

Slow Motion Study (1.3)

1. Begin by walking around the room normally. Walk easily, allowing your arms to swing freely.
2. The room is like a sea of air, and as your arms swing through it, feel how it pushes against them. Perhaps you can also feel the air sweeping past your face.
3. Try to feel the air as your feet swing through it, as your shoulders and pelvis cut through it, and as it eddies behind you. Sense it even through your clothes; feel how it presses against your knees as you lift them on each step and how it pushes against your chest as you move forward.
4. Now imagine that the air is filled with fog, a thick fog. You keep walking, but the fog is so thick that you can see it clearly, can see its color and texture. Picture how the fog curls around your body. Feel how it touches your hair, your arms, your hands, your fingers.
5. Allow the fog to become even thicker, so that it is almost a liquid. You just keep walking, but let the liquid work on you. Remember what it is like to walk in water; how your knee must lift through the liquid, how the calf must push to swing the foot forward, and how the foot must press downward through the water to reach the ground. Feel how if you lift your arm and then let it go the liquid supports it as it falls. Feel how if you lean to the side the water supports you.
6. And now let the liquid become even thicker, as if it were pea soup, or custard, or setting concrete. Feel its thickness against your whole body. Feel it around each finger. Feel it against your face. See its color and texture.
7. Try swinging your arm through this thick liquid, try turning your face and sensing how your nose, your chin, your whole profile cut their shape through the stuff.
8. Imagine that there is a beam of light shining from your eyes like the light from a lighthouse. If you sweep your eyes to the right or left, that whole beam must cut a swath through the liquid too.
9. Check through your body. If any body part tends to wobble, simply let the liquid be thicker around that part.