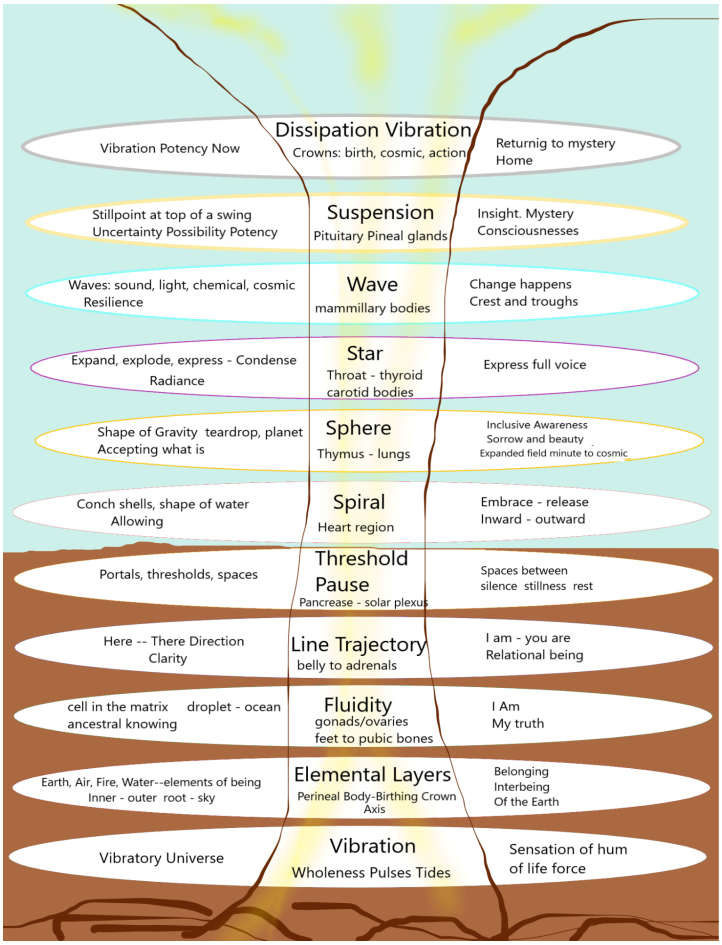
Patterns of Nature • A Wholeness Practice

Dancing Nature, Patterns, Perspective, Anatomy, Lineage, Kinship, Being

How do I know myself as part on Nature? How do I feel my Earthiness? How do I awaken to my Cosmic being, literally? The Patterns of Nature Practice is a movement practice that explores shape and form within you and in the universe. Through the shapes and ideas and associations with each pattern interconnection with self and the world becomes obvious, accessible and experiential. This Patterns Dance is meant to be a 'Practice', as in something that continues to reveal its/your depths, unfold its/your wisdom over time. A 'practice' in this context is enlivened each time you engage with it. Getting to know the Patterns of Nature for yourself is a powerful start to remembering your wholeness, to knowing your nature/Nature. The chart below lays out the eleven Patterns of Nature with associated roots in the body, thought patterns or consciounesses and structures in movement and nature. Read from the bottom up — root to sky.



Read from roots to sky, like a tree or your body.

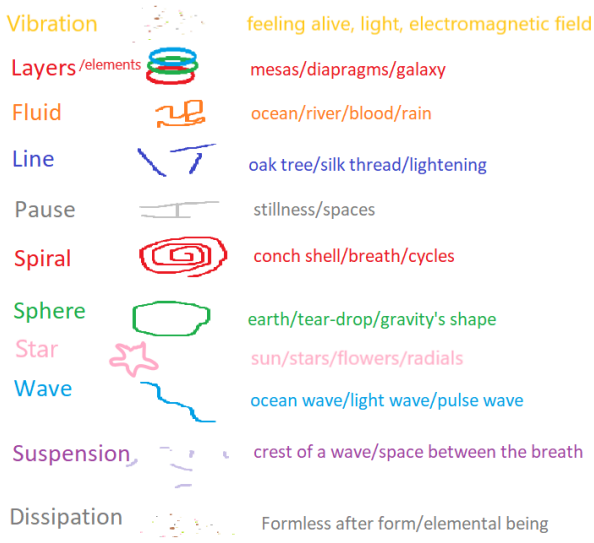
There are four core aspects of the Patterns of Nature Practice:

