

Movement: Body in Motion

The human body is an incredible thing with incredible potential. A mistake was already made in this paper simply by calling the human body a thing. The human body is not a thing it is an extension of oneself, or even is oneself. The human body has an incredible range of movements and we can do incredible things. This era has the idea that the human body is a thing. It is modified and changed and altered to look like the perception of good looking.

As stated in the previous paragraph the human body is incredible. You can do so many incredible things as long as you put your mind to it. We are our body and our body is us. Currently, we do not have the technology to move our brains to different bodies so you only get the one, or you only are the one. A lot of people look at the human body as an object to be modified with plastic or injections, or temporarily modified with makeup so that you look better. It is simply the way that society has shown us how the peak of the body should be, with commercials and ads.

The body is something that should be reconnected with and no longer judged based simply on looks. We should change the body from being a thing and reconnect to it as being a part of us. We should move with it and reconnect to it. I think that we can all learn a thing or two from that morning movement thing in those different asian cultures. There are a lot of consequences later in life for not focusing on the body early in life, such as not being able to squat down. This kind of stuff can lead to hip problems and other issues with your joints and muscles.

Notes to self: Try that morning movement thing.