

Manuela Maria Walbrühl

## **Shape and Movement**

A practice for the power of observation







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**Dear reader,**

a variety of shapes accompany us in our life. Our calm look allows us to notice the differentiation and constant change of shape.

The following explanations provide a conception for a conscious and uplifting observation of a natural phenomenon. They strengthen the soul power of observation. Good observation stabilizes our personality. We perceive ourselves (subject) as well as the natural phenomenon (object), and get to know the object of contemplation better.

The senses and the consciousness become freer when we leave our previous experiences. We observe a natural phenomenon with openness, such as a plant.

- What kind of shapes do we see?
- How are them structured and plasticized?
- How do shapes develop?

With these questions I wish you a lot of joy about observing and discovering.

Böblingen, 10th August 2018

Manuela Maria Walbrühl

## **The different shapes of a plant**

The seed lies in the earth.

The minerals of the earth and the water act on it. From above the light and the warmth stimulate it. The seed begins to germinate, bursts the seed coat and pushes upwards slowly .

The seed makes space for itself.

Sometimes the power is so strong that the surrounding earth is pushed away and is lifted.



A power acts in the plant, that overcomes the weight of the earth and to a certain extent the gravity.

This power carries vertically upwards. At first the shape develops in the vertical.

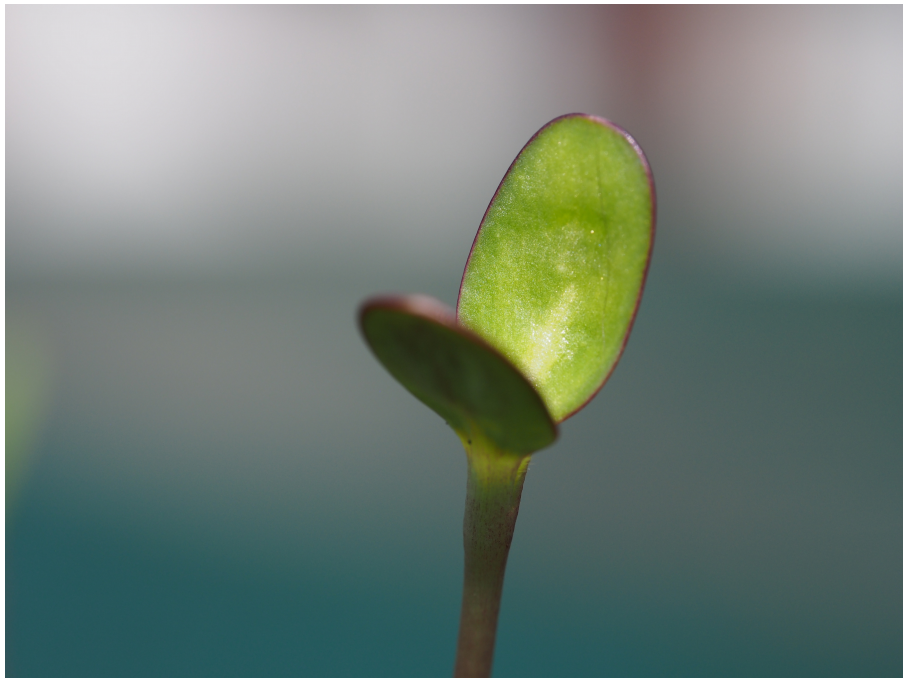
We also see that the colours change.





The direction of growth changes.

After vertical growing, the leaves open laterally into the horizontal.



The first plant-typical leaves develop with small hairs, which are characteristic of the sunflower leaves.

The substance also changes. The cotyledons are "fleshy".



The leaf growth continues: Always a bit in the vertical, then once again in the horizontal. In this process the special, unique shape emerges more and more. The typical leaves of the sunflower are even more clearly visible now.



The whole shape of the plant changes with every new leaf. We see the shape with the physical eyes. But we don't see the movement that causes the change of shape.

How does a shape come into being?

With this question and repeated contemplation a feeling matures slowly that a movement precedes a shape.





The shape is like a movement, that has come to rest. Thus it is a result of a previous process.

But as soon as it comes to rest, a next movement takes place and the next shape creates.



The next shape often represents an extension or increase of the previous shape. A metamorphosis takes place.



The existing shapes of the plant retreat constantly and new shapes build up. When something old comes loose, something new can emerge.

After the sunflower blooms pollination and fruit formation take place. The parts of the plant begin to retreat gradually. They wither and die.



At the end of this process a completely new shape is emerged: the seed.

The seed remains in this form until it comes again into contact with the elements earth, water, light and warmth. Then a new cycle of movements and shapes begins.





## **The shape**

The described way of observing the sunflower points to essential aspects of shape formation:

- A shape arises from a movement.
- A shape is the result of a previous process.
- A new shape builds up, when an existing shape retreats.
- Shapes are in constant change and metamorphosis.

All life forms are in motion and therefore changeable, e.g. also ways of thinking, living or relationships.



## **The movement**

Shapes change in certain time periods through movements. In the sunflower, these movements cause growth processes and different shapes.

- What is a movement?
- How does it come about?

Movement is related to power or energy. For example, a person moves little when he hasn't enough vitality. Life forces move him. Without them, his body becomes lifeless and death occurs.

Life forces also keep animals and plants in motion and thus in their vitality.

Life forces are called etheric forces in the humanities terminology. This term is found, for example, in "*Yoga out of the Purity of the Soul / A New Yoga Will*" by Heinz Grill and in "*Anthroposophy*" by Rudolf Steiner. The life forces belong to the life force body, the etheric body.

Traditional Chinese medicine names the life forces *Qi* or *Chi*. Classical yoga calls them *prāṇā* energy.

## **The power of observation**

Observation with a question or content is a mental activity. The observer guides the direction of observation and his consciousness. In this way he supports his self-determination and his independence. At the same time he promotes the development of life forces through the mental activity.

The relationship to the object of observation deepens with repeated practice. A closeness between observer and object develops. New impressions and sentences arise. Quietness and concentration express.

The power of observation also supports the ability to perceive one's fellow human beings and thus contributes to the social ability of people.

Every natural phenomenon is suitable for observation. This described way of observation can be used to all areas of life, e.g. to a physical object, to a painting or a composition of music, to a situation or a person.

I wish you the power of observation and many new discoveries, which you and your fellow human beings build up in the soul.

## **Acknowledgements**

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## About the author



Manuela Maria Walbrühl is certified social pedagogue, educator, yoga teacher and singing teacher. She teaches yoga and singing in the district of Böblingen, gives lectures, writes professional articles and gives concerts.

Her work promotes an aesthetic Yoga and singing practice, an awareness of a healthy, social and self-determined life.

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What is a shape and how is it created?

Does a shape always retain or is it integrated in a process of constant movement?

In the individual developmental phases of a sunflower we see that the shapes are constantly changing .

The photos inspire us to observe the process of shapes and movements and to form our own ideas. Conscious observation promotes lively relationships, new insights and a stable personality.