Movement lesson

Angela 2 — Week 4, Day 4, Session 2 — 19 minutes

Summary: Russell speaks of the beauty and basic goodness in each person, then leads a standing movement. Sensing ground and center, length in the spine, and the connection between earth and sky, the group explores safety, presence, and the fatherly qualities of integrity, dignity, and care without taking over.

Basic goodness

I'm sitting here with this somewhat, almost overwhelming experience of how beautiful each person is in their own unique way. And all of us, you know, with all of our problems — right within it, behind it, above it, below it, in front of it, next to it, there's just all this goodness.

And it just touches my heart so much. And then to imagine that human beings can find a way to live together. We're not living together full-time or something, but maybe that's the potential for humanity, that we can actually move beyond our obsession with our problems, and our obsession with other people not being what we want them to be. And keep returning to that basic goodness. And to have confidence in that.

I don't think psychology's the answer. And it has some good stuff in it. But I really want to find the language that's no longer psychological and no longer spiritual. I think we need to leave both of those behind. We can grab on some of that, but we need a new way, 'cause those old boxes confine us in some way.

Standing

Let's stand together.

Oh, another thing. I would love it if we have a stronger group intention to come a few minutes early for our practices.

Sensing the ground here, confirming our presence on this.

Just as we are.

Your right foot comes forward, and forward and back, finding that movement from center — center, ground, and upward.

The force spread permeates that.

Breathing here, radiating up and down.

Looking forward. That's a long spine. Rather than looking up right now — forward — let your spine be long. A certain integrity to the spine when it's in its full length.

Coming back, I recommend lifting the heel rather than the toe. You can experiment and experience that lifting the toes brings the center of gravity further back. Lifting the heel, we can stay over the center more.

Inhale.

Earth and sky

Breathing here, connecting the earthly — the life of a body — our connection to all earthly things, as we're also connected to the highest. So the deepest and the highest, we are the transition, we are the connection.

Sensing from the ground, is it possible that the forces that grow the food have some connection to the forces that call us towards the earth? That there's a livingness that's implicit in these bodies that begins from this body and returns to this body.

And there's this energetic that permeates us that transcends this body, that is more subtle and vaster. It works through this body.

[Silence 38 seconds]

And we'll lift it forward.

Now we'll exhale forward and lift the head, soften the mouth and eyes. Opening above.

Feel connected below. Darkness in that left knee.

Just got to Skype with my daughter who's in Berlin, and she said, "Hey Dad, I went to these museums, and they've got these sculptures that look just like you when you're doing it." I said, "Which one, the up or the out?" She said, "Both of them! They're right there."

Ground and center

Get your left hand. Maybe scatter so you have space. Left hand on your chest. Just follow it.

So, this center and this center, connected, to be very connected.

Moving center, connected to our breath. This feeling, the moving center and the ground — this is our security.

Think of that lizard brain. How can we feel safe in a world that's constantly changing, and potential dangers that always — how can we feel safe? We need a good ground and good center. Keep reaffirming here, here.

The energies through my legs, so we need a little bend in that front knee so that the energies of the earth can easily come through us.

'Cause we can't be secure in ourselves. It's in relationship, it's in connection, it's feeling supported.

You're connecting in a feeling way. Inhaling, opening out, breathing, stepping into our life. A little bend in that front knee and openness in our chest.

Bringing our intention for this — showing up in our situations, in our challenging situations, and also showing up for how wonderful it is. When we're alive and present, be willing to let that in and let that out.

Exhaling, head falls, letting the chest come down a little bit.

We need help to be able to live this life in the fullness that we want, to be able to overcome our own contractedness, fear, bits of self-contraction.

Inhale, stepping. Literally embody. Intention to show.

[Silence 42 seconds]

The father

What about oceanic quality, radiating our goodwill, care, protection?

Say, today's Father's Day. Blessings to all the fathers in the room, and everyone here as father. The father that lives, and lives on.

And when I think of the archetype of father, which is challenging to manifest, the archetype of father is this quality of integrity, dignity of the spine, rootedness to the earth, sense of here. Here for you.

Attention to support. Not take over your responsibility. Say, here for you.

I radiate my goodwill, to share in your suffering, but not try to take away from you your ability to stand.

Exhale forward.

Radiating our care towards beings in our world, towards the world itself. When we are in our deepest connection, we have so much to give.

Inhaling, taking in to the ocean, not into the personal body — into that larger self. A willingness to share, to see that there is trouble, that there is suffering, and it's not separate from me.

Exhale.

Quality of presence in us, always with you, always, at the end of time. There's no question. Cannot do anything to eliminate my unconditional—

Part of sharing in the troubles of the world is not to get consumed by the troubles of others. Not to keep it out, but not to get identified with or consumed by.

The world needs beings who can stand up. Know that larger space that's always there.

[Silence 45 seconds]

Come on closer.