this principle, not only as an exercise, you are very welcome to work on this physically, even if it is just for a short time, but really think about it. Alright?

Thank you very much and I am very happy to start the last term this way.

I will transcribe my answers, and if you will listen to your questions, you can transcribe your comments and send them to me.  Thank you.