

Physical Practice

Balance

For all we do we need a solid foundation since they make up our base on which we can build, on which we can rely and something can be derived.

This goes for a broader context but also for our bodies and our physical practice. The first foundation that should help shape the basis of our physical practice is balance.

WHY?

Balance is a foundation of movement. I could even go so far as to say that balance is the fundamental law of movement.

We want to make balance aware again and see how it expands our potential and how we can use it for advantage.

This short introduction is covering the importance of balance and how we can start the practice and build a sustainable progressive process.



About Balance

I believe that a base and the fundamentals contained therein separates the wheat from the chaff, so to speak. A basis and the cultivation of it stands for orientation, potential, understanding, seriousness and, above all, quality. I claim to see (most of the time) whether someone builds their physical practice on a base and is oriented to it or not. A base remains forever, even if it may change, you will always be able to fall back on it. The base is what makes up your development and helps determine the quality of it.

Also when building a physical practice or lets speak more generally a health and longevity practice we need something which forms a base. If we zoom out then there are many fundamentals which support a good base. If we zoom in a bit more we can view balance as one of the most important ones.

Balance is giving us the chance to feel safe, to literally feel our base and build on it.

To understand balance we have to understand our relationship with gravity. Gravity is always present. We are really well adapted to gravity. Our physicality is using gravity very well. When we are small we learn how gravity works by learning to sit, crawl or stand but also by throwing things down etc. Through this we build an understanding of how things work in this world. Because we are so smart and intuitive with it already it makes it sometimes hard to grasp gravity in movement but we are constantly balancing it out.

The human being lives, i.e. moves multidimensionally and constantly adapts to impacts of the most diverse forces. Balance is the key to analyzing and executing 1st order and higher order movement. Whenever a movement is "successful", the principle of balance can be recognized. Each of us already has a relatively good balance; however, it is quite unconscious. When you stand you have a balance effort. As a child also quite a lot when sitting for example. In walking you have a dynamic play with gravity. It's just that it's now so easy for most of us that we don't even notice it anymore. If you've ever had a hip or knee injury and then had trouble standing or walking normally, you'll have noticed how much we rely on balance.

As said at the very beginning: We want to make gravity and balance aware again: How does gravity and balance work and how can we use it for advantage? In order to be able to move in a multi-faceted way and to exploit our potential, it is important that we continue to develop our ability to balance and playing with gravity.

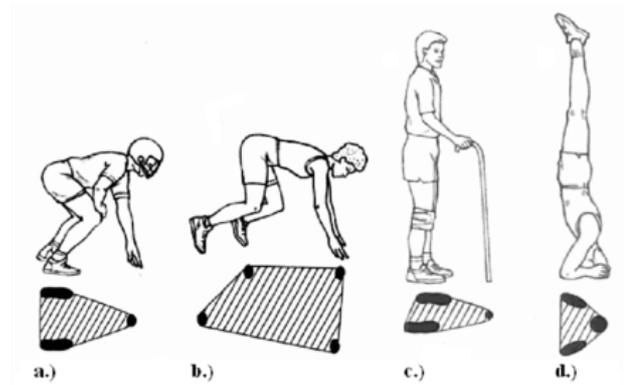
HOW BALANCE WORKS

Simply put: Balancing means being in the middle or rather is the try to be. When balancing we try to find joint positions (an alignment) which allows to hold a position without much effort. Balancing is about efficiency.

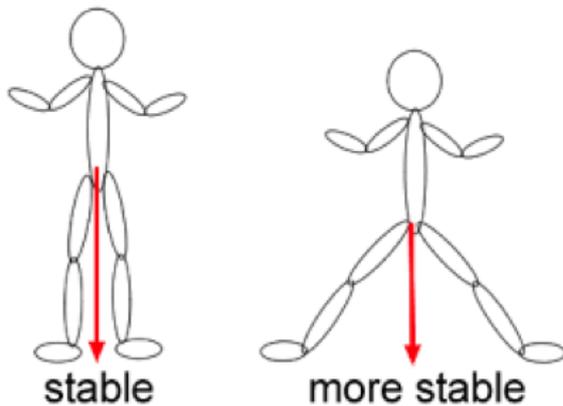
Important are at least three terms:

- Point of support,
- Base of support and
- Center of mass.

We always have at least one point of support. This can be for example a foot in a single leg stance. If we are standing on two feet we have two points of support. The **connecting surface** of the points makes the **base of support**.



Graphic 1

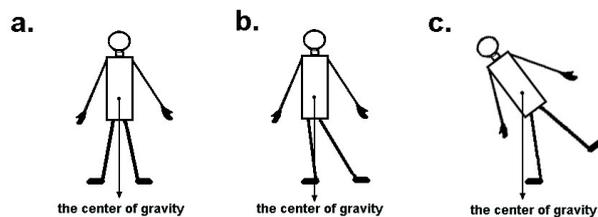


Graphic 2

If we just have one point of support the base of support is equivalent with the point of support. Except some outliers it is **easier** to balance the **wider** the base of support is.

To be able to balance and be efficient it is important to place the center of mass which is our pelvis/hip above the base of support. Balancing then means you are within your base of support.

If you are out of this line you need more muscular effort and you are not that efficient.



Graphic 3

USING THE BALANCING CONCEPT

I invite you to use the balance concept to structure and analyze your body & movement. This is to give you an understanding and experience of your own actions with the possibility of a profound calibration to a "normal zero", so that in complex sequences unwanted movements can be discovered and eliminated. Balancing builds capabilities but also serves as a tool to map and calibrate yourself.

To do this I offer you two ideas.

One is shown in the video [Balancing Introduction & Basic Practice](#).

The other is to observe yourself and your behavior as well as your movements in everyday life. There are countless situations in which you unconsciously balance or counterbalance or use force to compensate out of alignment positions.

Example: You extend your arm forward to show something. At that moment, you balance it with your pelvis or another part of your body. Or, you bend forward and in order not to fall you intuitively use your muscles and toes to hold yourself.

I want you to recognize these little moments in your everyday life and a) observe them and b) play with them: Would there be a more efficient way of doing it and staying in balance?

ADDITIONAL THOUGHTS

I like to consider all functional processes of the human being as movement. Human movement is expressed not only as a functional process in biomechanics, but also in metabolic-biochemical processes, biophysical processes, immunitary processes, psycho-mental processes as well as countless cellular dynamics. All these movements in the different dimensions are interrelated and represent as a process a multidimensional movement. If this is in balanced dynamics, this means health. If it is not, it means disease.

However, the dysfunctional activity that then occurs also represents a compensation attempt by the interacting complex system (e.g., fever in a bacterial infection to improve the body's rate of reaction to the bacteria, or the marginal jagged attachment to an arthritically altered joint to reduce pressure per area). The formation of the pattern is an attempt to maintain the integrity of the person. Therefore, even the dysfunctional pattern of a disease is part of a global balance of man - balance is always a prerequisite of life.

In my experience as a practitioner and teacher, physical balancing is great for balancing mental or psychological imbalances. Balancing, being in the middle, gives a feeling of security, strength and calmness. Balancing is not only the basis of movement, but also brings wonderful benefits to many other body systems. In other words: Due to the interconnectedness of physical, mental and psycho-emotional development processes, a well-developed ability to balance also has a positive effect on the "inner balance".

How well you're able to balance is telling you a lot about your current state of being. If you struggle you know that either your nervous system, mind or soul are not at its zero point, a state of clarity, calmness and potential. Balancing tasks offer you stability in the widest sense and help you to „map“ your body, mind and soul.