

# Giving Oneself to Listening

Discover the sensitivity of the body in space. Let the soles of the feet appear. Keeping the heels firmly grounded, shift the body's weight forward toward the toes.

Then shift it backward toward the heels, keeping the toes on the floor. Don't lift the toes. Find the center, where the body's density (weight) should settle between the two feet in your felt sense.

Yes, the ankles. Bring your attention to the ankles. This isn't a tight, brain-centered concentration; it's an open attention. Let the ankles appear within this openness.

The knees: feel their sensitivity, don't lock them. The knees, the hips... feel how the pelvis places itself. Press the outer edges of the feet into the floor. Be attentive to what happens in the pelvis.

You might observe a movement, or perhaps not: a slight posterior tilt (retroversion) of the pelvis. Does the pubis move forward a little? The chest rises and opens.

Take the right wrist behind the back with the left hand—index finger encircling the wrist. Arms are released, shoulders relaxed. The chest rises a bit more. Keep the pubis slightly forward. The right breast more to the right, the left breast more to the left. The pelvis moves slightly forward—don't go too far. Perhaps the head follows.

Inhale well, exhale well. And return.

I'm going to let the head roll forward. The top of the torso follows. On the exhale... and I release, I let go. I release the belly, I release the chest. There it is, the head loose. The hands might still be in the back; let it happen. If you have balance, leave them there.

And observe the coming and going of the breath. Inhale... exhale. Notice the time of repose. We can breathe in the repose after the inhale.

And I'm going to release the hands. I'm going to come and frame both feet. And I can let there be a bit more presence on the left leg and I'm going to slide the right foot back.

The left leg bends. The right leg is extended. So: the left knee is exactly above the ankle. The toes of the back foot are tucked. The chest rises.

And we're going to place the right knee on the floor. We can keep the toes tucked. The chest rises. And we come to take the right wrist in the left hand behind the back.

The chest rises as if it wanted to touch the ceiling. The pelvis moves forward slightly. Perhaps the head follows. The coming and going of the breath.

Gently return. Place both hands well framing the left foot. The left foot slides back; the knee comes beside the other knee, hip-width apart.

I'm going to bend the elbows, I'm going to place the forehead on the floor. And by a movement of slithering (reptation), I'm going to slide forward and find myself with the hands under the shoulders.

You can rest either the forehead or the chin on the floor. Big toes are joined, heels fall outward. Settle into the points of support.

Release the glutes, release the thighs. A light pressure of the pubis into the floor and the head rises, the chest rises a bit. The small cobra (Bhujangasana). Don't go too far! Elbows close to the body, shoulders low and wide.

And I'm going to push on the hands, push on the knees, and come to the four-legged position (Tabletop). Hands under shoulders, knees under hips. First the balanced table; feel. Feel the supports in the wrists, in the shoulders, in the knees, in the hips. Well.

And I'm going to arch (creuser) the lower back. I release the belly, I release the perineum. I arch the base of the back. I can slightly bend the elbows. Shoulders wide, shoulders moving back. The pelvis recedes a bit.

The chest rises. We can feel a bit "stuck" here, a bit of tension in the upper back. Two or three breathing cycles. Don't break the neck; the chin slightly tucked to stay in the continuity of the column.

And on the exhale, I round the pelvis, I round the lower back. I round the middle of the back.

And at the end of the exhale, I'm going to tighten the perineum and draw the belly toward the spine (Uddiyana Bandha). Attention: the shoulders remain far from the ears.

Inhale well. I release the belly, I release the perineum. The belly and back arch.

Shoulders wide... shoulders moving back and at the end of the inhale, during the pause (Antar Kumbhaka), the chest rises. And continue like this at your own rhythm.

At the end of the exhale, I draw in the belly and tighten the perineum.

On the inhale, I release the perineum, I release the belly.

At the end of the inhale, the chest rises. And I'm going to come to sit on the heels (Vajrasana). Let the glutes "liquefy" into the heels.

It might take a certain time before really feeling the full deposit of the glutes into the heels. When you feel that they really settle, observe them well deposited.

A beautiful line is drawn from the pubis to the throat. Navel immense, chest immense. Slide the arms back and we take the right wrist in the left hand.

The chest rises even more, the navel moves away from the pubis. The chest, an immense chest that rises and opens.

And perhaps the head follows. Attention: breathe. Without stifling the breath; let it flow.

And I'm going to give an impulse with the pelvis that rises. The head returns and I can free the hands. Come to four legs, position of the balanced table.

Take an instant to feel here. I'm going to stay with the globality: the body, the floor, the space around. Without seeking anything in particular. If there is something more dense or tense, don't focus on that; stay in the global openness.

And we're going to arch the lower back. Release the belly, release the perineum. Shoulders move back, the chest rises, elbows slightly bent. The pelvis recedes a little as if wanting to go and press against the wall back there.

We can tuck the toes. The hands move a little closer to the knees. The chest "takes flight" here. And we're going to come with the pelvis toward the back, the knees lift: Downward-Facing Dog (Adho Mukha Svanasana).

We bring the pelvis toward the back. At first, you're not obliged to straighten the legs; they can stay bent. But we really want to bring the pelvis far behind, as if benevolent hands were pulling it.

And when we have the pelvis back there, we leave it there. And now the navel moves away from the pubis. The chest rises, opens; a long front face of the body.

And perhaps, keeping the pelvis back there, we can straighten the legs. See what is possible.

Notice the coming and going of the breath.

Well. I'm going to carry the right leg forward. I place the left knee on the floor. The chest rises. Just for a moment: the arms back, we take the right wrist in the left hand. The chest rises and opens, exploring backward.

