

Instructions for the exercise protocol

Purpose of the practice protocol

This practice protocol is intended to help you perceive the effect of an exercise more accurately and consciously. You observe in a differentiated way, put the experience into your own words and connect with it. If you take minutes over several times, you will recognize patterns and regularities - and understand the effectiveness of the exercise more and more concretely.

We already know the practical implementation and much of the theory. Now we deepen the practical effect by practicing, listening, taking minutes and discussing them together. Over time, this understanding of experience leads to more confidence in execution, more freedom in execution and a better adaptation to the needs of the people you will be working with.

Implementation

Perform the exercise for about five to ten minutes, or as long as it feels appropriate when doing it. Sit quietly afterwards.

Let the movement fade away internally. Turn your attention inward and listen to your body. Try not only to register the usual reactions of everyday consciousness (e.g. itching, pain, pressure), but also to perceive finer changes that are otherwise easily ignored.

Observe for about 5 minutes without judging. Notice what is shown. Then write a few keywords for each point. If no perception arises in an area, that is also a valid observation. Then just make a line in the protocol.

1. Body Awareness

- Which parts of the body feel large or wide, which narrow?
- Do inner forms appear: spaces, surfaces, geometric shapes?
- Are certain parts of the body internally experienced as connected or separated?
- How do you experience body and skin: rather open, permeable, clearly outlined, dense?
- What is your inner state of tension: more relaxation, more tightening, or alternating?

2. Breath and rhythm

- Did exhalation or inhalation change (deepened, intensified, freer, more internal)?
- Does the breath become deeper, shallower, faster, slower – or does it remain the same?
- Do you experience rhythm in your breathing (regular, swinging, faltering) or more of a breath-stand?
- What is more emphasized, opening, widening to the outside or returning, withdrawing to the inside?
- How wide or how narrow does the breath reach into the surroundings become in the experience?

3. Warmth

- Do hands or feet get warm?
- Do you experience warmth in the whole body or only partially?
- Is there more pleasant warmth, overheating or coolness?
- Where does heat accumulate, where is it missing?

- How do you experience the quality of warmth: more than inner presence and determination, or rather as letting go and expansion?

4. Light

- Do you experience illumination inside or darker shadowy zones?
- Is the light soft, clear, radiant, flickering? And what is the darkness like?
- Do colors appear? Are they stable or changing?
- What is the quality of your inner gaze: awake or dreaming?
- What quality of light lives in the surrounding space? Is it far, near, friendly, animated, soulful, or neutral, oppressive?

5. Lightness and heaviness

- Does the body feel light or heavy overall?
- Do body parts (e.g. shoulders, neck) pinch or is there more of a feeling of floating?
- How do you experience your uprightness: self-evident, strengthened, swinging – or arduous and can only be held by awareness?

6. Emotional experience

- Thinking: is your consciousness clearer, quieter, more agitated, more absent-minded?
- Feeling: what is your mood like (bright, calm, tense, relaxed, touched, uninvolved)?
- Willing: What lives in your overall body perception? Is it courageous, hesitant, collected, exhausted, energetic, soft, fearful, frightened?
- How do you feel as a person in yourself: more with you, more outside you, more connected?
- If you ask your body how it likes what you've done – what's the answer?

7. Summary of observations

- At the end of the table, briefly summarize all perceptions, if possible in a single sentence.
- Or give an inner image that is coherent for you (e.g. sunrise, clear winter morning, calm sea).
- Less is more if it is deeply felt for it. This has a stronger effect than if you have thought up or found out something clever.

How do you fill out the exercise protocol

If you work alone

- Write down what you observe in yourself.
- Take a moment to feel.
- Then write down short keywords.

If you're working with a practice partner

- Discuss your inner perceptions together.
- Write down what he tells you.
- Hold back your own observations.

If you work with a person you teach

- Discuss their inner perceptions together.
- Write down what is important to you.
- Supplement with your own observations if necessary.

No documentation of the exercise's execution

We do not log how you performed the exercise on a specific day. There are countless ways to perform an exercise: longer or shorter, faster or slower, with different emphasis on individual parts, when getting to know each other for the first time, when deepening individual components or after working together for a long time.

We assume that each type of execution touches the essence of the exercise and activates its effect. We want to learn to connect with this effect.

Documentation in the certificate course

Each week you will be given specific tasks on which exercises you should practice and examine: alone, with a partner or with a client.

For example, if you practice four exercises in two weeks, you divide them up sensibly, e.g. two exercises in the first week and the other two in the second week.

When practicing, you first do the first exercise, then listen in quiet and write down your observations in the protocol. Then do the second exercise and take notes on a second exercise log sheet.

At the end of the week, at the latest a few days before the meeting with Theodor, you will document your results online in the certificate course. There, a worksheet is prepared for each exercise, in which you can enter a short summary of your observations.

In addition, we ask you to scan or photograph your protocol sheets and upload them as attachments for documentation purposes.

12 Constitutional Exercises – Practice Protocol

Name:

Exercise:

Partner's initials and age (if applicable):

Practice partner Apprentice/Client

Date:					
Body perception					
Breathing					
Warmth					
Light					
Soul					
Uprightness					
Summary					