

SUSAN HARDING

Active Imagination Embodied: Encounter with Authentic Movement

In the beginning, the body and psyche were One.

Giving free reign to the natural wisdom of the body, through fantasy, sensations, images, and movement impulses, while simultaneously inviting "witness" consciousness into the body, Authentic Movement is a form through which participants discover What Is.

Originating in the concept of Jung's Active Imagination, Authentic Movement is a discipline much like psychoanalysis, a form which encourages exploration of the unconscious through engagement in a free-associative process, here mainly on a nonverbal level.

The presence and relationship of the "mover" and the "witness" facilitates surrender in service of the ego, as the mover moves with eyes closed, while the witness is present and attending to the experience of the mover, and while the mover's reliance on the witness is understood. Because the witness, as well as the mover, stays present to his/her own active internal experience, the evolution of the relationship is continually shifting and expanding, as does awareness of central themes related to transference, countertransference and developmental issues.

In this presentation by a Psychoanalyst who is also a Dance-Movement Therapist, some of the theory and understanding of Authentic Movement will be briefly introduced, followed by an experiential process, and then verbal processing by witness and movers.

All embodied psyches are welcome- no dance or movement experience is needed for this workshop.

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