



A Survey Exploring Witness Consciousness

I am interested in learning how you experience witnessing, both the inner witness and the external witness. I realize that some of these questions may require some reflection. It would be fine to only answer the questions you're most drawn to. Any of the questions that you can respond to with whatever degree of depth or time you have will be most appreciated. Please feel free to use more space than allotted for any of your responses.

Name:

State/Country:

Age:

You've been doing Authentic Movement for (write yes after one of the following):

Less than one year -

A year -

About four years -

About ten years -

More than ten years (how long?) -

You practice Authentic Movement (write yes after one of the following):

Daily -

Weekly -

Monthly -

Occasionally -

Can you give a brief chronology of how you have participated in Authentic Movement?

Please include any of the following if relevant:

Did you begin in a group or in private sessions with a teacher?

Do you currently participate in a group? What kind: i.e. teacher-led, peer group etc?

Do you consider yourself a teacher of Authentic Movement?

Do you use the practice of Authentic Movement in your work life?

The Mover's Experience of the External Witness in Authentic Movement

I'm curious to know anything you can share about your experience as a mover in relationship to an external witness. Here are some possible questions to consider:

As a mover, has your experience of having an external witness changed over time?

What expectations do you have of an external witness?

Are there things that an external witness does that you find supportive?

Are there things that an external witness may do that you find unsupportive?

How would you describe the experience of "being seen" by an external witness?

Have there been times when you have not felt "seen" by an external witness?

The Mover's Experience of the Internal Witness in Authentic Movement

I'm curious to know anything you can share about your experience as a mover in relationship to your own internal witness. Here are some possible questions to consider:

How do you experience your own inner witness?

Has your experience of your inner witness changed over time?

Is your experience of the inner witness different when you're moving compared to when you're witnessing? If so, how?

The Experience of the External Witness in Authentic Movement

I'm curious to know anything you can share about your experience as an external witness. Here are some possible questions to consider:

- Is your experience of witnessing different from ordinary perceiving? If so, describe.
- As an external witness, has your experience of the inner witness changed over time?
- Can you name an inner hindrance or obstacle and how it compromises your ability to witness another?
- Can you name an inner hindrance or obstacle and how it compromises your ability to witness yourself?
- As an external witness, are there particular considerations that you weigh before offering verbal witnessing to a mover?



Have you had an experience of clear knowing by your inner witness while moving and/or while witnessing another mover? *Please describe what you remember staying as close, in your language, to the actual experience as possible?*

Is there anything further you want to add about being an external witness, being witnessed as a mover, or about your experience of the inner witness?

End of Survey

Please return to:

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