

## **The Mover's Agreement**

*Adapted from Marc David's Eater's Agreement from the book, Nourishing Wisdom*

I hereby agree, from this day forward, to fully participate in life on earth. I agree to inhabit the appropriate vehicle for such participation – a body. As a requisite for the sustaining of that body, and of the life that dwells therein, I agree to be a mover. This agreement fully binds me for the duration of my stay on earth.

As a mover, I agree to move. I agree to have a body that needs movement. I recognize that as the biological need to move is fulfilled with greater awareness and efficiency, the benefits of my well-being will increase. I further acknowledge that ignorance of the movement process may cause undesirable consequences.

Because the essence of my participation in life is one of learning and exploration, I agree to experience uncertainty as a mover. I recognize there are a great variety of movements to choose from, and I may not know which to participate in. I may have a choice of different movement approaches, and not know which to follow. I may have an assortment of habits, and not know how to manage them. I recognize that my relationship with movement is a learning process, and I will inevitably make mistakes. Therefore, as a mover, I agree to accept my humanness and learn as I go along.

I acknowledge that as the body changes from infancy to old age, so will the movement process change. I recognize that my body may call for different types of movement as the days, seasons, and years progress. My movement needs will also shift in accord with changes in my life-style and environment. I understand that there is no one perfect movement plan.

As a mover, I accept pain. I recognize that I may suffer pain when the body is disturbed by my choice of movement or exercise habits. I may also experience pain when emotional and spiritual hungers are confused with movement hunger. I further understand that moving to cure a pain that cannot be remedied by moving may bring even more pain.

I further agree to accept a body that is imperfect and vulnerable, that naturally decays with the passage of time. I recognize there will be moments when I am incapable of caring for myself. I agree, then, that to live in a body is to need the help of others. I also agree to be vulnerable as a mover. I acknowledge that I will be helpless as an infant and will need to be given opportunities to move. I may be equally helpless when I am old and unwell. Therefore, as a mover, I agree to be nourished by others.

As a mover, I acknowledge the domain of the sacred. I recognize that the act of moving may be ritualized and inspired. It may be given symbolic meanings that are religious or spiritual in nature. It may even be joyous.

I further agree that moving is an activity that joins me with all humanity. I recognize that to be a mover is to be accountable for the care of the earth and its resources. I acknowledge that despite our differences, we are all ultimately nourished by the same source. As such, I agree to share.

I recognize that at its deepest level, moving is an affirmation of life. Each time I move I agree somewhere inside to continue life on Earth. I acknowledge that this choice to move is a fundamental act of love and nourishment, a true celebration of my existence. As a human being on Earth, I agree to be a mover. I choose life again and again and again . . .

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