1. Universality, Interbeing through the movement and architecture of the Shapes — Patterns
2. Consciousness or perspectives of each Pattern (you might say the psychology of the pattern)
3. Physicality, Developmental Movement Aspect of the Patterns
4. Kinship through plant allies and bountiful Earth connections

Nature • Universality:

The Patterns of Nature take you through a series of eleven simple shapes/patterns. You meet and mine the depth of the shapes in movement and in gestures. You explore time, space, energy and shape through the patterns. These shapes are patterns that are in all aspects of the universe. You are in a universal dance within them: the spiral of your blood and bones, the spiral of the galaxy, the spiral of learning, the spiral of community and the conch shell. The Patterns of Nature are metapatterns. Gregory Bateson coined the term to describe "patterns that connect." Tyler Volk defines a metapattern as:

"a pattern so wide-flung that it appears throughout the spectrum of reality: in clouds, rivers, and planets: in cells, organisms, and ecosystems; in art, architecture, and politics. The third set representing all of human creativity."



Consciousness:

In the Patterns of Nature Practice each pattern is also associated with a perspective or consciousness that supports well-being. The movement and gestural patterns are like a physical/non-verbal anchor to each perspective. The practice of these patterns when we are feeling well is designed to give us access to these perspectives when we aren't. When we

are in trouble we often can't be clear cognitively. But we can do a movement or gesture. When we do the practiced movement/gesture our system remembers the embodied presence of the concept; we access the support the practiced consciousness of the movement Pattern provides. For example: A person starts to get anxious before a performance. They have in the past, sorted out what they need to do to be less anxious. But, in the moment they can't access that information. They find themselves doing the movement of the Line Pattern as if their system remembered what they needed. In a moment the pattern's practiced associated consciousness bubbles up, "I am here right now, knowing my piece as well as I know it, no better or worse. The audience is over there and they will have whatever response they will. I can focus on my interpretation of the piece. I don't have control of the judge's opinion. I am here right now". Fear may still be there but they are clearer of what they can do in this moment. The Pattern practice offer access to non-verbal knowing.

The eleven perspectives associated with the Patterns of Nature are a foundation for clarity, ease, resilience, empowerment; if your 'operating system' is rooted in these ten perspectives, we boldly propose, it is hard to be stuck in suffering. We invite research projects to test this bold theory.



Physicality • Developmental Patterns:

Each shape is also connected to an endocrine gland/internal organ system and to an evolutionary/developmental movement pattern. Awakening the endocrine glands/internal organ system weaves internal sensation with the patterns and their corresponding perspectives. Awakening the evolutionary/developmental patterns deepens our physical integration, fluidity and strength. For example: someone has trouble with their lower back from a collapsed low back postural organization. As they practice the curling in to center and opening out developmental pattern, they gain a strengthening organization that

changes the pressure in their back. Every time they go through the patterns the new physical organization is ignited. The Patterns of Nature and associated physicality work offers the opportunity to rebuild from our deep patterns of fluidity and strength that may have gotten interrupted or skipped because of life experience. Body sense and movement become another doorway to calling upon health/joy when you need it most. Pre-verbal interferences (trauma if you will) are often able to be touched and coxed to older, deeper patterns of movement and being. We can begin to put burden's of the past down, let them stay in the past, and be here in this time with the support of our evolutionary strength.



Kinship:

Working with plant allies is another way we work with the Patterns of Nature, in this case to invite a sense of kinship with the world. When exploring a Pattern and the associated organ system, for example let's use Sphere, whose associated organ is lungs. We work with a plant associated with lungs, in this case Mullein. We may taste, touch, and learn from Mullein, expanding our connection with plant beings. Or a plant might show themselves during work with a particular pattern. One practitioner saw a sage plant in their yard they had never seen, then sage fell off their shelf and the next day someone gave them sage smudge stick. Sage was announcing themselves for the Vibration Pattern. We all learned so much from that arrival. The myriad of traditions that use sage for creating clear space, clear vibration. Plant ally work with the Patterns creates a sense of kinship. Kinship unfolds over time, not just with the plant, but with the place it grows and all the beings, the deer to the Druid, who have worked with that plant through time. We feel the character of specific plants: tricky, sticky, soft, invigorating, soothing. We hear wisdom from their lessons: "*Don't rush or you'll get pricked", "Breath so you can savor this scent, the calming gift." or* a teaching from a past herbalist *"Use Agrimony when a person is tortured to capture the breath.*

" Through this work we stop *othering* the plant world. We see individuals, living beings with intrinsic value. We feel our interbeing with the landscape.



