

Hello, everyone, and welcome to session two. As always, make sure you have some space that feels right, that feels nourishing and safe for the work that we're going to do together. Make sure you have some water, some tea, something to hydrate you. If you have a plant or an object that can help you relate as we go through the work, it's always nice. When in doubt, you have me. You can sit, you can stand, you can lie down. I'll show variations of all of them as we go through. We're going to build from session one, you'll see some familiar things we're going to repeat. Then we're going to unfold elements of those familiar things, and then add something new. So, bringing our energy into our heart, just taking a moment, giving ourselves credit for taking the time and the energy to be here today. To show up, to be present, to share our truth, and know that we are doing it for our own benefit, but also, for the benefit of others. Smiling into this opportunity, and letting this opportunity smile back at you.

Let out a sigh if it wants to go, clean the heart, give a nice little brush to the sternum. Nice and gentle. Sending that energy all the way down through the feet, into the earth, that the earth receive us, that the earth support us. Feeling the inside arches of our feet, the outside arches. Feeling the heels as a place of support to stand, and the balls of the feet as a place of support to move. From here, just start to invite the weight to shift left and right, letting the spine undulate left or right. I'll show sitting down, same idea. Letting the head and the ears drop, this is great for waking up the vestibular system, the balance system in our inner ear. Letting the hands and the arms also support the movement of the pelvis for exploring potent posture. Posture not as an image, but as a source of movement and stability. Be playful, be curious, and as always, throughout today's session, listen to your body, adapt for yourself however you need. Let this exploration left to right settle back somewhere in the middle, and then let the energy come back and forward.

So, if you're sitting, you'll feel the pelvis start to rock. You'll feel the energy into the heels, into the toes, and if you're standing, same idea, rocking the way back and forward. Seeing our pelvis as this big, beautiful boat, rocking, negotiating the undulating seas of life. Really feeling this energy front and back, it doesn't have to be big, it doesn't have fast. Feeling this energy also connecting the top of the head. It's not just moving our body, but also connecting with the sky, heaven energy, expansive energy, and the earth. This yielding, condensing energy, and settle front and back. Take a moment and feel the echo of that movement. Now, let's put them together, left and right, front and back, playing with little circularity. Also, what we're doing is giving a really nice foot massage. If you're lying on your back, on the ground, or even lying on your front, just explore the three dimensionality of your weight. That's really what we're doing, we're just playing with gravity. Circulating one way, and try the other way, moving, it's like we're surfing the earth. That's it.

See if we can liquefy our skeleton, get all the way into the marrow, where we rebirth ourselves, this liquidity. The true wealth of our body and our marrow, and let it move, and let that settle. Then take a few moments and just play, open, front and back, left and right. If you feel inspired, playing all the way, shifting the weight to where you could lift a limb. Start to just really explore the capacity of the body through the potent posture to shift the weight. Beginning the arc of locomotion, and opening our eyes, using the space around us, the relational element to support

us. Continuing to breathe, soften, and bring all of that beautiful exploration back over our feet. Again, finding that place, and maybe that place is different now than when we started. That place between the front and the back, the left and the right. Settling into stillness, stillness doesn't mean holding, it doesn't mean tension, it just means an arrival before we depart again. Bringing our hands up into our awareness, our palms. Take a nice inhale and breathe some magic exhale soap into those palms.

Rub that magic energy together, palms connected to the heart, heart connected to the world. From here, starting to wash our hands, finding all the curves of the fingers and the wrists. Taking that idea of liquidity in the joints, and now applying it into the hands, into the fingers. So that when we wash our hands, we're not isolating our hands, but we're continuing to feel that shift. Continuing to open the pelvis, open the feet, open the spirit. Make sure you get the backs of the hands, the fingers, our hands are so amazing. Think of all the things they do for us, and bring a little more friction, a little more heat, building that magnetism on that fire. 3, 2, 1, just opening a little bit. Feeling that thing that is unseen between the hands, this magnetism. Connecting to our breath without changing it, without forcing it, just feeling our breath. Placing our breath between our hands, and gently letting our breath and our movement play together, left or right. Inhale, letting our hands also invite our eyes to see the space, left and right.

If you have a wall, see through the wall, it's the capacity of our vision to go into our imagination. One more, expanding left and right. Coming back, transforming, shifting our hands. Sound effects, superheroes. Opening up, and then following the size of the movement that feels right for you. Opening up and down and letting this opening of the hands also start to invite the head, the neck, and the throat, to open, so good for our vertebrae. Up to heaven down to earth, last couple. Coming back, one hand top of the other, and transforming it, front and back. Feeling the front body, the back body, the middle body, and breathing, softening. Your breath doesn't have to match your hands, it's not about forcing the movement and the breath together, it's about enabling them to support each other. So, the breath and the movement are so spiraling, they're dancing together. When we fully engage with that, our potent posture is also there. That exploration, the beginning, is also there, shifting front and back, left and right, last couple. Notice how this front and back also opens a spiral on the left and the right through the spine.

