

Monthly Moose Focus

JANUARY 2021

ENERGY

WE BEGIN A NEW YEAR WITH MANY UNKNOWNNS BUT THIS IS ALWAYS A TIME TO REFLECT, LOOK AHEAD AND BRING NEW IDEAS TO LIFE. FOR THIS MONTH'S MOOSE FOCUS WE INVITE YOU TO EXPLORE YOUR **ENERGY**.

TAKE TIME THIS MONTH TO CONNECT TO THE MIND AND BODY AND CONSIDER HOW YOUR ENERGY SHIFTS AND CHANGES FOR DIFFERENT MOMENTS IN YOUR DAY, HOW IT CAN SERVE YOU, AND HOW YOU CAN HARNESS IT.

Reflections for Artists

Where is the energy in your body right now? Low and sunken, out at the edges, up and lifted?

When do you struggle to have 'energy'?

When do you find yourself easily accessing the energy you need?

How does the mind and body energies differ for different areas of your work and practice? And in what environments?

Invitations for Participants

When working online, ask participants to turn away from the screen, close their eyes and scan though the body, from feet to head. Notice where the energy or emphasis lies. Repeat now, imagining you are drawing energy up from the ground, like roots sucking up water and nutrients. Continue to repeat, now exploring bending of the knees and folding of the body into the ground, then extending up and away.

Imagine your brain as a network of many tangled connections. Some messages are being sent slowly, some are buzzing around the brain. Don't focus on what the messages are, but use this as a creative task to move in the space and explore different speeds and energies. How can you move indirectly around your space as fast as possible? Where do you start, end, where do you travel along the way. Now repeat moving slowly but sustained Test this with lots of different qualities, energies and uses of the space around you, imagining the tangled web of connections as pathway inspiration.

Lying on the floor, imagine you are a solar panel, soaking up the sun's rays for energy. Let the warmth wash over you!

Inspiration for creating, planning and moving

Consider your physical energy as a buzzing ball within the body, it never being still, it growing and expanding, radiating out. Use this notion to explore ideas of inner and outer, sending out, drawing in and reloading.

We can often think of energy as something fast and driven but take a moment to consider calm energies, specifically within the mind. What exercises or tasks can you do to calm a busy brain, or to connect to a lower frequency? And how can this support your work?

Consider human energy as a reaction of various chemicals in the body. The balance of chemicals needs to be just right to create a desired outcome. What are the 'chemicals' in what you are exploring? And what is the balance you seek?

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