

MOVING FROM THE LEFT BRAIN

by
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Movement is not just a way to get around from place to place. Movement is who we are. We are constantly in motion. Even when we appear to be still we are still in motion. We move when we are asleep. We move in our waking moments through our busyness during the course of our day. Our heart is always in motion. The fluid running through our body continues to flow at all times. A breath of air creates movement of our chest and diaphragm on a continual basis throughout our lives.

But movement is not something that necessarily came to us all of a sudden. We had to learn how to move. Before we could take our first steps we had to spend months perfecting first our crawl and then our scoot. When we were ready to become vertical we took on the challenges of gravity and conquered that task. We followed the laws of nature and our developmental task of waiting until we had the coordination and strength to make it upright.

Natural movement came fairly easily to most of us. We chased after a ball. We climbed a tree with our newfound agility and strength. We had fun when we moved. We played games with movement. We seldom got tired and when we did we knew when to rest. Movement for most of us was a joy and a pleasure. We could now get around on two feet and explore much more of our world than we could from the floor. We did not have to think about our movement. Movement was who we were.

But soon after we became upright we started to lose our relationship with our natural movement. We were taught a new way to move. This new way was not natural. In fact, it broke most of the natural laws about movement. We learned to move in a rigidly controlled way. Our new way of moving was not like an animal in nature. This new way to move was much more like a machine in a factory.

OUR HISTORY

Throughout the course of our history movement has been a large part of our survival. We went on hunts to bring home food for our tribe and family. We built our homes with our own hands. We carried water from nearby streams to be boiled to cook and to clean with. We traveled with our family and all of our possessions to follow the food supply and the weather patterns. We chopped wood to keep us warm at night. Movement has been essential in our story of survival.

We did not have to think about our movement. It came naturally. We celebrated with a dance around a fire. A wedding ceremony often included some form of ritualistic dance. We moved in a way that resembled the movements of animals in the natural world. We were very much connected with nature. We moved in natural ways, whether for survival means or for celebrations. This went on for thousands and thousands of years.

About ten thousand years ago there was a sudden change. Irrigation was thought to have been created around this time. This new way of behavior transferred us from a people on the move to groups that were now stationary. We could bring water to our crops and produce a garden. We were now more sedentary as we stayed home to tend to our crops. This was the first big step away from our natural rhythm.

The next shift in our move away from natural movement began around five thousand years ago. It was at this time that written languages were being created. This was a keynote time not just because of the invention of language but in the shift in how we began to use our brain. We were now becoming more left-brain oriented in our perception of the world. This simple fact has made a very big difference in our movement.

WHAT IS THE LEFT-BRAIN SIGNIFICANCE?

The modern theory of our evolution is not that of a bucolic Garden of Eden as our religious books might suggest but that of our emergence from the sea. We began our humble beginnings as reptilian-like sea creatures and eventually emerged onto land. We had a very primitive reptilian brain that was responsible for our survival. This brain could sense hunger or tiredness, hot or cold. This was a survival-oriented brain that kept us alive. Physiologically, this was like a bulge on the spinal cord.

With this type of reptilian brain we could not have deep emotions or profound sensory experiences. A concert of the finest musicians playing one of Mozart's great concertos might have sounded like white noise to us. We did not have any remorse, elation, or joy. We had a brain that was primarily responsible for our survival needs.

As we continued to evolve as land animals so did our brain. We emerged into mammals. One characteristic that sets apart a mammal from a reptile is that the mammals' brain is much more developed. The mammal will still have the deep reptilian brain at its brainstem or core but on top of this reptilian brain will be a mammalian brain, or limbic system. This mammalian brain is largely responsible for our emotional life.

For instance, there is a big distinction between an alligator and a dog. An alligator has just a very simple reptilian brain, while a dog, being a mammal, has an emotional brain, as well as a reptilian brain. A dog will wag its tail when it is happy to see you; an alligator will not. A dog has a much deeper emotional life, expressing anger, sadness, and happiness. An alligator, because of its primitive brain, will only respond at a very survival level.

