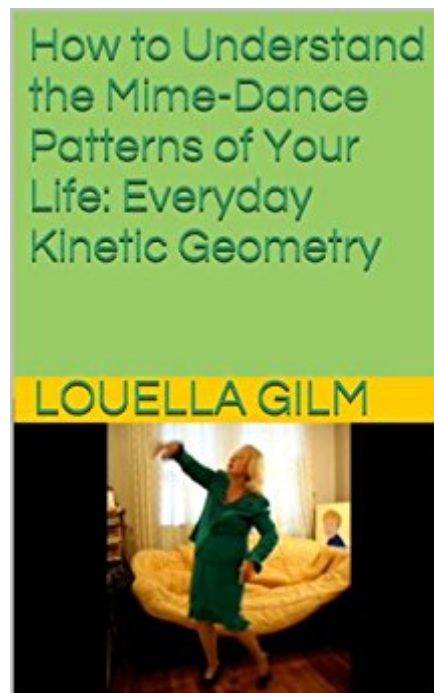




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# **How To Understand The Mime-Dance Patterns Of Your Life: Everyday Kinetic Geometry**



## Synopsis

In mime-dance, when you initiate a movement and then stop at a point along its path, you create a dynamic still shot or frame of motion. This pause is actually a very powerful visual and kinetic statement. According to Sir Isaac Newton's First Law of Motion: "Every object in a state of uniform motion tends to remain in that state of motion unless an external force is applied to it." •1 Yet in this instance, you are internalizing Newton's law when you stop this movement yourself. By giving this pause command mentally and enacting it physically, you are exemplifying this law. At the same time, however, you are initiating Newton's Third Law of Motion: "Every action is followed by an equal but opposite action." •2 For, although your physical motion has paused, a mental and visual movement retracing your first motion takes place as your mind reviews and your visual perceptions re-experience the arc of your earlier movement. It is essential to know your own mime-dance path of life very well. Once you have explored its many facets, options, possibilities and energy sources or outlets, you will proceed both efficiently and effectively. When you understand multiple aspects of your mime pauses or still frames of day-to-day experience, you will gain familiarity and skill with your life-dance. No matter how well-designed, or how haphazard, careless or even devious the paths of others may be, you will adapt and react quickly with linear, curvilinear, parallel or oppositional life movements, as needed. Most importantly, you will be well prepared with the highly developed innate perceptions, knowledge, understanding, skills and abilities to sustain and expand your own strongly defined and well-intentioned kinetic life-course of vibrant awareness and enlightenment.

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