# Movement lesson

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Angela 2 — Week 2, Day 5, Session 2 — 35 minutes

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*Summary: Lying on each side, the breath lengthens an arm and a leg, fills the chest, and rolls the pelvis back with support from the middle, the golden ball. Pauses, smoothness, and the connection from foot to head are explored, then the sides are compared on the back before coming up.*

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## Breathing

Lie down and sense your breathing.

Okay, so just feeling your breath, fresh, constantly.

Come to your right side. Find a way to get comfortable on your right side.

*[Silence 30 seconds]*

And lying on your right side, your legs bent one on top of the other. Sense your breathing in this position.

You certainly know by now, if it wasn't clear before, there's so much alive and new, breathing, so much potential for sensing.

And just take a breath, a medium-sized breath, hold your breath, and inflate your chest, and let your belly come in smoothly, and then push out your belly without letting go of the breath. Push down and out, and then lift your chest, then let go of the breath, and just have a couple of natural breaths.

With that downward push, it's not an arching of the back. Feel something pressing backward.

And take a breath. Hold it. Push down. Let your chest come down. Push down towards your belly. And really check if your back is arching.

Push down. And then pull in your belly and inflate your chest. And push down and out. Let your chest fall. Just get that lighter and easier.

Just notice. With a long, slow inhale, if you could do that back and forth movement a few times. And then release it.

And then again, a long, slow inhale, back and forth. And then just have an inhale.

And with a long, slow exhale, see if you can go back and forth. And if it feels really obscure right now, know that it can come, will come. We'll do it in short doses.

For now, just have the feeling of filling your chest with breath. Just don't worry about that movement that we're doing. Just let your chest fill in all directions. Forward, back, up, down, left, right.

Pause for a moment when you are full of breath, and then just release the breath. And then pause for some moments when you're without breath. But let your consciousness be in your body, especially during the pauses.

Do that a few times. Inhaling, pause, circulating mind through your body. Exhaling, pause.

## The left arm

It's fine to have something under your head, or your right arm under your head, but for now, put your left arm upward on the floor. So the hand is on the floor, but it's upward.

In other words, if it could be comfortable to be over, kind of along the side of your face, resting where the upper arm might be touching your skull or something, and your elbow is not too bent. It's bent a little bit, but the fingers are oriented in the direction your head is pointing. So the hand is on the floor, as near to above your head as is comfortable.

And really be comfortable. So if it has to be forward to be comfortable, I don't want your shoulders straight.

Okay, so through the sense that the fingers are pointing upward, and you're inhaling, and as you inhale, you're following the breath to fill your left upper quadrant, your left shoulder, down your left arm, out your left hand, and you let the left arm lengthen, as if the breath is carrying it a little longer.

It may not go straight up. It may need to be — if straight up is 12 o'clock and in front of you is 11, it might need to go to 11 o'clock or 10 o'clock, but let the arms slide, let the hands slide with this image of filling with breath.

And feel where it can go, and feel all the way through to your pelvis. That is, there's some connection of the lengthening of that arm that permeates through your body.

So do that a number of times, connecting to inhaling as you get longer, sensing what happens through your body, pausing, exhaling as you let the arm rest more.

And do that a number of times.

You want to get how this arm is connected all the way down your back. You can sense, and once you sense it through to your back, you'll also sense that the pelvis is alive to the arm moving.

Inhaling, you get longer, and you just take your time exploring that movement, the opening that occurs with that.

What happens to the ribs on the floor with that movement?

Can the shoulder blade find a way to let the arm get long? Can the ribs allow that? Right?

And then let the arm rest comfortably.

*[Silence 33 seconds]*

## The left leg

And put the left hand on the floor in front of your chest, and lengthen your left leg downward, your upper leg downward. Your right leg can be bent in front of you.

And just imagine the breath traveling down, filling your pelvis. Going down through that left leg, and actually pull — sweep your mind through the leg, as if someone is gently pulling on it. The inside of the foot will be on the floor, and it's as if somebody is gently pulling on it, just the inside edge of the foot, so the leg is long, and it's as if somebody is just gently pulling, a small movement of your pelvis and of your lower back.

You can get some support from your left hand on the floor in front of you, and it's as if somebody just gently pulls, and you let that go through you, and then let the leg shorten a bit with the exhale.

So there's a lengthening with the inhale, a pausing, and a shortening with the exhale, and pausing.

It's not a very large movement, but it goes through your whole body. You can sense it. It goes through your whole body.

And as you let that leg get a bit longer, also let the left side of your pelvis begin to roll back a little bit. So you're lengthening and rolling.

With an inhale, you're pausing, and then you're coming back with an exhale and pausing. And keep following that pattern, tracking the breath through your body, through the leg, through the pelvis, through the pelvis, through the leg, pausing, rolling back towards your back as the sacrum comes towards the floor, but you need some kind of core support that you're not just falling to the floor.

If your left hand is on the floor in front of you, it'll give you some balance, and you can then let the hand come away or come across your chest at some point if it wants to, and then come back to your side with the exhale.

So connect the breath to the movement, lengthening with the inhale, rolling back, pausing, returning with the exhale.

But your whole body senses this connection from the foot to the head. You feel how the head rolls. It knows just when it rolls.

The feet — I thought we'll have the right leg in front of the left leg, so the right leg, and the right leg more. That's it.

Feel that all through, slowly, if it's comfortable, all the way to your back. And then back to your side.

