

How do you walk?

- The position of your toes.
- Your shoulders.
- The speed at which you walk.

You can tell a lot from a person the way they walk, talk and stand. Certain jobs and performances can entrain the body to move in certain ways. **Certain habitual thinking can be captured in the physiology of a person. Watch people as they move, walk and stand. Now what catches your attention within that split second observation? What impressions do you receive?** Maybe he walks with a macho bearing. Or she walks with a poise and calmness. These are initial observations based around your subconscious responses. The macho person **triggers a macho memory somewhere from your past.** It is a subconscious memory **that registered for the millisecond** as you thought "Hmm, he looks macho". Similarly with the woman who exhibits poise and calmness "she must be a dancer".

Check the way that you walk. Are you heavy footed? or do you walk with lightness and balance. One way to improve the way you move in any one moment is to imagine a particular animal or a graceful person you admire. **Walk normally for 20 paces or the distance between two power poles. Notice what your normal walking feels like. Now walk the same distance as if you have the poise, power and grace of the desired animal or person. Notice the difference.**

Use walking as a way of changing and transforming the way you move and think. Identify appropriate moments when you are speaking to people or at social event when you want to move and project a particular energy.

Give it a try the next time you walk.

Regards

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