

Nia Education

- NIA STUDENT HANDOUT -

The Power of Two: The Art of Receiving and Transmitting

In Nia we teach you to dance and experience everything through your body by consciously connecting to the sensation of what you do. We teach you to sense information as it comes in (receiving) and goes out (transmitting). A process of communicating we call, "The Power of Two." Why two?, because the process of communicating involves an exchange of energy between at least two people or things. In Nia, any time you communicate with the music, your teacher, and/or

your body, "The Power of Two" is a valuable tool. When consciously used, it improves your ability to stay in the body and connected to information that comes in and out as a sensation. Tracking information is a way to improve physical and mental focus. Like Nia movement, we view communicating as a science and an art. There is a way to communicate that works because it is the body's way. Your body lives and survives on the art of receiving and transmitting information.

Receiving is the art of listening to what is coming in. Transmitting is the art of delivering what goes out. The real art is to know what you're doing, transmitting or receiving, and to do so with extreme clarity. This extreme clarity requires attention, which is your ability to notice and pay attention to sensory details. You can reap many physical, mental, emotional and spiritual rewards by working with The Power of Two. Here's how:

Step One

Receive information by sensing what is being transmitted to you. Listen and receive with your whole body the music, the move and the spoken word. Notice sensory details and respond to them by moving and seeking the sensations of physical receptivity and comfort. As you dance, receive with your eyes and your ears—look and listen. Receive and sense the information using your bones, joints, ligaments, muscles and tendons. Adjust your movement so what you are receiving becomes clearer, making it easier to respond and transmit the dance. Whenever you are receiving, stop transmitting by silencing your inner dialogue; chatting that takes place in the mind. Inner silence provides you with the best environment for reception with clarity.

Step Two

Transmit by responding to what you have received. Speak and respond by transmitting with your whole body. As you dance, speak with your bones, joints, ligaments, muscles and tendons. Convey movement with clarity and personal power so what you transmit makes it clear that you have been listening.

Step Three

Raise your body-mind-spirit communication to an art by practicing 2/3 receiving and 1/3 transmitting. 1/3receiving is you listening to your teacher transmitting Nia. The second 1/3 is you listening to your body sensations as they execute the motions instructed by the teacher. The 1/3 you transmit is your dance expressed outwardly. A 2/3 receiving to 1/3 transmitting ratio gives you more time to sense and slow input down, which helps you easily find ways to make the moves fit you. This ratio also makes it easy to connect to each experience in your own natural way and time. Taking more time to listen and receive means giving more time to connecting to your own body sensations. In this way, the clarity used to receive gives you the ability to respond and transmit with equal or greater clarity and precision. Communicating Nia with clarity and precision gives you the means to control your fitness and wellness program, and therefore becomes your power.



www.nia-nia.com

The *Nia*[®]
Technique