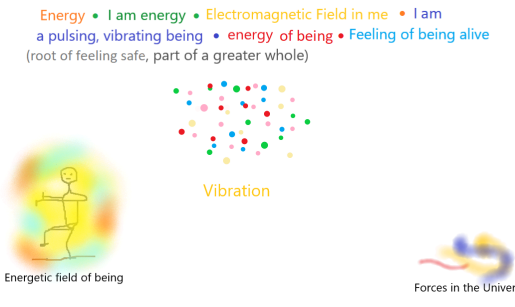
Dancing Guidelines:

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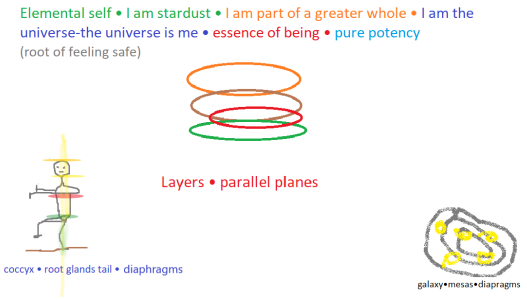
The key to allowing the Patterns of Nature to flow and teach you is to allow yourself to move by listening, you simply meet whatever comes to you as you move. This is a personal "dance". The shapes are only a framework intended to evoke different experiences, not specific ones. Your response is the perfect response. There is no right step, no right way. If you feel self-consciousness arise, awkwardness arise notice and allow that to move thru. Be gentle with yourself. Can you accept this moment, this way of motion, exactly as it is without judgment? (Of course, allow yourself to respond to pain or discomfort). Open to receiving your patterns, your archetypes, your wisdom?

You can play in the patterns from any number of perspectives. It can be a way to:

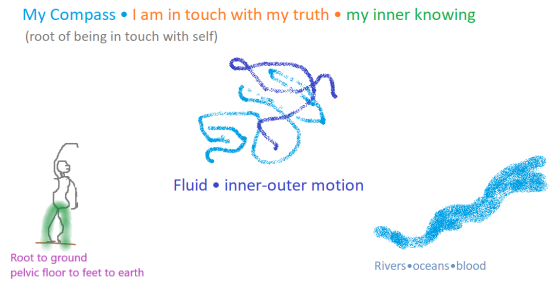
• Simply move and have fun • Access a larger perspective
• Discover your dynamic range • Expand your spatial comfort
• Explore expression through movement • Experience a moving meditation
• Open energy and healing pathways • Nourish yourself by following what comes to you, feels good to you.
• Tap inner resources • Receive information
Anything else that comes to you
There are essentially ten basic movements as follows:



