Movement lesson

Angela 2 — Week 4, Day 6, Session 3 — 30 minutes

Summary: A movement lesson on lightness. After letting go of who I am and sensing what remains, breath is linked to lifting the head and foot, then to rolling, taking weight through the hip, and side bending. An unusual slide of the foot under the pelvis follows, and walking shows how the legs can begin in the back.

Who I'm not

[Russell:] So, one of the great insights that comes from working with the identity system is, you can let go of the question, who am I, and just focus on who I'm not.

And when you clarify who I'm not, you get the fragrance of what's left.

Somehow seeing through all those requirements, demands, is the fragrance of something left, that is subtle and clear.

Lifting with the breath

Bend your legs, put your right ankle on your left thigh near the knee, interlace your hands under your head.

Lightly lift the left foot and the head, sensing your breath, sensing that smooth movement through each phase of breathing.

Let it be lighter and lighter, to where it's like the breath and the thought and the most minimal effort lifts you, and the breath and the thought and a minimal muscular effort lowers you.

Keep honing that till it's an inner elegance that you can appreciate.

It would be even lighter.

Taking weight

Let your hands come out from under your head, and lift your left foot. Put your left hand in front of the shin bone on the right leg, and the right hand below the front of the kneecap.

So the hands are parallel to each other, the fingers pointing away from you.

The right hand is below the front of the kneecap. That's it. Below the front, that's good.

Take the lower leg off. Take that right leg off of the left. So you just pull the thigh towards you a little bit.

Have the left hand on the thin part of the shin bone, so almost like in front of the ankle. The hands are parallel to each other, the right near the knee, the left in front of the ankle.

And then you're pulling that lower leg towards you, as much as you can. The foot and the knee move together. So it's not just the knee towards you, it's the foot and the knee, almost like that's one unit coming towards you.

Let the left foot stay on the floor. Take the right leg off of the left leg, and let the left leg stay there, foot on the floor. That's it.

And now slowly, slowly, roll to your left and let that right foot come to the floor on the left side of your body.

So you can actually put the foot down, and you could even begin to put a little bit of weight onto it, like you're pushing the right side of the hip towards the knee, and then you roll back to your back.

So go slow and light. We've been developing this lightness connected to the breath so that we could translate that into movements of the whole body.

So let the left foot stay on the floor if possible, and let the right foot come to the floor on the left side. The left foot, of course, can roll to the outer edge. The left knee can go out to the side. That's fine.

But you're bringing that right foot to the floor, and the feeling of the hip pushing, so that it's almost like you're standing, beginning to take weight on that right foot.

So when the right foot comes to the floor, you pause there and feel this foot, and feel like this is really— it's great empowerment to the back when you can push the knee over that right foot. Like it's almost like someone's pushing your hip towards the knee.

That right leg is towards the vertical when it's over on the side, so it could really take weight if it had to.

So the left hand is pulling that right ankle towards your chest. That's good.

And a little faster and lighter, not harder, just kind of more playful. Please let the head roll as well.

That's it. Good.

Okay, leave it, flowing with all influence.

Noticing

Sense the influence in your whole body.

[Silence 50 seconds]

Notice where the mind goes during the pause, just with gentleness, just to notice where the movement is. Pictures, or thoughts that get generated.

You can step back.

There's this interesting movement I was pointing to in the meditation this morning. At first, we step back, and we feel like I am aware of that voice, or I am aware of my body on the floor. Then we can even step back further till the I is extra. There's just noticing occurring.

You can rest, free from the burden of being, for a few moments. And there's just the lightness of being there.

The other side

Bend your legs, put your left ankle on your right thigh.

And put your hands behind your head, non-habitually, and just raise the right foot, and raise your head. Just let that get softer, lighter, connected to your breathing.

No aggression to it, no demand that you be more flexible or better.

So different inside when there's a demand, a requirement to get better, to be the best or to do something, or there's an inner motivation, a movement toward— like the urge toward growing.

Then let the hands come out, the right hand somehow in front of the left ankle and the left hand below that kneecap. So the hands are more or less parallel, something like the width of your shoulders.

So the right hand is in front of the ankle, or the lower part of the shin bone, the left is just below the kneecap, the fingers are pointing away from you, and you're bringing that whole lower leg towards your chest.

So it's a bending, and then see if you can keep the right foot on the floor and have the foot come as much as the knee towards your chest. Of course it's easier to pull the knee than the foot.

When we take the whole lower leg, then the whole hip joint has to bend, especially those inner aspects that a lot of us don't use, a lot of us don't mobilize so much. And when those inner parts of the hip joint get used, as they need to, to bring your foot, that is really helpful for your back, because your hip gets more mobile.

Okay, and then as you have the lower leg, slowly begin to roll rightward and experiment with the foot and the floor becoming friendly.

You can feel how there's this kind of knowing in that leg when the foot comes to the floor, that it knows how to take weight.

And then you can push onto it a little bit, and then come back.

Ever increasing light.

[Silence 38 seconds]

And a little quicker, lighter, just kind of more playful, primate-like. Rolling, coming to the floor, rotating. Yeah.

Okay, pause, slow it down, leave that.

[Silence 31 seconds]

Side bending

Right knee open out to the side, bring your left leg to standing.

Interlace your hands under your head. Bend down to the left.

Do that a few times, feeling how you can keep letting your chest get more and more free, letting that right side open, left side bend.

Feel it all the way through your pelvis, how your pelvis can help.

And then when you're down to the left, reach with your left hand towards the ankle, move the foot also. Bring the right arm upward, rotate your pelvis towards the right a few times. Feel that whole movement.

