

Progress slowly at the start of the exercise. Slowness offers a subtle invitation for the whole self to gently accommodate this visitation of an introduced vibration. You might think of this vibration work as offering the body a guide toward a tremor path that flows elsewhere - easily, effortlessly. The difficulty with going quickly is that the vibration we introduce may actually compete with the tremor in a harsh way that induces complications borne of mental dissonance, confusion, thinking, interruption of tremoring, etc. Better for this work to travel just under the radar of perception, introducing a vibration that can become something akin to a hum or white noise that might be forgotten. Many may experience a bit of frustration at competing vibrations in any case. Is it possible to reframe 'frustration' as a potential guide toward learning flexible and fluid deconstructed responses to stimuli?

Experiencing Paradox - Shifting/widening attention. While the later stages of the practice hold more action, the exercise works through introducing a subtle suggestion of allowing us to shift attention away from a hard focus on any one area of deconstructing. In this regard, the exercise usefully teaches us (both giving and receiving partners) about *preoccupation* with the multiplicity of shifting energies and stimuli within and around us. This ability to shift fluidly is fundamental to rich and expressive voice and acting work.

Introduce vibration first at the extremities. We want the introduced vibration to gently "reach" toward or through the core, and affecting the breath. We want the person we are "vibrating" to experience the subtle suggestion that breath might release as the tissues begin to receive the current of vibration as easily as a splash of water travels through a whole body of water. Think into the core – i.e. if the legs are up, you might be rotating or vibrating the feet while thinking into and perhaps past the hip joints.

Intermittent touch throughout the exercise. Break contact with your partner sometimes, allowing them to experience the shifts in tremoring and giving them a chance to practice the reintroduction of another vibration. You might return in a different place in the body.

Wildness + New Sensations. The exercise is useful regardless of the relative 'wildness' of the release. Again, it's about accommodating introduction of varied stimuli and not just ramping toward a chaotic 'big ride'. Allow time, particularly at the end of the exercise, to experience new sensations of all sorts. The exercise may offer freeing, unfamiliar, comforting, uncomfortable, or a wide range of other sensations.

Exercise sequence:

1. RP (receiving partner) lies on a mat. GP (giving partner) slowly moves closer to the RP, taking time to sense the energy. RP feels the sensation of the GP on one side.
2. RP slowly initiates a tremor in any position.
3. GP gently touches RP on an extremity, releases touch and touches again. RP feels that two (or perhaps more) stimuli are occurring in addition to the tremor.
4. GP begins small vibrations at an extremity (hands/feet, or skull). RP settles into experiencing both their own tremor and the introduced vibration. GP 'thinks' the vibration into the core or 'through' the body. GP offers intermittent pauses, allowing for RP to sense shifts, and to learn again to accommodate new stimuli.
5. GP 'listens' to the RP's deconstructing for when to shift intensity or placement of vibration. GP might also introduce two different vibrations (i.e. both hands, feet or shoulders).
6. As GP notices RP accommodating the introduced vibrations, perhaps shifting the RP's tremoring in some way, GP can 'think' more deeply or even move toward the core of the body.
7. RP's tremoring may shift toward chaos. If so, GP may follow, lead, or join the chaos, moving the vibration closer to the hips, heart, belly, ribs, or even (very gently!) throat/back of neck. Particular attention might be given to bottom of ribs/belly and increasing intensity and 'width' of offered vibration.
8. GP continues intermittent pauses, w/ a long pause at end while RP continues to tremor, perhaps experiencing some chaos.
9. GP helps RP to standing and repeats intermittent vibration introduction in a new standing orientation.
10. RP's all walk about the room, gathering in the middle of room to experience changes in one another. GP's move to mats to start becoming RP's.