We humans, having evolved beyond that of our primitive and mammalian ancestors, also have a reptilian brain at the core of our brainstem and a limbic, or emotional brain, located on top of this. In addition, we have developed a rather sophisticated higher brain, or "gray matter", as well. Physiologically, this part is the outer cortex of our brain and can be divided into two predominant parts, a left side and a right side. The right side is responsible for our intuition and creativity while the left side will dominate rational thought.

It is the emergence of our higher left-brain that can be credited with our unparalleled increase in our evolution in the last five thousand years. Science is a philosophy that resides in the higher left-brain. So is math and reading. Many of our greatest achievements have been a result of this growth in brain function. Telescopes, rocket ships to Mars, and prepackaged energy bars come from our higher left-brain. Einstein, Edison, and Galileo were products of the domination of our left-brain in modern times. The Industrial Revolution, computer chips, and the Technological Revolution are all the result of our left-brain doing what it does best- process information.

A mammal, like a dog, will have a higher brain, although less sophisticated than our own brain. This is why mammals can be taught to remember things that reptiles cannot learn, like tricks. An elephant is a far better circus performer than an alligator because it has a higher thinking brain, while an alligators' brain is much less evolved. But you will not see a dolphin building a ship or a giraffe working in a laboratory because they do not have as great of a higher left-brain as we do.

In the course of the last five thousand years this left-brain has done some remarkable things. But the left-brain is also responsible for some rather horrible distinctions. For instance, it was the grandiose development of the left-brain that has brought us near the brink of extinction by creating nuclear weapons. Our left-brain has the potential to destroy the entire human population. And if this were not enough it is the left-brain that has brought us farther and farther away from our natural roots and created movement that is very unnatural.

The left-brain does not believe that it has to follow the rules of nature. The left-brain believes that it can conquer nature and dominate nature. The left-brain believes that it is beyond nature, or in many cases, better than nature. This part of our brain has continued to pull us farther from our natural instincts into the world of our head and our rational thought. This part of our brain has separated our body from our head. In many cases the left-brain believes that the body is only valuable to carry the head around. Our left-brain has turned our bodies into machines. There is no better example of this than beginning to examine our movement.

THE MODERN HISTORY OF OUR MOVEMENT

Movement was natural for our survival. For ages we did not have to think about movement. But, interestingly enough, around five thousand years ago this began to change, as our left-brain began to take over.

Up until this time movement was natural and instinctual. But then major changes occurred. Men, the predominant gender to first focus on left- brain growth, would hunt animals in their movement. They built strong muscles and keen skills while hunting.

Hunting was a test of survival. In many cases you would either kill the prey or be killed in the process. It was a primitive battle. A war of superiority was waged on every hunt. While engaged in the hunt a man had to be alert. He could not let down his guard lest he be attacked by a wild animal stalking him.

This hyper-alertness is part of what we now know as our Fight or Flight Response. When we interpret something as dangerous, either real or imaginary, our body enters into this state of consciousness of arousal. We switch from our Parasympathetic Nervous System, (Relaxation Response), to our Sympathetic Nervous System, (or Stress Response.) While in our Stress Response we are better able to perform. Our muscles are rigid to defend against attack. Adrenaline pours through our body. Cortisol is released from the adrenal glands so we won't have to feel any pain from a wound. We are ready for battle. The hunt was a very primitive way of activating our Stress Response.

But the hunt for food quickly turned into a hunt for territory, property rights, and battles for beliefs. A hunting party then became a war party, one tribe against another tribe. City-states battled other city-states. Countries preyed on other countries. Eventually, the whole world was involved in one grand hunt- World War I and World War II.

But the basic premise remained the same. The left-brain had created many fantasy beliefs to justify preying on other human beings. “ We are the chosen people”, might be one of these beliefs. “Those others are evil”, is another magical belief that attempts to demonize those whom you are ignorant of or afraid of. The left-brain had taken over and now created many magical beliefs to keep us hunting each other. Our movement was now stressful in origin. We now had fear when we moved. We were nearly always tightened

up in our Fight or Flight posture, in fear of being attacked, not by a wild animal, but by an enemy that we had labeled as “demonic” or “pagan”.

