

## Gabrielle Roth's 5 Rhythms

An observation of how energy moves in people and life.

Energy moves in waves and waves move in patterns. Patterns move in rhythms. Humans are energy, waves, patterns and rhythms.



Roth's 5 Rhythms were an expression of somatic (relating to the body, especially as distinct from the mind) repeated patterns. Somatic patterns are connected to our deep structures. By accessing how our energy moves in us, we can mobilise and integrate various qualities of knowing and processing.

Roth researched the number of unique movements in humans. Her findings were that during a 60-minute period:

- Infants made unique movements c. 1000 times/hour
- 10-year-olds made unique movements c. 300 times/hour
- 30-year-olds made unique movements c. 100 times/hour

Maybe we become better at moving as we age? Or maybe we restrain ourselves in our physical expression?

Roth described the rhythms of the patterns of energy that we experience and/or create as:

1. Flowing
2. Staccato
3. Chaos
4. Lyrical
5. Stillness

### 1. Flowing

- Yin, feminine energy, breath in
- Connection to our centre
- Earthed/Rooted
- Being in our experience (associated)

SHADOW EXPRESSION: If we lose connection to our Flowing then we become stuck in inertia, we might move mindlessly or automatically or blow with the wind

## 2. Staccato

- The Yang to Flow, masculine energy, breath out
- The heart
- Deeply connected to our heart and our environment
- Energy
- Focus/Concentration
- Commitment
- Setting clear boundaries
- Courage

SHADOW EXPRESSION: If we lose connection to our Staccato, our shadow expression is rigidity, aggression and violence

If you experience your shadow expression, then go back a step and see what is missing.

## 3. Chaos

- Energy builds until it reaches a point where it becomes difficult to contain.
- Chaos is about surrender and letting go of fixed ideas and old patterns
- This is possible if you have a safe container (boundaries) in which to let go
- Experience of renewal and refreshed by energy release

SHADOW EXPRESSION: confusion/disorder/overwhelm and out of control

## 4. Lyrical

- Spontaneous creativity
- Expression of being alive in the moment
- Connected and free
- Light and playful
- Original/unpredictable and alive

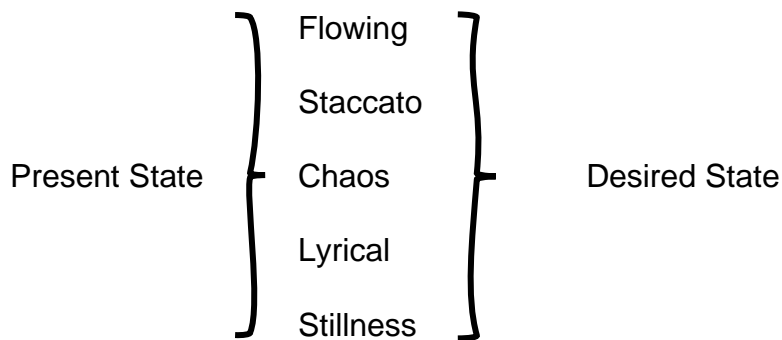
SHADOW EXPRESSION: escape/shalowness

## 5. Stillness

- Not an absence of energy
- Full presence of energy to connect to ourselves and beyond ourselves

SHADOW EXPRESSION: lethargy, disassociation, disembodied

Dilts suggested that we can use these five states to help us move from our Present State to our Desired State:



**Dilts' Riding the Wave of Change Exercise (from 'NLP II: The Next Generation', Robert Dilts, Judith DeLozier & Deborah Bacon Dilts)**

1. Create a location that represents your CURRENT STATE. Put yourself in your present experience of that problem or situation. See what you see, hear what you hear and feel what you feel regarding that situation. Allow your body to create a somatic expression – a gesture and/or repetitive movement – of how you experience your present state.
2. Move forward several steps into a location that represents your DESIRED STATE. Put yourself into your experience of how it would be. See what you see, hear what you hear and feel what you feel regarding that experience. Again allow your body to create a somatic expression – a gesture and/or repetitive movement – of how you experience your desired state.
3. In between locations for your PRESENT and DESIRED STATE, make a space into which you can bring each of the five rhythms: flowing, staccato, chaos, lyrical and stillness.
4. Go through the following process, accessing each of the five rhythms:
  - a. Go to the location of your PRESENT STATE and make the gesture and/or movement associated with that experience. Step forward and bring that movement into the rhythm of FLOWING. Let your body follow your feet and begin to move in continuous easy movement that is grounded, connected and circular. Practice connection and receptivity, breathing in and being with the present state experience in movement. End by flowing into the somatic expression associated with your DESIRED STATE.
  - b. Return to the location of your PRESENT STATE and again make the gesture and/or movement associated with that experience. Step forward and bring that movement into the rhythm of STACCATO. Ground in your feet and let them find a repetitive beat, marking it out with strength in your steps, feeling deeply connected to yourself and to your environment. Sense your heartbeat and, as you breathe out, make strong clear and distinct

movements and gestures with your body. Practice bringing focus, concentration, commitment and clarity into the present state experience. End by moving strongly and confidently into the somatic expression associated with your DESIRED STATE.

- c. Start again at the location of your PRESENT STATE making the gesture and/or movement associated with that experience. Step forward and bring that movement into the rhythm of CHAOS. Keeping a firm rooting in your feet, alternative your steps from side to side. Let go of your neck and head and let your body move as if it were made of jiggling rubber. Allow yourself to release any tension or rigidity and bring flexibility into old patterns. Free up any stuck energy associated with the present state experience. Finish by bringing the looseness and release of chaos into the somatic expression associated with your DESIRED STATE.
- d. Beginning in the location of your PRESENT STATE making the gesture and/or movement associated with that experience. Step forward and bring that movement into the light and free rhythm of LYRICAL. Let yourself explore spontaneous creativity and express whatever is true, unique and alive for you in the moment. Allow yourself to be original, unpredictable and fully alive. Play with whatever physical and energetic forms seem appropriate to bring lightness to the present state experience. Ride that sense of freedom into the somatic expression associated with your DESIRED STATE.
- e. Once more, go back to the location of your PRESENT STATE making the gesture and/or movement associated with that experience. Step forward and bring that movement into the final rhythm of STILLNESS. As you make the movements and gestures associated with the present state, move slowly and mindfully, breathing deeply, pausing from time to time. Feel the full presence of energy in a form that allows you to connect both to yourself and beyond yourself to a larger field. Experience yourself as the still point of a moving centre, connected with the space surrounding you. Let yourself smoothly arrive at the somatic expression associated with your DESIRED STATE.

5. Reflect on what you have learned from each rhythm.