Your head, one time go in one direction, another the other, but keep lightening the feeling of ease.

That's it. That's good.

And keep your legs like this. Let go of your ankle and slide back to neutral.

Reverse your legs.

Interlace your hands under your head, slide down to the right, and just immediately find that right hand towards the right ankle, left arm up, and just remind yourself of that.

That whole movement, let the left arm be upward on the floor, and one time you look up. Your right hand is holding your right ankle, if you can. Left arm is on the floor, upward somewhere, comfortable. Find a good place that it's not a strain in the shoulder.

If it can't be really up, have it more to the side, as you don't want to force. We want your nervous system to be in a state of lightness, of enjoyment. That it's not a forced condition. So if your shoulder is straining, you won't be in the state we want. So you find a place it can rest.

That's great.

Okay, then slide back to neutral.

[Silence 54 seconds]

The foot in the gap

Bend your legs, right leg out to the side, left leg standing, your arms long at your sides, and begin to experiment with how you could slide your right foot between your left foot and your pelvis in the direction of your left hand.

How you could slide, so the right knee stays open to the right. And the right leg finds a way of sliding. Just go slow, because it's an unusual mobilization of your hip joint.

So your right leg stays bent, and the foot slides into the gap between your left foot and your pelvis. Okay?

So you get lighter and smoother, find a way into that gap. That's it.

And then pause with that foot over toward your left side, and interlace your hands under your head, slide your head and arms down to the left, and reach in the direction of your right foot with your left hand, as if you were— right foot.

Now come over the top of the foot if you can. If you can't, just touch it or get near it, whatever you can. Please don't strain.

It's really more important that you're able to breathe, that you're not struggling, that you're not clenching your teeth, right? And let that right arm be upward on the floor, and you're holding your right foot or near your right foot, and then roll your pelvis to the right.

Let the right arm be on the floor somewhere, just upward, comfortable. Roll, and as you roll, you can even bring that foot more under your pelvis. You can pull your right foot a bit under your pelvis.

Roll your pelvis to the right. You're rolling your pelvis to the right, correct. And then as you roll to the right, you'll find you can, if you're holding that foot, pull it slightly under your pelvis even more.

Maybe, maybe not. If not, listen to that. You don't want to cramp your foot. Yes.

Don't force, please don't strain.

Okay, now, keep that foot in a place that's comfortable enough, and slowly begin to slide your left foot around your right knee, and then come back. Slides on the floor. You're at least touching the floor.

So your right foot and your left hand are friendly. Your right knee is out to the side. You're holding that foot, if you can, with your left hand, and your left foot is sliding around your right knee.

That's it. Light. Keep getting lighter. Even if you can just touch the floor with that foot, that's okay.

And as the foot comes around, let your head turn left. Can you find a way to do that?

Left— like the head on the floor, turn your nose toward the ceiling. Left like that.

Can you find a way just to free the pelvis and head? We were doing it in all those other positions. Can we do it in this one?

That's it. Great. Okay. That's good.

Okay, leave it, lower down. We're getting there. Getting somewhere.

Just feel the influence on your back, chest, pelvis.

Let your head roll a little bit.

[Silence 36 seconds]

Anytime you're finding channel me uninteresting, just change the attention a little bit.

[Silence 36 seconds]

Try for about ten minutes. It would be interesting to see somebody else's channel.

The other leg

Bend your left knee out to the side, your right leg to standing.

Let's just go directly into this movement this time. So see if you can slide, experiment with sliding that left foot under that gap.

Be gentle. It's easy for the foot to cramp if you start reaching with the foot too much, so let it be smooth and light and comfortable.

Then keep the foot in some comfortable place under that gap. Interlace your hands under your head, bend down to your right, and then free your arms so the right arm can go over the top of the left foot if that's convenient.

And then rotate your pelvis to the left in this position. Feel, can you imagine what your hip joints look like?

Feel, picture your pelvis in this position. Yes.

And let's see. And then let the pelvis come back to the floor, and slide your right foot around your left knee. You can let the head move however it needs to. Let the right foot find a way to come around. It's like a sailing boat coming around the Cape of Great Knee.

Finding its way. Then it goes north towards that island paradise called the Elbow.

Or the armpit, the armpit paradise.

Your armpit's been waiting to be called a paradise for a long time.

Light.

Say it again. We might have to dock off here. That's it. Just let that come around.

And then once it's— are we ready to do that? No, not quite. Okay. We'll have to get to that next one tomorrow.

Great. Come around, go back, enjoy.

Okay, and then come onto your back, lengthen your legs.

Feel what that's like.

Standing

Roll to your side, come on up to standing. Get a feeling for how that lives in you.

Come to standing and feel how you take weight, move, walk a little bit. Feel what—

[Silence 34 seconds]

Feel what happens. Go, just walk. Walk regular.

Reports

Reports. Reports.

[Student:] Your legs start at the shoulder blades.

[Russell:] Your legs start at your shoulder blades.

[Student:] Never been walked before.

[Student:] Bouncy.

[Russell:] And you, how did you do with that? How did your hips do with that?

[Student:] It's coming.

[Russell:] Good, good, good. Potent one, yeah.

[Student:] What question to Russell, when we get the tape of this? What's appropriate?

[Russell:] Okay, let's talk about that later. Ask me— remember to ask me later. Let's stay in this. How are you doing with this? That knee, huh?

[Student:] Everything else is fine.

[Russell:] And how's your sacrum doing with this?

[Student:] Much better.

[Russell:] Good. Yeah, good, good, good. Okay, thank you. Time for lunch. We'll do the next piece of this tomorrow.