In order to be prepared for the battlefield we forgot about our natural ways of moving and began to move in ways to train for battle. We started preparing our bodies to be warriors by running faster and getting stronger. We developed our hunting skills even more. But we were not hunting animals anymore. We were hunting other human beings.

Around two thousand years ago the Olympics in Greece began. Contrary to popular belief, this was not a chariot race for charity. The Olympics were started as training for war. The javelin throw was a way to perfect ones throwing skills. When you got to the battlefield you were better prepared and could throw farther. Archery practice gave you a better aim to kill more soldiers. The marathon was a way to train runners to be messengers on the battlefield. Wrestling was just another way to train for hand-to-hand combat.

In other words, competition was developed as a way to move. Competition is movement from the left-brain that is synonymous with Stress. When we are moving competitively our mind still believes that we are at war or are being hunted and will translate that to our body. When we move competitively every cell in our body is under stress, our nervous system is perched in Sympathetic Response mode, and we are hyper-alert. We are no longer in touch with our movement that is based in nature. When we are moving competitively we are anything but a human being. Competitive movement has turned us into warriors and machines.

THE DEVELOPMENT OF EXERCISE

Movement was always natural. But in the last hundred years or so major changes began to happen in our evolution. The first of these changes was the Industrial Revolution that began at the end of the last century. The Industrial Revolution was important for a couple of reasons. First, we were able to build factories and harness steel to manufacture products. We moved away from farms and created vast cities. Living in a city provides one with less opportunity for physical labor. You do not have to exert as

much physical strength as you would if you lived on a farm and had to milk the cows and plow the fields by hand each day. Living in cities made life more sedentary for most people.

The Industrial Revolution also invented machinery that moved back and forth. This machinery was a product of our emerging engineering feats. The dominance of our left-brain was able to contrive new machinery but this type of analytical thinking also began to be translated to our movements. For instance, the widespread practice of performing “Jumping Jacks” in order to move our body was an attempt for the left-brain to create movement that mimicked that of a machine-back and forth movements. There is no animal in nature that would move this way.

The Industrial Revolution also created more time on our hands. The creation of labor saving devices now created a new problem- obesity. Not that obesity was not present before, but now that we were relying on machines to do the movement for us we were seeing a rise in our body weight and becoming fatter.

As a result of these changes what we would consider as the emergence of modern exercise was born. The word “exercise” is an artificial term. No other animal in nature needs to exercise like we do. Of course, since we have domesticated animals and have locked them in our homes and in cages we now must exercise our animals because they have become as sedentary as we have. In nature animals move. They move to live and to eat. They move to survive. Since we have lost much of our connection with nature we now had to create “artificial movement”. We call this “exercise.”

Our earliest example of how to exercise came from the dominant left-brain. This is the same source that created machines in factories. Jack La Lanne, the “godfather of physical fitness” was one of the first people to appear on television and to open up a network of gymnasiums. But Jack taught us how to do “sit ups” and “push ups” and to harden our body, just like a machine. He was one of the first role models for us to follow, but his approach was anything but based in nature.

Years earlier Charles Atlas demonstrated what a body should look like if you were a man. Weight lifting had chiseled his body into a statuesque spectacle of rock hardness. Arnold Schwarzenegger continued this theme by demonstrating that hardness was health and big biceps and a “ripped” stomach were the ideal. Joe Weider, founder of

Muscle and Fitness Magazine, encouraged us to “pump iron” and include supplements to increase our size. “Bigger is better” was definitely a major theme on this type of thinking. Women joined in the weight-lifting hysteria when their newfound feminism said, “If a man can do it than so can I.” Women have recently entered into the world of left-brain movement in their quest for equality.

While this was all going on a scientist for NASA named Kenneth Cooper was putting astronauts on the treadmill and determining their health status. Kenneth Cooper, a left-brained dominant research doctor, created the *myth of aerobics*. He determined that if you could elevate the level of your heartbeat you would live longer. He created the formula of “220 minus your age equals your maximum heart range.” Kenneth Cooper is claimed to be the *godfather of aerobics*.