Last one, and bringing the hands back close, all the way back at the beginning. Now, we're going to put these three sequences together, so we're going to go left and right. Coming back home, shift the hands up and down. Heaven and earth, front and back body. Again, same sequence, same little choreography, left to right, up and down, front and back. Begin, left or right. Notice each time, even though we're repeating it slightly different, the body is starting to explore. Again, following your own impulse, adjusting as you need, front back. One more, and letting my hands come back, and feeling this three dimensionality that we created. This ball of energy, this ball of breath. Now, from here, we just take it for a little exploration. Moving the ball, expanding, contrasting the ball, shaping the ball. Because the ball is us, letting the breath and the movement play together. If you want to challenge yourself, you can find bigger movements, or maybe for you, it's challenging to find small movements. To do less and find the depth in the subtle.

I invite you also to let this ball open you to the space, seeing the walls, seeing the back space, awareness in our spine. Maybe it brings you down a little bit, brings you up a little bit, maybe there's a pause, can you still breathe while you pause? Last couple of moments. Bringing the ball back together, and just a moment of sharing, I'll toss my ball to you, you toss your ball to me, 1, 2, 3. Just feel that ball, feel the empathy of someone else's energy. Try that on for size, and offer it back to them, 3, 2, 1. Take your ball back and gently fold it back into you, letting it dissolve back, recycling our energy. Taking a moment to breathe, to let the body process. Take a drink of water, if that feels good. It feels good for me. These moments in between, these transitional moments, are really important to let the body move and process the energy as it needs. If we don't take time to process and integrate, the body doesn't repattern and relearn. So, from here, we bring energy into our fingertips, into our tentacles.

Down at our sides, down at our waist. Activate our immune system, send the energy forward and pull it back. Spiraling the fingers, the wrists, the whole upper body, and activating the lymph in our shoulders. If you're standing, you can let that pump in the shoulders, also activate the pump in the legs. Going at your own pace, I feel a little energized, I'm going to go a little faster. Activating the heart, and 3, 2, 1, and bring the hands down to the sides. Same idea, we're going to cross the elbows. Start nice and slow, and open the heart, in the front and the back, and let the pump of the arms support the pump of the legs. This pumping of the lymph system helps to clean the toxins, it's a really nice way in the morning, waiting for your water to boil, get the lymph system going. 3, 2, 1, and slow down, and let the hands just settle down with the sides. Keep the armpits open, it's really important, the armpits are a gateway to the heart.

So, the armpits open allow the heart to continue expanding, the blood, reaching all the corners of the body. Same idea if you're sitting. This capacity to take up space, to know that we deserve to take up space, we deserve to have a place in this world exactly as we are. From here, we're going to add a new segment today, it's called tapping. It's a percussive practice where we imagine our body as this beautiful instrument, this drum, and we're going to start to play the drum. So, we're going to start playing our heart. Nice soft pitter-patter, waking up our thymus, our joy, our connection to the world, and really see your body as this drum. What kind of rhythms does it have? What's the resonance, and from the [inaudible 00:18:52] we're going to go and play our lungs, into our collarbone. We're going to come down, play one side of our organs, waking up the vibration in our vitality. Other side, and gently into our belly button, into our gut brain. Waking up our intuition, and back up, let's play our arm.

This kind of tapping is waking up our proprioceptive system, this nervous system of our skin that helps us feel the world, relate to the space around us. So, waking up our skin with this touch, and come up to the head, wake up our brain. Wake up our skull, and very gently, waking up our eyes, our ears, our neck, our jaw, little rain drops, pitter-patter. Raining all the way down until we get to the pelvis. This is the big drum, sending the energy through the pelvis, and down the leg all the way down to the foot. You can play the bottom of the foot if you want, or you can stomp the foot. It's another way to wake up the foot, and back up the leg, and to the other side, round and down. All the way up, make sure we get our back. Say hello to our kidneys, and back up to

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our heart where we started. Just let that drumming eventually settle nice and gently. Our hands somewhere on our instrument. Just feel your skin feel, that resonance.

I feel a... This deep vibration of energy pulsating. The beautiful thing about the percussion is it goes inside, but it also ricochets outside. So, our energy can regulate within more easily and radiate around more easily. A little bit of tapping goes a long, long way, and finishing today with our French press meditation. I do one standing, one sitting. Going to open our palms, place them at our waist, and put something in our palms we want to let go of. Something we just want to release. See it, honor it, acknowledge it, and on the inhale, draw it up. Breathe it in, get to the top of the head, turn it over and exhale, sending it down to the feet. Just like that French press coffee, we're left with the deliciousness. One more time, hands, and on your own rhythm, inhale and exhale. Dissolving, releasing whatever we don't need so we can continue on with our day. Job well done, take our hands, give ourselves applause. Job well done time, well spent. Thanks for hanging out with me. I clap to seal the deal on 3, 3, 2, 1.