



What's in a name?

DISCOVER THE DYNAMIC PROCESS SYMBOLIZED BY THE ALPHABET

What's in a name? Or a word? We often hear that words have power, but what does this mean and how can we use this to become more mindful of ourselves?

Many years ago, I was enthralled when I learned that each letter of the alphabet doesn't just represent a sound, but that they're actually symbolic of the dynamic human movements of our ancestors lives over 5000 years ago.

By understanding that *each letter of the alphabet is symbolic of a dynamic process*, we can explore different dimensions of our own experience and open a doorway into our core movement.

This is a powerful and insightful exercise that will unveil the raw meaning of your name. Free of the associations that we may have unconsciously made, what does your name truly mean?

Let me know what you discover about yourself through the symbolism of the letters in your name. Does the meaning change if you look through the lens of your nickname or your given name? Have you always been known by this name? What changed in your life when you 'changed' names?

I look forward to hearing what kind of insights and discoveries you've made about yourself by considering the alphabet as symbol!

Warm regards,

Judyann McNamara

MICH Founder



1 - Watch this video for an example of the meaning behind the symbols

Recorded in class, [this video](#) explores the meaning of the letter 'A' and provides you with an example of how deeply symbolic each letter is.

2 - Set aside some quiet time to draw each of the letters in your journal (*Scroll down for the full list of letters and their meanings*)

See if you can capture the experience. Try to sink into the experience of each symbol; draw each letter dynamically - feel into the shape and flow of each symbol (letter). Try to see the wholeness of each movement.

3 - Now, decipher the symbolism of your name

After you've gone through each letter, see how all the letters come together as a whole in your name. At first, you may see a movement that is sequential, but stay with it for a little while and see if you can perceive it as more than the sum of its parts.

If you can only come to see it as a process of subject and object, you can play with that discovery too: consider how you feel to be the doer of this dynamic, or feel it done to you? Do you feel like you like some of the movements but want to avoid others?)

Let your creativity and expression flow and record your discoveries in your journal with your pen or colored pencils.



THE DYNAMIC ALPHABET

The challenge is to see the letters as dynamic processes without a subject and object as separate components, but instead as part and parcel of the whole process and movement.

A	Tilling the earth, earth receiving new seeds, planting
B	Providing shelter
C	Gathering food, wood, etc (as you walk)
D	Entering, crossing a threshold
E	Taking in a breath, being inspired, inspiring
F	Securing, fastening, tying
G	Cutting down, gathering
H	Dividing, putting up a barrier
I	Working, worshipping
J	Working, worshipping (patterning)
K	Bending, taming, allowing
L	Teaching, binding, putting a yoke
M	Flooding, fast flowing
N	Continuing, passing on to other generations
O	Watching, seeing, knowing, knowing by observing
P	Blowing, scattering to the edge, speaking, talking
Q	Condensing, circling, guarding
R	Beginning, being first, reaching the top
S	Chewing, eating, sharpening, pressing, ingesting
T	Marking, signaling, making a monument
U	Bedding, resting, sleeping, entering sleep
V	Dreaming, awake dreaming, unconscious, conscious
W	Travelling, chasing, hunting
X	Marking, signaling, making a monument
Y	Twisting, transforming, shifting, changing shape
Z	Grabbing, biting, protecting