We created gymnasiums that became our social clubs. New exercise equipment was created every year to satisfy our demand for the latest fad. Unfortunately, most of the equipment kept us in our left-brain. We could now do left-brain work like reading a magazine while jogging on a revolving treadmill or using a stair climber. We could jump up and down in our tight leotards and if we did not get a date we surely might burn a few calories.

COMPETITION AND STRESS

While gymnasiums were flourishing and we were all bouncing up and down in our aerobics classes competitive sports were growing all around us. The television show “ABC’s Wide World of Sports” brought competitive sports to our living rooms on Saturday afternoon. More and more sports developed. The word “sport” is another artificial creation of the left-brain world that has developed a hunger for competition. The left-brain, also the creator of patriarchy, magical thinking, and repression, now added competitive movement to its list. Baseball, basketball, football, soccer, track and field were all gaining in popularity as we continued to move farther and farther away from our natural origins. In fact, it began to be even more difficult to create any sort of movement that was not competitive. The modern Olympic games carry all kinds of competitive sports from windsurfing to synchronized swimming. It would seem that any movement

we participate in has to have competition associated with it. We have forgotten how to go for a walk, just for the sake of walking.

“So what is wrong with competition?” you might ask yourself. A lot. We are a primitive animal beneath our refined clothes and our city manners. Stress is a reaction in our mind that creates a state of consciousness that activates our Sympathetic Nervous System. When activated we become over-charged and hyper-alert. Stress hormones, like cortisol and adrenaline continue to pour into our blood stream. In short periods they are very effective. But for long durations they begin to weaken our immune system. Also, while in our Fight or Flight Response, our muscles become hypertonic. If we were really under attack by a wild animal or on the battlefield than this response would do well to help us stay alive.

But competition will activate this Stress Response and our mind really believes that we are under attack. This perception will be translated to our body as a Fight or Flight Response. While in this state of consciousness we are anything but relaxed. When we are not in our Fight or Flight Response our Parasympathetic Nervous System is activated and we are truly “relaxed. “ You can be either “relaxed” or “in stress”. Relaxation means that you feel safe and there is no threat to your survival, either real or imagined. Stress is when you are hyper-alert. There is no in-between or gray area when it comes to a Stress Response. Due to the false beliefs created by our left-brain about movement, *competition is synonymous with stress*.

When you see the finely tuned athlete running down the track during the 100-meter race the surroundings of the arena might seem safe but within the athlete’s mind his Stress Response is activated. He is hyper-alert. His mind believes that there is really a tiger chasing after him. The left-brain, in its competitive state, believes that losing or failure is the equivalent of death.

A basketball player or football player is no different. Hyper-alert and ready to pounce on the enemy is the athlete’s attack mode. Just imagine the language of competitive movement. Imagine the motivational speech of a coach at half-time.” Go out there with your killer instinct.” “Go kill someone.”” We are going to kill them” “Let’s kick some butt”. “We must attack”.

Coaches become the equivalent of generals or field commanders in the left-brain approach to movement. They jockey for position and territory. Gaining ground, points, and making every move a strategic one become the goals. Soccer fields and tennis courts become the modern day battlefields. In the professional level, where teams are franchised to different cities the owners of these teams represent kings or queens. They use their warriors to gain territory and prizes. Instead of land and vital territory a modern emperor uses his team to gain championships and prize money, the modern day equivalent of territory.

A boxing match is the modern equivalent of two gladiators going at it to the death. Instead of swords and chains they are wielding a pair of boxing gloves adorning their hands. They are still fighting to the death though. But this time a knock out is the equivalent of a sword thrust. Have you ever noticed how the crowd at a boxing match becomes immersed in the fanfare?

Competitive movement creates an enemy. Members of the other team are symbols of warriors on the battlefield fighting each other over beliefs. Your opponent across the net during a tennis match is the equivalent of a wild animal that you are attempting to hunt or you will be destroyed if you lose. Competition, birthed in the left-brain, is attempting to create a Stress Response to keep you alive. Your mind still believes that you are at war and will translate that to your body. From the neck down it does not matter if you are on a basketball court in the sanctuary of Beverly Hills or in the jungles of Vietnam. Your mind still believes that you are at war.

