Movement lesson

Angela 2 — Week 6, Day 6, Session 2 — 16 minutes

Summary: Standing, the lesson begins by sensing the ground, heels, and a subtle lift of the arches. With the golden ball and a beginner's mind, breath joins earth and sky. Stepping into difficulty is met with dignity, humility, and the goodwill of a larger self.

Sensing the ground

Okay, so let's just begin sensing the ground.

Freshly, of course. That's the key to all of it, is that it's new. It's not the same old experience.

A little rocking forward and back. We're sensing different parts of your feet.

Getting a clear sense of those heels, and the way the heel bones give a support all the way up through your vertebral column. There's some sense of that.

The bone, you know — the bone is real earth stuff. So much calcium lives in the earth and comes up through our bones, all the way up.

And then with a very subtle invitation towards the outside of the feet, so that it's like the sun rising under your arches. Not a big movement, just a subtle something that raises you.

Feel through your neck. Does your neck know your heel — your arches are coming up slightly? Does the base of your skull have some relationship to that?

The golden ball

And bring your right foot forward, the hands around the center.

When Suzuki spoke about beginner's mind, he said that the real challenge is to do the same thing ten thousand times and have it be brand new, be a beginner.

So it's like the golden ball is not the same old golden ball. It's this one now.

Can there be some sense that we move from here and everything is immediately connected through the top of the head and the bottom of the foot?

The arms high.

Inhale, and letting the attention sweep through the whole body, upward towards the sky, downward into the earth.

Exhale. Some softness in the knees allows a kind of fluidity with the earth, that we're not pulled away, locked away. We're buoyant with the earth.

And inhale.

With that right foot, notice if there's still some feeling of an arch, some feeling of that heel bone and the outside of that foot.

Feel the length of your spine, the top of the head towards the ceiling, towards the sky, the palms toward each other.

Exhale. And inhaling, sense that the crowns of your fingers and the crown of your head are open to the world above you. Like transmitters receiving, or receivers, and it goes through you into the earth. Then up from the earth, through you, through the fingers as transmitters, through the top of the head.

Between earth and sky

We're standing. Left foot forward.

Fingers open to the earth. Feet. The top of the head open to the sky.

Literally sensing the interconnections through our body. And exhaling. Soft jaw, soft neck, inhaling. Breathing here.

In us, when unsteadiness comes, it's an invitation for more earth energy, more ground.

And exhaling. Opening above, support from below.

And inhaling. We can actually have the sense, or at least the imagination, that there's like a substance that we bring from above into the earth, and from the earth above. And we become this connector.

We're allowing the support and the inspiration, but mostly the interconnectivity.

And one more time, exhaling, and inhaling, and just standing.

Carried from below

And left hand on your chest, right hand on top. Right foot forward. If you need some space left and right, just stagger yourself.

Just keep the hands here a few times as you move from this center, and you feel that the feeling center and the thinking and symbolizing center are carried from below, supported from below, empowered from below.

And the top of the head is open and reaching upward like a flower towards the sun.

Stepping in

And this time as you inhale, letting the arms open, stepping into your situation, whatever that situation is, with the intention of grounded, centered, dignity, and an open heart.

The dignity is that long spine. The grounded is this earth quality through your feet and legs. Center is your moving center.

And coming back, please help me, 'cause it's really difficult to be so present in difficult moments.

So a softening of the chest. Lowering of the head.

The humility of acknowledging that we fracture it often, yet in the next moment we have the intention to stand and come forward, to stand up and do our best the next time. We show up to the best of our ability.

I'm here to give my gifts as much as I can manifest, and please help me when I stumble.

The larger self

Inhaling. And exhale. Expanding.

Fill your lane and your ground, your center, and your breath. The space all around you, the immediate space and the larger space. The sounds can help you enter that larger space.

Left foot comes forward, left hand on the chest, right hand on top.

And now is the willingness and courage to be that larger self. It's who you are when you're not confused, when your natural goodwill is alive, and your presence.

And you can radiate your care toward yourself, toward others. You're not lost in your story. You're remembering this larger being that you are, and exhaling your goodwill into the world.

You see the joy and the sorrow. You bear witness to it, and you inhale, taking it into the larger body, not the personal body — the larger space that can absorb without injury to the personal body. That can share in the situation.

And exhaling. Radiant, you're grounded. You have that length, this radiant presence that cares for life.

Inhale. Your head stays up. Now the head is up. We have this long spine.

The situations we're taking care of don't need us to go down with them. They need to know that our warm heart is not consumed by their sorrow and suffering, but is with it. That we see the bigger picture, even as our hearts are open.

Exhale.

Yourself, embody those qualities that are so essential for our awakening. You have this unconditional goodwill, this grounded strength, this presence.

Inhale.

Understand.

Go inside.