



"WE MOVE FOR THE SAKE OF MOVING AND FEELING, AS A MEANS
OF ACCESSING HIDDEN, UNFINISHED BEHAVIOR, NEW
INFORMATION, AND CREATIVE NEW TERRITORY."

Christine Caldwell

Newsletter August 2025

Body Intelligence beyond Thinking

In this newsletter, we report from the dance therapy practice and
give you food for thought and reflection.

When was the last time you experienced your body showing you
something before your mind understood it?

The **absence of thinking** as we know it, analysis, judgment, and almost always the same results of thinking. A client who is often strongly stuck in analytical/explanatory understanding began to move very cautiously at first. Her movements seemed tentative, controlled—accompanied by an inner commentator who wanted to interpret/control everything immediately, as she later said. But then came **a change in her movement**. She reported afterwards that at that moment she “forgot” her commentator because she was able to focus more on her physical experience, **to feel herself more in her body**, as she said. She simply began to BE – with what wanted to show itself **in her body**.

“The body knows what the mind cannot yet grasp.”
– freely inspired by Christine Caldwell

At that moment, the room became quieter, denser, clearer. Her movements became more fluid, freer, lighter, as if her body had understood that it had a lot of

(play) space available – no longer directed by thoughts, but carried by the body itself in its movement, which made the commentator superfluous and required no language or explanations. Later, she described it as “finally slipping out of thinking.” This experience was not only deeply emotional, but also had something incredibly concrete about it: a reordering of the body, a new sense of self. I would say that at that moment, the client entered into body wisdom, body intuition, or her quantum field, where all possibilities (including healing and further development) are tangible.

This is exactly what Caldwell points out:

When we temporarily suspend the dominance of thinking, spaces emerge for a different kind of knowledge—embodied, immediate, transformative.

As a dance therapist, this moment was also a reminder of how much our practice corresponds to neuroscientific theories such as mind-brain identity theory. What we experience in movement is not alongside neural reality—it is this reality in lived form.

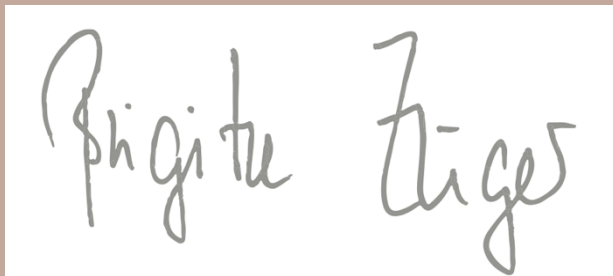
This creates an inner space where you can question your reactions and, if necessary, change them.

Takeaway:

Dance therapy combines tangible experience with scientific depth, revealing how much wisdom lies within the body when the mind dances or remains silent.

Warm regards from ZOE SCHOOL and welcome to August!

Brigitte Züger, Director
www.zoeschool.ch

A handwritten signature in black ink on a white background. The signature reads "Brigitte Züger" in a cursive, flowing script.

[About our courses](#)

[Our topic-specific training
courses](#)