ON HEALTH

It is estimated that 90% to 95% of our illnesses are stress related. Competitive and left-brain movement only mimics the effects of stress. Because we are allowing the left-brain to dictate how we move our bodies we are doing exactly what stress wants us to do, harden and stiffen.

As we came in from the fields and into cities we developed artificial movement, which came to be known as “exercise”. “Experts” began to emerge who taught us how to move our body in this manner. If medical doctors, like Dr. Kenneth Cooper of NASA,

initiated our left-brain movement, a new type of authority figure began to emerge. This was the category of sports medicine and personal trainers.

Sports medicine was a combination of left-brain medicine, (analyze, rationalize, repression), and left-brain athletes, (move like a machine). Together these two disciplines formed a new branch of left-brain role model. Sports medicine is just another descendent of our loss of our natural movement into movement that is based on false beliefs. Unfortunately, we have accepted this type of philosophy without question and may be suffering the consequences of our naiveté.

Sports medicine and athletic trainers have created for us a vast assortment of myths about our bodies. These myths will contradict our natural impulses on how to move. Many of these false beliefs are actually doing the same thing that stress is doing to us. Here are some of these myths.

1. Fat is the enemy.

Fat is not the enemy. Athletic trainers want to convince us that the enemy is fat. It is not. While it is true that most people do eat more fat than in the past because food manufactures have realized that people like the taste of fat and large profits can be made, it is not fat that is responsible. Most often it is not fat causing our problems or anything else that we are putting into our bodies, but the problem lies in what we are not letting go of.

For instance, many people are unable to lose weight because they are locked in their stress cycle and their body believes that it needs those extra calories to survive. Learning to relax or release stored up emotions might do more than months pounding away on a treadmill.

2. A hard body is a healthy body.

Wrong. A hard body is anything but a healthy body. Lifting weights and tightening your stomach muscles, as the left- brain suggests, only creates hypertonic muscles and a stiffened skeleton. Muscles need to be able to relax. Repeated weight lifting also causes the connective tissue that lies between the muscles to harden and dry out. This is a process called *Hydrogen Bonding*. When this happens the energy, which

flows through the connective tissue matrix, is diminished, leading to disease and lack of energetic vitality.

“Tight abs” and “big biceps” come from a left-brain belief concerned with looking good, not necessarily feeling good or being healthy. The media, newspapers, television, and magazines have convinced us that tight, hard bodies are the optimal. They also sold us on high heels and makeup to sell anything from cars to vacations. When we harden our tissues all of the time we are acting against our natural instincts, only to follow a false ideal established for us to make money.

3. If your back hurts then tighten your stomach.

Again, sports medicine and athletic trainers have misled us. If your back hurts it is because your back muscles are already too tight and in spasm. The connective tissue has hardened, gluing it all in place. If you follow the traditional advice by tightening your stomach muscles now you have tight back muscles, tight stomach muscles, and everything in between is frozen solid. Your spine is compressed even more. Your abdominal organs, from your intestines to your ovaries are gasping for air. This is like asking ten of your friends to jump on top of you and stay there, forever. How might you feel? Our organs need space and freedom to operate efficiently. Compressing the internal organs by tightening the external musculature may be good for your ego, but it is certainly not beneficial for your health.

4. Thin is “in”.

The media once again have convinced us as to what the ideal body should look like. A size two is more appealing than a size ten. Each culture throughout the ages will determine the social standard. They are all different based on the current value system in each culture. At this time we value thinness. This is the farthest thing from what is natural. Some people are not supposed to be thin. We all have a different body structure and a thin body is not ideal for everyone. But we continue to run and pound ourselves into this idealist mold set up for us by the media.

5. The pump myth

When Kenneth Cooper created the *myth of aerobics* we all had a model to follow. We created running clubs and variations on our aerobic exercise. We created “step aerobics” and “spinning classes” on stationary bicycles. This attempt was to satisfy the

philosophy of Kenneth Cooper. This philosophy states that a person is healthy if he works his heart out hard and creates a strong heart and a slow resting pulse. This is where the problem lies. We have been diligently following these guidelines and may be doing more harm to our bodies than if we did less, or perhaps just did not aerobicize at all.

