

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
IMA	Yes	x	x	x	x	x
TheCyCle™	WEDISABE	WEDISABE	WEDISABE	WEDISABE	WEDISABE	WEDISABE
			Turn down the volume	Turn down the volume	Did anything change?	Did anything change?
MJ	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6
Taj Mahal	x	x	Just the movement	Just the movement	Just the movement	Just the movement
17 Steps	x	x	x	x	w/Hand movement	w/Hand movement

IMA 20-04-04

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1. First, I'd like you to check in with yourself...

2. And look inside a little...

... ..

3. Just browse a bit...

4. Around your body...

5. And see what you notice about yourself right now...

.... ..

6. Rachel...

7. As you scanned around a bit...

8. What was the first thing you noticed about your body...

(Listen to her answer)

9. So...

Repeat as close to verbatim what Rachel said as you notice how she is responding to hearing her words spoken back to her.

10. Is that right?...

(Listen to her answer)

11. Great...

....

12. And how about you Elise...

What was the first thing you noticed as you became more aware of yourself...

(Listen to her answer)

13. So...

Repeat as close to verbatim what Elise said as you watch how she is responding to hearing her words.

14. Is that right?...

(Listen to her answer)

15. Great...

.....

16. And Jane...

17. When you tune in to yourself a little bit...

18. Where does your attention go first?...

(Listen to her answer)

.....

19. I see...

20. So upon looking inside...

21. The first thing you notice is...

Repeat as close to verbatim what Jane said as you notice how she is responding to hearing her words spoken back to her.

22. Okay...

.....

23. So...

24. It seems clear...

25. That when you take a look...

26. At how your body feels...

27. At any given moment...

28. It can feel a bit differently...

29. In different places...

30. Yes?...

.....

31. OK...

32. Sam...

33. What are two places...

34. In your body...

35. That feel a bit differently to you right now...

(Listen to Sam's answer)

36. So your _____...

37. Feels different from your _____...

38. Is that right?....

(Listen to Sam's answer)

39. How would you describe that difference?

(Listen to Sam's answer)

40. Great...

41. And Sylvia...

42. When you take a look at yourself...

43. Name two places that feel somewhat differently to you...

(Listen to her answers)

44. In what way does your_____ feel different from your_____?

(Listen to her answer)

45. OKAY...

46. So is it safe to say...

47. That when we check in with...

48. Our body as a whole...

49. Certain places...

50. Seem a bit more comfortable...

51. Or a bit more pleasant...

52. And other places seem to be tighter....

53. Or more tense!

54. Yes?

55. Okay, let's experiment with that a little...

56. Let's take a simple movement like...

57. Raising your arms....

58. And then lowering them...

59. Just like this...

(raise and lower your arms. 3 seconds up and 3 seconds down)

60. Simple, yes?

61. Okay, do it along with me this time.

(raise and lower your arms. 3 seconds up and 3 seconds down)

62. So you're slowly raising your arms...

63. And the slowly lowering them down...

64. That's the movement we'll be doing in the experiment...

65. Okay...

66. In a minute, I'm going count to 8 slowly...

67. And on each count...

68. You're going notice a different place on your body...

69. Where you feel excess tension...

70. Tightness...

71. Or discomfort...

72. Then...

73. After 8 counts...

74. I'm going to say "NOW"...

75. At which point...

76. You're going to slowly raise your arms...

(raise your arms)

77. And then lower them...

(lower your arms)

78. Like we did a few minutes ago.

79. So...

80. I'll be counting to 8...

81. On each number...

82. You'll be noticing a different place of tension in your body...

83. Then when I say: “Now” ...

84. You’ll slowly raise and lower your arms...

85. And just notice what it feels like...

86. Okay?

87. Any questions?

88. Great...

89. Here we go...

1...

2...

3...

4...

5...

6...

7...

8...

90. NOW...Raise...

91. And lower your arms...

92. Great...

93. Register what you felt like while doing that...

.....

94. Okay...

95. We're going to do one more little experiment...

96. Very similar to the last one...

97. Except this time...

98. On numbers 1 through 8...

99. Instead of noticing places of tension

100. You're going to notice places...

101. Where you're feeling...

102. A little bit of ease...

103. Places that feel more comfortable...

104. More open...

105. More calm...

106. Then...

107. Like before...

108. When I say: "Now"...

109. You're going to slowly raise...

110. And then lower your arms...

111. Registering what it feels t like...

112. Okay?

113. Great!

114. Here we go...

1...

2...

3...

4...

5...

6...

7...

8...

115. Now...Raise and lower your arms...

....

116. Okay...

117. So what was that like?...

(They answer)

118. Was it any different than the first time?...

(They answer)

119. In what way was it different?...

(They answer)

120. Okay...

121. So, what have we discovered from this little experiment?

122. We've discovered something very simple...

123. But potentially...

124. Extremely useful...

125. That is...

126. When you direct your attention to tension...

127. Movement becomes more labored...

128. More difficult...

129. On the other hand...

130. When you're noticing places of ease in your body...

131. It becomes much easier to move.

132. Paying attention to tension...

133. Creates more tension...

134. Paying attention to ease...

135. Leads to more ease...

136. As we go forward...

137. I'll be showing you how THAT little discovery...

138. Will give you the power...

139. To improve the way you do **everything**...

140. **Anytime** you choose!

