

Multi-Dimensional Movement Arts®

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Imagine yourself in the womb. It's warm and nurturing. You feel totally safe and supported. You feel your breath, your heartbeat. You hear your inner voice. Gentle *waves* caress your *body*. You are one with the flows and *rhythms* of movement. You're in a *state* of dynamic balance. You are pure potentiality. This is ecstasy!

Multi-Dimensional Movement Arts®, water version, is the art of using movement in the medium of water to create dynamic balance. Specific actions, patterns and *waveforms* promote reorganization, re-education, rehabilitation, relaxation and rejuvenation. This continuous process of attunement leads to heightened states of awareness and bliss.

In a typical MDMA® session, the client is supported by strategically placed flotation devices and moved through water that is at body temperature. Trained practitioner/s treat a person by playing with various interconnections and influences of circles, spirals and infinity signs. Not only do these actions promote vitality and optimal health, they also induce deep relaxation, release endorphins, heighten awareness, alter consciousness and produce euphoria. It is exponentially powerful and exquisite when the client receives a two-on-one session as two therapists team up to deliver the movements.

A *body* in water is buoyant. The liquid environment changes auditory experience. One can move freely without consciously engaging muscles. Sensations of time, space and distance are distorted and experience is shifted from ordinary reality. This affects a person on many different levels: memories are jogged, holding patterns released, *body* parts awakened and awareness stimulated. The work supports and encourages gentle surrender. The ultimate goal of MDMA® is freedom of movement on all levels— physical, emotional, mental and spiritual— so that one resonates with his/her optimal frequency.

Buoyancy and hydrostatic qualities bring a different dynamic to the practitioner's movements of lunging, twisting, leaning, moving back and forth, up and down and from side to side. Developing good *body mechanics* is key to the transfer of energy from practitioner to client as they both move through the water. MDMA® is especially easy on the therapist and each session also supports his/her own balance and well-being. An added bonus of MDMA® is that people can use the flotation devices and generate their own movements and actions to administer a self-treatment.

Linking TA[®] to Multi-Dimensional Movement Arts[®]

MDMA[®]

TouchAbilities[®]

Technique	Component	Skill
Wave Making (circles, spirals & infinity signs)	Breathing Cognitive	Tracking, Directing, Pacing Visualizing, Inquiring, Intending
Navigating	Cognitive Energetic Compression Expansion Kinetic Oscillation	Focusing, Transmitting Sensing, Intuiting, Balancing Pressing/Pushing, Squeezing/Pinching, Twisting Pulling, Lifting, Rolling Holding/Supporting, Mobilizing, Stabilizing Vibrating, Shaking
Throwing	Kinetics Compression	Mobilizing Pushing
Whirling/Swinging	Expansion	Pulling
Cradling	Kinetic Breathing Energetic Cognitive	Holding/Supporting, Stabilizing Tracking, Directing, Pacing Sensing, Intuiting, Balancing Visualizing, Inquiring, Intending, Focusing, Transmitting
Scraping	Compression Gliding Kinetics	Pressing/Pushing Planing Stabilizing
Ironing	Gliding Compression Expansion	Sliding, Planing Pushing Pulling
Curling	Compression Expansion	Squeezing/Pinching, Twisting/Wringing Pulling, Rolling

MDMA® (continued)

TouchAbilities®

Technique

Component

Skill

Docking

Kinetic

Mobilizing

Rebounding

Expansion

Pulling

Compression

Pushing

The above MDMA® techniques denote a starting point for creating *waves* and movement patterns. They represent core actions available for working on clients in the water. This is not a comprehensive list because an MDMA® session is a constant, ever-changing, ongoing, in-the-moment, exploratory cocreation.