The heart is a pump that pumps oxygenated blood to our cells. The myth states that if we can make our heart stronger we can pump more blood more efficiently. But lets look at some interesting problems to this myth. If a Stress Response creates contraction of muscle tissue and release of stress hormones into the body then most often when you run or aerobicize, (unless you are one of those few people who is actually enjoying the moment and in your Parasympathetic Nervous System or Relaxation Response,) your mind is interpreting the activity as a threatening situation. You are actually hardening and tightening the muscles around your blood vessels as you are working out, creating an increased pressure build up.

If you think about the vascular system as a garden hose, if you are exercising in a left-brain fashion and not totally relaxed, then you are causing kinks in your garden hose, or in this case your blood stream. Just because you are making your pump stronger, the heart, it will not matter. If the entire vascular system is under pressure from tight and hard muscles then you might be doing more harm than good.

This may have been the case with Jim Fix, author of the *Complete Book of Running*". Fix had a heart attack and died, *while running*. His supporters claim that running allowed him to live much longer than he would have if he did not run. But it is entirely possible that it was running that was responsible for killing Fix. Fix was reported to have had three minor heart attacks the month before he died. He ignored these signs and kept on running. It seems that he was addicted to running.

Fix was part of this great left-brain myth about the heart. He was fearful and protective of his heart. He was afraid of dying of a heart attack so he created a heart attack. When we move in a left-brain, stressful way we harden our muscles. Our organs, including our heart, are muscles. When move in a stressful way we are actually hardening and shortening the heart muscle and the connective tissue that supports and surrounds the heart. This is like watching a juicy grape shrivel up into a dried raisin. When we move

from a position of Fight or Flight we are creating a shriveling affect throughout our entire body, especially the organs targeted by our movement.

To further add, the *godfather of aerobics*, Dr. Kenneth Cooper, has since reversed his position on the myth of aerobics. After hearing for years from many widows whose husbands had died from running, Cooper now believes that aerobics is not the best thing for health. He would recommend walking, at any pace, instead. So, the man who created the myth of “a strong heart is a healthy heart” has changed his mind. How many of us are now willing to forget about how we learned to move our bodies and return to the ways of nature? After all, when was the last time you saw a cheetah running 26 miles as fast as it could at one time, only to win a new Mercedes automobile?

7. The endorphin myth.

Endorphins are real. But they exist to help us survive. In recent years there have been scientific discoveries of chemicals released in our brain while exercising called endorphins. These “feel good” chemicals, often called the “runner’s high”, are highly sought after. We continue to run and strain our bodies until we get our fix of *feel good drugs* in our brain’s own pharmacy.

But endorphins are meant to keep us alive in a Fight or Flight Response when our lives are threatened. While fighting a wild animal or in a battle for survival endorphins will help us stay alert and numb our body to any pain. This way, if we are hurt, we can continue to fight for our life.

But when we move from our left-brain we try to create a Stress Response so that we can get our fix of brain drugs. We push faster and harder to elicit this response. In essence, what we are doing is teaching our body to go to war. We are alert and happy in our head and numb and dead from the shoulders downward. Endorphins help us not to feel the war going on down below. Exercising from the left-brain creates deadness in our body, so we can continue to push on and satisfy our ego goals. Endorphins do not care if the emergency is real or not. They are released because they are responding to stress stimuli. Numbness is one of the side affects from moving from the left-brain. We cannot feel our body. Is it any wonder why we often get hurt?

SELF-COMPETITION

The left-brain now focuses on winning as the goal. When winning is the goal there is almost always stress involved. This winning mentality is not just in team sports but is played out with our own inner competitiveness. The “competitive spirit” has been exalted as a virtue by our left-brain culture. But a spirit of competition may be doing more harm than any possible good that might come of it. When we move competitively *we are attaching fear to our movements*. We drive and push ourselves in our stressful movement because that is what we were taught to do. Rights of passage include joining competitive contact sports. This is the equivalent of sending a young person off to war. While heroic and proud we might feel we are teaching our children to create stress in their movements. They might as well be actually going off to war because their nervous system does not know the difference.