Exactly, from the golden ball back. Thank you.

Think of that middle. And even as you come back, exhaling, push down towards the golden ball.

If you can get the feeling of an internal support through a down and out towards your pelvic floor, the lower belly. If you can feel that.

Yeah, rest on your side. Rest comfortably.

## Arm and leg

Lengthen your left leg downward and your left arm upward, and track the breathing upward through the left shoulder, out the left arm, and downward through the left side of the pelvis, down the leg.

Let there be a little lengthening and then a rolling backward. With breath, pausing, sensing the length from foot to head, inviting the knee, the hip, the lower back, the shoulder, elbow, all the way through you to have some space, and then exhaling with the downward push.

If you can't find the downward push and the exhaling, you're coming back towards your side. You're returning to your side.

And the downward push — you can create, or move, something that can help you feel the empowerment of your middle.

Don't create strain. Listen to how you have to adjust the movement so that it's not taxing on the tissues, but integrating for you, from your whole self.

As you come back this time, continue onto your back, and pause there, and just feel any of the differences, right and left, in terms of the length and flatness, what that's like.

You can compare the two sides, and it's possible that a difference will stand out.

Let your arms come down to your side, come back to a more neutral position, and just feel what — what happens?

*[Silence 54 seconds]*

## On the left side

And again, just notice the movement of breath, and come to your left side.

Just take a moment to sense how the position in space influences your breathing.

You bring your right arm upward on the floor. Find a comfortable place. It doesn't have to be straight up. It's just tending in that direction, with the fingers pointing in the direction your head is pointing.

And inhaling. Picturing this movement of breath through the whole right side of your chest, shoulder, arm, elbow, hand.

Learning to sweep your mind through your body is a great gift, a great healer.

So, inhaling, lengthening just the arm, let the leg rest for now, and pausing when you're long, sensing through yourself during the pause, exhaling as you come back and pause.

Where can that arm go in a way that is comfortable, and if it's not comfortable, still flood your arm with consciousness, and picture a breath, like a substance, moving through the joints.

And even let the arm, as it lengthens, come backward a little bit. Let the hand turn over, and if it's comfortable, the fingertips can graze the floor above your head, and the hand can turn over, and let your chest turn.

But you can lengthen and begin that turning. The right shoulder comes a little towards the floor. And your head turns a bit. Just get that feeling.

It's like an unwinding from the top of yourself, and letting your pelvis respond, letting the right leg respond. Like an unwinding through the body.

Let the chest take care of the shoulder joint by rolling and listening, and the head turns.

And it's this sense of interconnection throughout the body that is so integrated, so healed.

And then please just place the right hand in front of you on the floor, lengthen the right leg, and bend the left leg so that it's in front of you. And you can lean on that right hand and have the elbow bent if you like, to lean on it.

And just have a thought of lengthening your right leg. Just have a thought. How will that go through you? What will happen to the ribs on your left side? Will you feel that in your chest and head at all?

And then as you inhale, lengthen downward, pause, and then come back, then exhale, pause.

So now we're doing mostly a lengthening, not too much of a sliding back. It can be a slight bit, but it's mostly just getting longer. It's a very small movement.

Good, and then as you feel that lengthening, begin to let the foot also slide back in space. So the heel comes towards the floor, the toes will roll towards the ceiling, and don't go all the way back at once.

Get that sense of core support that you return with a fullness in your abdomen. Pressure down, down, with an exhale, filling.

Or the right hand, off the floor, can go across your chest as you start to roll a little bit more back.

What we're listening for is fluidity and harmony, a quality of smoothness, and be discriminating here in the sense of when you feel a jumpiness somewhere, even a subtle skipping — that the synapses going to those fibers are not clearly differentiated, and we want that level of smoothness so that it feels like going through water.

And even coming back to initiate the movement, it's so deep in the core that it's like it comes from the center of the earth. It comes from inside, deep, deep, deep.

And then come to your side this time. Pause once again.

*[Silence 46 seconds]*

Lengthen your right leg down and your right arm up. Let your right foot be on the floor, the inner edge of the foot will be on the floor, and think — pull your mind through, inhaling both directions, from the upper right through the arm, out the fingers, from the lower right through the pelvis, down the leg, lengthening with an inhale and rolling back a little bit, and then pausing and returning with an exhale.

Feel that unwinding and then folding up.

*[Silence 40 seconds]*

If the fingers can be in touch with the floor, if that's not a strain, have them in touch with the floor. The hand will turn over. Let all that happen. The left leg stays bent.

Good. And then just a couple of times, don't worry about the breath, just do the movement a little faster, as long as it feels connected through you. A little bit faster.

It's lengthening, lengthening, going back. Lengthen the arm. That. As you go there, yeah. There we go. That's beautiful.

Feel just as if it's a movement of your middle, and the limbs just come out of your middle.

That's it. Great. Go to your back. Pause there.

If you can, enjoy the floor. Feel how that —

There's a lot of you.

*[Silence 32 seconds]*

## Coming up

And slightly roll your head a little bit. Feel the movement through your head.

And then just bend your legs, and just one last time, just lightly, with your hands on your lower belly, inhaling, feeling some movement perhaps down towards your belly, pausing, exhaling with a subtle downward push.

You feel something in your hand.

Roll to your side. Come on up.

It's an understanding. Hello.

Feel how that lands in you.

Feel the volume in your chest, breath, length.

Moving anywhere. Raise your light.

*[Silence 33 seconds]*

Okay.