The coming and going of the breath. Attention not to block; let it flow. And I return. Place both hands well in front. I bring the left foot beside the right foot.

And I abandon the belly, I abandon the chest. We release the head. Long exhale. Long inhale. If I have enough balance, I can take the right wrist with the left hand behind the back. And I'm going to lift the torso.

You bend the knees a little, the torso rises. And the movement continues: the pelvis moves forward a bit, the chest rises, the head follows a little (don't go too far). Arms hang. I return to verticality, I let go and free the hands.

And feel. Open attention. The body. The space around. At the same time. Everything that sparkles and centelleates. There is a light push of the outer edge of the feet in the floor. The pelvis moves forward a bit.

The chest rises and opens; no shoulders. Really: the arms rise, we don't stop. We come with the hands, palms well open, just above the shoulders.

So: the pelvis a bit forward, the chest rising and opening, the shoulders descending. Two or three breathing cycles here. If you have shoulder pain, you adjust.

And we're going to bend the knees a little. We keep the torso long and we come to dive forward (Uttanasana). Keep the whole front face of the body well lengthened.

And I release. Release the belly well, release the chest well. Shoulders flow into the hands.

Coming and going of the breath. Can I leave it free? Well. A bit more presence on the right leg; it's the left leg that slides back. The left leg extended and I'm going to place the left knee, comfortably.

The torso rises and I open the arms to the sides. And perhaps I explore a bit backward when it feels good; never go too far. I return. Slide the right foot back to the height of the left leg.

There I'm going to recede, place the left foot a bit further back, the right foot... I come into the Plank (Phalakasana). Attention to the pelvis here: not too low, not too high. Shoulders wide, shoulders moving back. The chest soars.

The neck in alignment with the column. Two or three breathing cycles. I come to place the knees. I'm going to recede the pelvis a bit; the elbows bend outward, I place the forehead on the floor and a movement of slithering (reptation). Lying on the belly.

Both hands under the shoulders. Big toes join. Heels fall outward. And I can let the whole back of the body flow toward the front, and the whole front flow into the floor. I feel that the earth carries me.

And I push with the hands, with the knees. The pelvis a little bit back. I come to four legs, position of the table. Hands under shoulders, knees under hips.

I'm going to arch the lower back. The two sit-bones well wide recede a little. Shoulders move back, wide shoulders. Elbows bend a little, the chest rises. It can be uncomfortable or a bit tense.

We tuck the toes in the floor; we can move the hands a little closer to the knees and come into Downward-Facing Dog. Pelvis well back. And a long line from the pubis to the throat; the chest expands.

Perhaps we can straighten the legs while keeping the pelvis well back. And now it's the left foot that advances, slides forward; right knee to the floor. The torso rises, arms open.

Vincent, perhaps descend a little more. Notice the breath. Next time: both feet side-by-side; I bring the right foot beside the left foot. And I release. We release the whole torso.

A long exhale. Let the breath spring forth of itself. And I'm going to unroll the back to rise. For that, I'm going to advance the knees, advance the pelvis, and the back unrolls vertebra by vertebra.

And feel the reactions. Feel the abundance of sensations. Let it happen. Feel the whole body sounding in the space. Feel what sparkles, what centelleates, what

bubbles.

In the lying position. Lying on the back (Savasana). The feet a little apart and falling to the sides. Arms on either side. Long neck, chin tucked. Choosing to place the palms on the floor.

No too many adjustments. Let yourself be undone by the coming and going of the breath and be crossed in a completely passive manner. A breath that rises, a wave that rises on the inhale. The wave that descends on the exhale. The body settles spontaneously in the points of support.

And I'm going to bend the left leg; the left knee, and come to place the left foot near the left buttock. The right leg, the right knee bends. The right foot comes near the right buttock.

And we're going to join the feet and the knees. The arms a little at 45 degrees, in opening. On the exhale, the knees are going to come toward the right and the head to the left, in a small twist (Jathara Parivartanasana).

And when the body inhales, I return. A time of pause. And I exhale the knees toward the left, the head toward the right. I inhale, the knees rise, the face returns. Exhale toward the right, the knees; the head toward the left. I stay there.

And attention here: keep the left shoulder well on the floor. Resist with the left shoulder; don't let it lift—it's preferable to go less far with the knees.

And we're going to slide the left knee upward but keep the leg well low, near the floor. We slide the knee toward the chest/face. And we're going to place the right hand on the leg. We release.

Feel the weight of the hand; we're not going to push or pull. Just the presence of the hand on the leg and attention: always the left shoulder on the floor. Two or three breathing cycles here.

And as you know, when we are in the twists, we try to keep the abdominal wall slightly held. On the inhale and exhale: relaxation of the face, of the shoulders.

And I return. You can take the time to adjust the lower back; perhaps exhale a little, lengthen it. Feet together. I'm going to exhale: the knees are going to go toward the left, the head toward the right.

Keep the right shoulder well to the floor. The right knee, which stays a ras du sol (at floor level), is going to slide toward the chest, toward the face. We place the left

hand on the leg, on the knee, sorry.

Like a benevolent presence, without pushing. Let the weight of the hand act. And the right shoulder resists: stay well to the floor.

Can I keep the abdominal wall slightly held? I can relax the face. Two or three breathing cycles.

Very well, I return. I lengthen the legs and in the lying position, feel. Hands, face, and feet very sensitive, very alive. The floor and the space around: that is the body. And the coming and going of the breath happens... Inhale.

Thank you.