

Movement musings...

Movements are interesting! The body rhythm changes when I move!

Either it is a tiniest move of my finger to the largest movement of my hand, I experience a shift when I move!

Life may invite you with a fastest movement of getting up in a hurry from sleep or with a slowest move of eyelids waking up relaxed!

How are your daily moves? Slow, fast, small, big, light, heavy, weak, strong....

Movement moves...Internally and externally! When there is movement, we move physically, mentally and emotionally!

What is your movement today?

Published in LinkedIn – 1 March 2019

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