

Letting Go and Renewing Oneself

Gently come into a standing position. First, place your feet hip-width apart and parallel—the outer edges of the feet parallel to each other. Discover the density (weight) of the floor. Discover where the density of the body is placed within the feet; can it be centered in the middle of the feet? Can you feel the entire space around you—in front, behind, above, below, left, right?

Now, take a wider stance with the legs—not your maximum, but not too timid either. Feel the outer edges of the feet anchoring a bit more into the floor, while keeping the big toes well grounded. The arches of the feet reform. You might notice a dynamic quality: the base of the pubis moves slightly forward, and the chest clears.

Good. Keeping the base of the pubis stable, we go toward the front. The right shoulder drops toward the right knee, and then let the torso lean forward. The head drops; the arms drop.

We'll draw circles with the entire torso in a very supple way. In one direction... the arms are passive, the head rolls. (Be careful not to go too far back with the head). Then, in the other direction. Keep the base of the pubis slightly forward. Don't force anything. Return to a vertical position.

Feel what is there—what's happening. The torso, the feet, the hands, the face... all at once. A slight pressure on the outer edges of the feet. The pelvis tilts gently forward again, the chest clears. Keeping a long torso, dive forward. The torso leans until you can place your hands on the floor beneath your shoulders. Depending on your flexibility, you can either bend the knees slightly or keep them straight. The coming and going of the breath.

Now, lift the heels to come onto the balls of the feet. Redeposit the heels, anchoring them; the pelvis moves slightly back. Again: lift the heels, come onto the toes, and return. Tadam! The heels anchor, the pelvis moves back. Yes.

Now, cross the forearms. The fingers reach out as if to touch the toes of the opposite foot. You can bend the elbows to feel an opening in the back. Again, adjust the knees according to your flexibility. You can also explore by turning the hands to place the backs of the hands on the floor. Feel the coming and going of the breath.

Good, the hands return beneath the shoulders. The navel moves away from the pubis.

The sternum moves away from the navel. No; the front side of the body is long. The back settles, shoulders move back, the back of the skull is in alignment. Inhale, exhale. Release.

You can bend the knees and bring the heels and toes together ("zig-zagging" the feet) until they are hip-width apart. Release completely.

You can bend the knees and unroll the spine vertebra by vertebra, until you are back in a standing position. And feel. Feel where the density of the body is situated in the feet. You can shift the weight forward and bring the heels together... or shift it backward without lifting the toes. Find what feels like the center.

Take a wide stance again—always below your maximum, but not too small either. The toes will open slightly outward. The support changes: the knees also open, as if they were going toward the "little toes." Support on the outer edges and the heels. Lower down, as if you were going to sit on a stool.

The arms open to the left and right. Be careful with the shoulders—nothing in the shoulders. Look toward your left hand. Flex the left wrist so the palm faces the "wall" as if you were going to touch it. A "fracture" at the wrist. The right arm makes a grand movement over the head. Inhale, exhale. Perhaps sit a bit lower. Be sure the base of the pubis stays slightly forward.

Now change arms and head: look to the right, flex the right wrist. The breath flows fluidly. Slowly return. Feel it.

Lift the heels and sit back down on your "stool" with heels lifted. Both arms rise. If you can, toward the vertical. Palms face each other and eventually touch. A few breathing cycles here. Keep the base of the pubis slightly forward. Return.

You can come and lie down on the back. Feel the density (weight) of the body settling, renewing itself. The feet are roughly hip-width apart and fall outward. Arms to the sides. Head in alignment. Feel the coming and going of the breath. The inhale is like a massage; the exhale is like a massage.

A smile forms on your lips. Imagine this smile is also in your chest—a wide smile. Always the coming and going of the breath. Imagine there is also a smile at the level of the belly. Do nothing more. Let yourself be. The experience of the body from moment to moment.

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