Even such traditional movements like yoga can be stressful. When addressed from a position of competitiveness and perfection in the pose you automatically activate the Stress Response. Fear of failure or self-criticism become the false beliefs that activate the Fight or Flight Response. The mind believes that you will die if you fail or are not perfect and translates that to the body. In our mind we still believe that a wild animal is chasing after us because of the development of our higher left-brain. This reaction is then translated to the body as a Stress Reaction. Even in India, the birthplace of yoga, competitive yoga competitions are frequent and normal.

Self-competition is no different than a group sport. When we are racing a clock or an expectation of performance we are creating stressful and unnatural movements. Stopwatches and record keeping are all products of the left-brain. Movement from the left-brain becomes a statistician’s orgasm. He can calculate and compare scores and distances while preparing charts and graphs. The amount of weight lifted by a competitor is compared to that of another competitor. Achievement and failure become the cornerstones of our movement.

Activities on the field spread to the stands or to television. Those who are watching the athletic entertainment begin to identify with a specific team. If a team that you have chosen to identify with wins a game than you feel like a winner. If your team loses than you identify yourself as a loser. We now have mob riots after sporting events

because nobody wants to feel like a loser. If the team that represents my city wins the athletic contest than I feel superior to the other inhabitants of another city.

FOUR CORNERS OF MOVEMENT

The High-tech Revolution takes off where the Industrial Revolution ended. We are being encouraged to be even more sedentary. Artificial movement will continue to be a large part of our life. Developing a nature-based movement program seems logical. Moving frequently throughout the day may seem more natural than your one-hour sessions at the gym, three days a week. Moving frequently throughout the day in shorter segments would be more natural.

Looking at movement from a health perspective it may be more beneficial to add different types of movement to your life. Just doing one thing, over and over, will cause tightness and hardening. If stress attempts to tighten and harden your body then why continue to exercise in the same fashion? Even Jack La Lanne, fitness fanatic, will break up his routine and add things like swimming to his weight workout.

The following are four types of movement.

1. Structural Movement

This is disciplined movement, involving a pattern or routine. Emphasis would be on flowing and lengthening. Example of this type of movement might be tai chi, yoga, or Pilates training.

2. Cardio-strength

This movement focus on strength and endurance. A special emphasis might be on fat burning and increasing heart rate. Examples of this type of movement could include the following: hiking, swimming, walking, jogging, aerobics, weight training.

3. Integrative Movement

This type of movement is important for healing from injuries or trauma. This includes focusing on an organized pattern of unifying lessons aimed at repatterning the nervous system and teaching the body how to move without fear. Examples of this type of movement might be found in Feldenkrais or Alexander work. Continuum

4. Playful Movement

Many of us have forgotten how to play. Playful movement is freeing and has little or no structure. There are few or no rules, no discipline, no right or wrong. There is no timekeeper or instructor. There is no fear of failure or shame. This is movement without judgment. Examples of this type of movement might be playing Frisbee, swimming in the ocean, or dancing to music.

There are times and places for all of these. For instance, if you are battling a weight issue you may want to work with a personal trainer to help burn some calories and create more lean muscle. But the secret is to not move less often from movement that is competitive and stressful. Some of the time you can probably get away with it. All of the time will begin to cause damage.

CONCLUSION

From ballet to ice hockey, competitive, stressful, left-brain movement is now institutionalized, as we become firmly entrenched in our left-brain mentality. These beliefs about our movement are only symbolic of the greater problem- alienation from our natural feelings and sensations. We have forgotten what it is like to be an animal and will end up paying the price in the long run.

When you go into the doctors' office for a physical exam and the doctor tells you that you need to exercise, watch out. He is usually inferring to move in the same manner as all of those joggers who have died while running. He follows the prescription of the left-brain dominant world and writes you a prescription for perhaps, death. You do not argue or challenge his authoritarian *wisdom*.

We need to move our bodies. This is apparent. *But how and why we move may be more important than not moving at all.* Our beliefs will help to dictate our behaviors and activities. Movement is no different. Movement originating from the left-brain will almost certainly have fear attached to it. If we continue to let our out-of control left-brain dominate our movement than we will continue to be isolated from our natural world. But if we learn to listen to the call of nature we will achieve true greatness.

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