

Movement-Rich Language Bank

Bringing Living Experience to Life Through Motion-Sensing Phenomenology (MSP)

A Function2Flow Writing Resource

Why This Resource?

Many of us move through everyday experiences without noticing the rich qualities that give them meaning. We enter rooms. Sit down. Walk toward people. Reach for a coffee cup. Wait for someone to speak. These moments often seem ordinary, yet they are filled with subtle movements of feeling, attention, and relationship. This worksheet invites you to revisit a recent experience and describe it in a richer, more animated way using the **Function2Flow** framework and a **Movement-Rich Language Bank**. The goal is not to write perfectly. The goal is to bring a living moment to life.

Step 1: Choose a Moment

Select a recent moment that stands out.

It might be:

- entering a room,
- walking toward a meeting,
- greeting a colleague,
- having a conversation,
- sitting down beside someone,
- waiting for a presentation to begin,
- leaving a room,
- sharing a meal,
- noticing something unexpected.

Choose a moment that you can easily recall.

Step 2: First Writing

Write Without Guidance

Take 3 minutes.

Write about the experience exactly as it comes to you. Write descriptively about how you felt. Give sufficient detail so that, reading your description, someone else might similarly experience it. Simply write what happened. The purpose is to begin with an ordinary account before movement itself becomes the focus of attention.

Step 3: Exploring the Function2Flow Dimensions

Motion-Sensing Phenomenology invites us to revisit the experience through four interrelated dimensions.

Function	Form	Feeling	Flow
What am I actually doing?	What does it look like I am doing?	How am I moving e/motionally?	How am I connecting:
• Walking • Entering • Greeting • Listening • Speaking • Waiting	• Posture • Gesture • Gait • Orientation • Openness • Hesitation • Movement style	• Expanding • Tightening • Surging • Settling • Energizing • Linger	• To myself? • To others? • To the environment? • To the present moment? • To future possibilities?

Function: What Was I Doing?

Function refers to the action taking place.

Examples:

- walking
- entering
- listening
- sitting
- waiting
- greeting
- reaching
- speaking
- turning

Reflection Questions

- What action was occurring?
- What was I trying to accomplish?
- What was drawing me forward?

Form: How Did My Movement Take Shape?

Form is often misunderstood. Form is **not simply posture correction, technique, or biomechanics**. Rather, Form refers to the visible shape of movement and the way we physically inhabit our relationships with ourselves, others, and the world.

Form includes:

- posture,
- alignment,

- gesture,
- orientation,
- carriage,
- comportment,
- personal movement style,
- relational body awareness.

Form is where feeling becomes visible.

Examples of Form

- sitting tall
- hunching forward
- leaning toward
- pulling away
- lowering the gaze
- opening the chest
- expansive gestures
- contained movements
- quick turns
- slow deliberate movements

Personal Movement Signature

Form also includes the distinctive qualities that make a movement uniquely yours.

Examples:

- the way you walk,
- the way you sit,
- the way you reach for a coffee cup,
- the way you enter a room,
- the way you turn toward another person.

People who know us often recognize us by our movement before they hear our voice.

Reflection Questions

- How was I carrying myself?
- What might another person have noticed about me?
- Was I open, guarded, hurried, relaxed, direct, hesitant?
- How did my feeling take shape through my movement?
- What was uniquely "me" about the way I moved?

Feeling: How Was the Experience Moving?

Feeling is not something hidden inside us.

Feeling moves.

Feeling has:

- force,
- timing,

- direction,
- rhythm,
- amplitude.

Rather than asking: What emotion did I have? Ask: How was the feeling moving?

Reflection Questions

- Was the feeling powerful or gentle?
- Expanding or tightening?
- Quickening or slowing?
- Pulling me forward or holding me back?

Flow: How Was I Relating?

Flow concerns connection.

Connection with:

- self,
- others,
- environment,
- ideas,
- possibilities.

Flow also includes the movements of consciousness.

Where was your attention?

Were you:

- fully present?
- aware of your movement sensations or rhythm?
- moving with intention or a clear goal?
- losing a sense of clock time?
- seeing and feeling what is happening as it unfolds?

Or were you:

- distracted?
- anticipating?
- remembering?
- worried?
- Imagining?

Reflection Questions

- What was carrying my attention?
- How connected was I to the present moment?
- What relationships mattered in this experience?
- Where was my consciousness moving?

Movement-Rich Language Bank

Use these words to help bring the **Feeling and Flow** dimensions to life.
Select only those that fit your experience.

Movement Intensity

- bursting
- exploding
- erupting
- surging
- pulsing
- vibrating
- rippling
- swelling
- overflowing
- radiating
- energizing
- intensifying

Force

Strong Force

- powerfully
- forcefully
- vigorously
- intensely
- boldly
- assertively
- driving
- propelling

Gentle Force

- gently
- softly
- tenderly
- delicately
- lightly
- subtlety
- tentatively
- quietly

Effort

- effortlessly
- gracefully
- flowing
- smoothly
- easily
- effortfully
- striving
- pushing
- persevering
- straining
- yielding
- releasing

Tempo

- quickly
- rapidly
- suddenly
- immediately
- steadily
- rhythmically
- gradually
- slowly
- fleetingly
- lingeringl

Presence & Duration

- fading
- lingering
- remaining
- returning
- recurring
- sustained
- enduring
- continuing
- momentary
- Fleeting

Direction

- toward
- away
- through
- inward

- outward
- upward
- downward
- alongside
- beyond
- around
- across

Expansion

- opening
- widening
- stretching
- unfolding
- blossoming
- growing
- extending
- reaching
- expandin

Contraction

- tightening
- narrowing
- withdrawing
- shrinking
- retreating
- folding inward
- constricting
- closing

Flow

- fluidly
- responsively
- collaboratively
- openly
- freely
- harmoniously
- synchronously
- playfully
- awkwardly
- Disconnectedly

Step 4: Rewrite the Moment

Return to your original description.

This time:

- Attend to Function, Form, Feeling, and Flow.
- Bring forward the Feeling and Flow dimensions.
- Draw upon words from the Movement-Rich Language Bank.
- Write in the present tense whenever possible.

Second Draft

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Reflection

Compare your first and second descriptions.

What changed?

What became more alive?

What became more animated?

What aspects of Feeling became more visible in your Form?

What aspects of Flow became more visible in your Function?

What did you notice about your Form & Function that you had not previously considered?

What movement qualities stand out now?

Final MSP Questions

As you read your revised description, ask:

What moved?

What opened?

What tightened?

What expanded?

What lingered?

What connected?

What did my movement reveal?

How did my feeling become visible through my form?

What can I now notice that I had not noticed while living the moment?

Motion-Sensing Phenomenology begins with a simple invitation:

Notice movement.

- Through movement we discover feeling.
- Through feeling we discover relationship.
- Through relationship we discover the living meanings woven into everyday experience.

**For more information about
Motion Sensing Phenomenology, see**



www.function2flow.ca



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