

BODY EXPRESSION - VISCe - electric

PATIENCE - I sing the body electric
Walt Whitman

inner || **BALANCE** || outer - **FORCE**

EMBRACE - I sing the body electric
The armies of those I love engirth me and I engirth them
They will not let me off till I go with them, respond to them
And dis corrupt them, and charge them full with the charge
of the Soul.

WALK - existential grounding: **eye-qi**

posture - structural alignment
column - core muscle strength
balance - gravity / reduce effort
listen - flow / choice / diversity
motions - forward / eye / distance

RESONANCE FLOW

voice - **ATTENTION** - **IMPACT**
reality - word

PAIN - **WORK** - **IMAGINATION**
body

TAP - **INTENTION** - **STANCE**

LINE **FIELD** **FRAME**

DANCE **I AM**

brother words **WALK** **FIGHT** with me, now!

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