PERMISSIVE PHRASE FOR EACH OF THE LEVELS OF MOVEMENT CONSTRUCTION

(N.A.BERNSTEIN)

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The method of "Co-creation", based on the levels of construction of movements.And.Bernstein. Correction is conducted from the lower to the upper levels. First, if possible, is formed of afferent synthesis of each level, then the movement/behavior.

In the human body lots of blocks formed in the process of its development. Usually this is the result of prohibitions on various stages of development of the individual child or adult. Therefore, for each level of movement construction was selected permissive phrases that help to remove the prohibitions on the perception or the action/behavior of a certain level of movement construction.

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General permissive phrase, for all levels of movement construction: "Allow yourself to feel".

Level a (tone, is based on gravitation) – "Allow yourself to be".

Sublevel V, Abdomen – "Allow yourself to live".

Level B (congenital and acquired automatisms, including the automatisms of language, thought, creativity – does not require energy costs, in contrast to the movements/behavior going under conscious control) – "Allow the body to move"

Level C (own activity; the allocation and the achievement of real objects in real space – “I WANT”; the self – like object space) – "Allow yourself to want."

Level D (level representations of mythological consciousness and the collective unconscious; Roles that can subdue the personality of the person) – "Allow yourself to be yourself"

Level E (level abstract mentation, personal responsibility to the world) – "Allow yourself to have your own opinion."