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**Metaphor, Meaning, Movement: Embodied Experience through the Arts**

At its core, the arts are *embodied experience through action and representation*. This is a form of intelligence that underpins all other forms of reasoning and learning in other symbol systems, such as storying, writing or numbering. Vygotsky referred to form as a verb and affirmed that art exists as the physical manifestation of an idea in motion. The arts take on allegorical resemblances through their form – through the synergistic interaction between the artist’s embodied processes and the abstract and physical properties inherent in the piece itself.