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IMA BLUEPRINT

1. **TASK:** Notice themselves
2. **ASK:** *“What did you notice first?”*
3. Repeat verbatim and confirm
4. Acknowledgement
5. STATEMENT: Different places feel differently.
6. Confirm
7. **TASK:** *“Pick two places that feel differently”*
8. **ASK:** *“How would you describe that difference?”*
9. Repeat verbatim and confirm
10. Acknowledgement
11. STATEMENT: Certain places seem more comfortable & others less so
12. **TASK:** Raising the arms experiment with noticing tension
13. **TASK:** Register that experience
14. **TASK:** Raising the arms experiment with noticing ease
15. **ASK:** *What was that like?*
16. **ASK:** *Was it different from the first time?*
17. **ASK:** *How was it different?*
18. STATEMENT:
 - a. Paying attention to tension creates more tension
 - b. Paying attention to ease creates more ease

The IMA Experiment

Let's take a simple movement like...

Raising your arms....

And then lowering them...

Just like this...

(Slowly raise & lower your arms)

Simple, yes?

Okay, do it along with me this time.

(Slowly raise & lower your arms)

So you're slowly raising your arms...

And then slowly lowering them...

That's the movement we'll be doing

Okay...

In a minute...

I'm going to count to 8 slowly...

And on each count...

You're going notice...

A different place on your body...

Where you feel excess tension...

Tightness...

Or discomfort...

Then...

After 8 counts...

I'm going to say "Now"...

At which point...

You're going to slowly raise your arms...

(raise your arms)

And then lower them...

(lower your arms)

Like we did a few minutes ago.

So...

I'll be counting to 8...

On each number...

You'll be noticing...

A different place of tension in your body...

Then when I say: "Now"...

You'll slowly raise and lower your arms...

And just notice what it feels like...

Okay?

Any questions?

Great...

Here we go...

1...

2...

3...

4...

5...

6...

7...

8...

NOW...Raise...

And lower your arms...

Great...

Register what it felt like to do that

.....

Okay...

We're going to do one more experiment...

Very similar to the last one...

Except this time...

On numbers 1 through 8...

Instead of noticing places of tension...

You're going to notice places...

Where you're feeling...

A little bit of ease...

Places that feel more comfortable...

More open...

More calm...

Then...

Like before...

When I say: "Now"...

You're going to slowly raise...

And then lower your arms...

Just noticing what that feels like...

Okay?

Great!

Here we go...

1...

2...

3...

4...

5...

6...

7...

8...

Now...Raise and lower your arms...

.....

Okay...So what was that like?

How to hold the fingers

In the diagrams, you can distinguish between the back of the hand and the palm side of the hand by the fingernails: if you can see fingernails, that's the back; if you can't, that's the palm.

Mudra for the cycle 1) Palm side of middle finger



Mudra for the cycle 2) back of middle finger



Mudra for the cycle 3) Palm side - little and ring fingers



Mudra for the cycle 4) Back side -thumb, middle, index fingers



How to hold the fingers

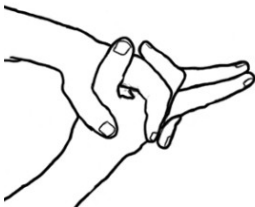
Mudra for the cycle 5) Thumb Sandwich - middle finger and thumb



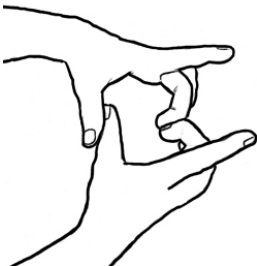
Mudra for the cycle 6) Ring fingernail to thumb



Mudra for the cycle 7) Steeple with middle fingers



Mudra for the cycle 8) Touch middle fingernails



The MJ Sequence

1. Just the movement.
2. Just saying “pause” out loud (no movement).
3. Saying “pause” out loud and then moving.
4. Just thinking “pause” and then moving.
5. Thinking “pause”, WEDISABE*, (no movement).
6. Thinking “pause”, WEDISABE, moving on the word “do”.
7. Thinking “pause”, WEDISABE, Thinking “What just happened?” (no movement).
8. Thinking “pause”, WEDISABE, Thinking “What just happened?”, then moving.

*WEDISABE = Where else do I seem a bit easy?

3EasyQuestions™

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3EasyQuestions™ is my approach to teaching constructive conscious control. It's based on the fact that when a person directs their attention to places of relative ease in their body, the head/neck reflex is gently facilitated.

When exploring the possibility of easier movement, after inhibiting, in the gap between stimulus and response, instead of traditional orders or directing, you quickly assess these three things about yourself in sequence:

1. Where you're currently noticing places of *relative* ease,
2. What effect noticing that ease is having on your general Use and finally...
3. How that general effect is changing as you begin to move.

This gentle, but focused curiosity about the ease you're currently experiencing shifts your attention in a way that circumvents your usual habit patterns. It facilitates the Primary Control which reorganizes your movement on the fly, allowing you to move outside of your habit with increased ease.

As a form of Constructive Thinking, **3EasyQuestions™** allows the actual direction to come from the natural adaptive response of your nervous system.

You make a conscious choice to direct your attention to ease and then stand back and notice what happens. This prevents you from imposing a habitual, feeling based concept of forward, up, head, neck or body upon the process.

3EasyQuestions™ is a new take on constructive conscious control that is so easy to implement it can be taught to a brand new student in a first lesson. However, in the hands of a teacher, it also becomes a potent self-healing tool that reveals and erodes deep habitual patterns that tend to be imperceptible & impenetrable.

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The 10 Skills of the 1st Three Études

1. The ability to look inward
2. The ability to make simple distinctions
3. The ability to direct their attention
4. The ability to see the effects of directing their attention
5. The ability to consciously facilitate ease
6. Being able to inhibit an immediate response to a stimulus
7. Being able to consciously facilitate ease quickly
8. Being able to immediately notice that change
9. Being able to move immediately at the onset of that change
10. Being able to notice how that change is changing as they move

Red = IMA

Green = TheCyCle™

Blue = MJ