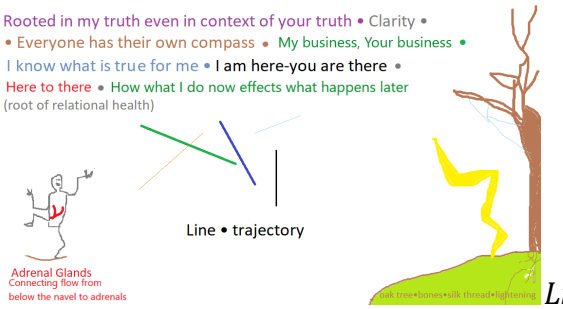
Vibration – pulse of the universe



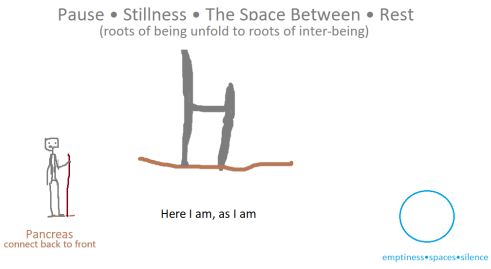
Layers Elemental Being



Fluidity - My compass



Line Trajectory Relational Being



Pause Threshold the spaces between



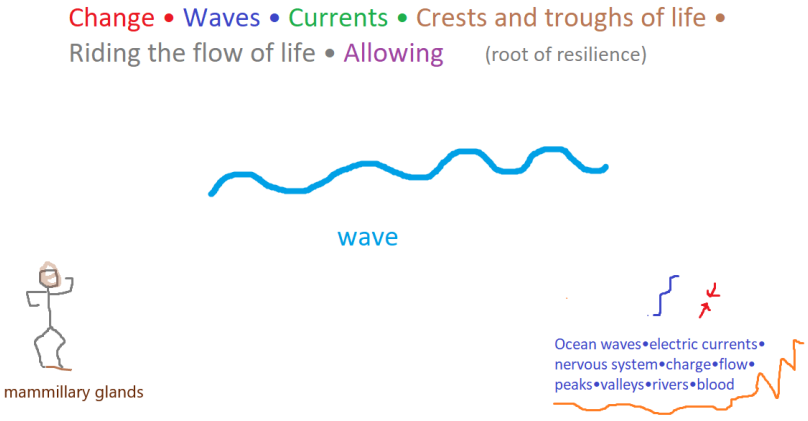
Spiral embrace release



Sphere-universe-teardrops - Changing Perspective



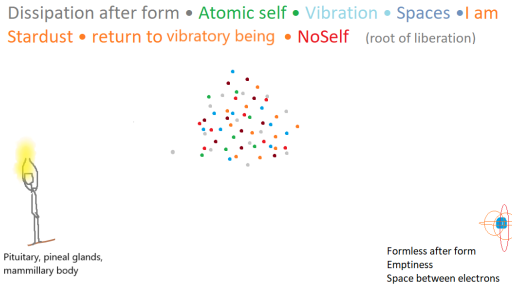
Star – Radiance – True Voice



Waves- small/large, crescendo/decrescendo, phases, phrases, living/dying



Suspension -Mystery momentary stillness



Vibration returning

Origin of the Practice Story

The shapes: Vibration, Elemental Layers, Fluidity, Line/Trajectory, Pause, Spiral, Sphere, Star, Wave, Suspension, Dissipation, these are movements; these are patterns; these are metaphors; these are archetypes. In 1995 Tyler Volk published his book Metapatterns. The word metapattern comes from the work of Gregory Bateson,(1904-1980) who used it in his book Mind and Nature. He was describing patterns of patterns or "patterns that connect." As I quoted earlier, Tyler Volk defines a metapattern as

> *"a pattern so wide-flung that it appears throughout the spectrum of reality: in clouds, rivers, and planets: in cells, organisms, and ecosystems; in art, architecture, and politics. The third set representing all of human creativity."*

I came across Volk's book in 1996. The metapattern concept resonated in me in ways I did not have a language to describe. I knew this sense of layered patterns like a child does who learns about an atom and connects it with the shape of our solar system and then wonders, "Are we just an atom in some giant being?" As a dance based person, I wondered if there were movement metapatterns. I decided to dance shapes. I started with circles, lines and at first it was a lovely daily dance. Then something shifted and for the last 20 some years it has felt more like "the patterns dance me". The patterns reveal themselves and expand and

implode showing me their depths and saving my life. Almost every time I do the metapatterns a new perspective, connection, possibility unfolds. Along with perspective and nature, over the years each pattern has connected with a structure in the body, a gland, with an archetypal character like warrior. Recently someone is making sound connections. The possibilities are endless. What started as a metapatterns exploration is now our Patterns of Nature Practice.

Patterns of Nature movement complements work like LearningMethods™, Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction™ by creating an embodiment practice for your insights, physicalizing your realizations. They work the other way around too. A person can practice physically and then have insight. It is literally a practice of wholeness.

The Patterns of Nature are evolving. It is becoming clear they will need a book of their own. The Patterns of Nature are the fundamental practice for regaining a felt-sense of wholeness. The implications of working with these Patterns is showing itself to be a key approach for remembering our wholeness. We are seeing powerful results in applying the Pattern of Nature work to everything from organizing a conference to working with a client, to creating a High School well-being curriculum, to making a personal decision, to honing our kinship experience as a way of being in the world.

1. Over the years this practice has been called Metapatterns, Perspectives of Health, Perspectives of Joy
2. The Patterns of Nature work is the direction WIM is going. The conclusions of the impact of the work is my experience and reports from others who have delved into the practice. It is a dream to have this practice studied.