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Body awareness is a care for attention in a kinesthetic perception:

sensations from motor / muscle work. Identate attention to the body for the care of awareness can be learned, this is a training skill. Training systemic fitness [1] (Fitness Readiness for action) gives realizing that there is feelings from working muscles, trains attention to these sensations from local concentration in problem muscular volume before deconcentration on the entire body. It is necessary to detect the problem sensations or vice versa of the place where there are no sensations, and therefore there is no awareness in managing efforts in a problem site. To find something in the body, you need to deconenther on the whole body, and so that something in the body will change attention to this you need to concentrate. Working with the body becomes the subject of discussion with both of them and with others. At the same time, there is no translation of sensations to the verbal language, but the specialized techniques are offered to solve this problem of communication about the sensations of the exercise set, the feeling is caused (for example, the limit of some muscles), it will stabilize it, they are generalized for different options, remember the generalized feeling and is called a separate term . Further in communication, you can use this term, for example, saying about an absolutely unique inner feeling, but understanding will be achieved, for it will be about exactly the feeling that has been demonstrated by the procedure, which leads to it. This is an important part of the systemic fitness: objectivation of unique subjective perception, naming it, and thereby conclusion to communicate. This is a common feature of many psycho-method: to make a subjective conscious, expressed in the concepts communicated. Feelings from mental work in part of the removal of them on the level of awareness and further communication. The principle here is the same as when working with sensations from the movement of the body with muscles. Feeling (for example, the feeling of the wrongness of the text, or the sensation of the intention of the model) is noted, then stabilize, from the kinesthetic modality turn into visual images, for them the concepts are formulated, these concepts are given the terms of the terms, and then reasoning is given with these concepts. [1] <https://system-school.ru/move>

Source: Book A. Levenchuk Education for formed 2020.

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