biophysical training
BPHT
the body is...

- the first dimension is *weight*
- biophysically, weight is the body, the event and the body-event relationship at the same time
- weight is the domain of forces, identity, structure
- while training weight, the body becomes able to achieve the first biophysical tool: limit
- being aware of its limits, the body can train balance
weight
weight
- the second dimension is *balance*
- biophysically, balance is the body, the event and the body-event relationship at the same time
- balance is the domain of levers, movement, functions
- while training balance, the body becomes able to achieve the second biophysical tool: tension
- being aware of its tension, the body can train listening

*the body moves..*
balance
balance
balance
balance
balance
weight and balance together are what we usually call the body
weight and balance together originate tensegrity, the first physical soft skill
BPHT defines weight and balance together as the functional unit
tensegrity

weight

balance

relation

muscle

sensation

spine

gobe
the third dimension is *listening*

biophysically, listening is the body, the event and the body-event relationship at the same time

listening is the domain of fluids, emotions, sympathy

while training listening, the body becomes able to achieve the third biophysical tool: breathing

being aware of its breathing, the body can train compliance
weight, sensation to be, spine to go, balance, relation, muscle, sensation, spine, weight, listening to be.
listening
listening
listening
weight-balance and listening together are what we usually call the living body
- weight-balance and listening together originate *resilience*, the second physical soft skill
- BPHT defines weight-balance and listening together as the attentive unit
the fourth dimension is compliance
biophysically, compliance is the body, the event and the body-event relationship at the same time
compliance is the domain of electromagnetism, communication, exchange
while training compliance, the body becomes able to achieve the fourth biophysical tool: intelligence
being aware of its intelligence, the body can train contact
compliance
compliance
compliance
weight-balance-listening and compliance together are what we usually call the human body

weight-balance-listening and compliance together originate *empathy*, the third physical soft skill

BPHT defines weight-balance-listening and compliance together as the adaptive unit

the 3rd physical soft skill
the fifth dimension is contact
biophysically, contact is the body, the event and the body-event relationship at the same time
contact is the domain of reality
while training contact, the body becomes able to achieve the fifth biophysical tool: awareness
being aware of itself, the body can play
contact
contact
contact
contact
weight-balance-listening-compliance and contact together are what we can call the mindful body
weight-balance-listening-compliance and contact together originate awareness, the fourth physical soft skill
BPHT defines weight-balance-listening-compliance and contact together as the actor
• memories change our breathing so that the body reproduces the form it assumed during a certain experience
• that form represents the information collected by the body about that experience (quickening)
• the body never forgets an experience, although the mind does everything to forget it
• therefore we avoid certain memories believing that we thus avoid also the form associated to it
• but while we’re avoiding the mental state associated to that form, our body has already started to ‘re-breathe the experience’...
montage

biophysical body

biophysical action

to play
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