Movement lesson

Angela 2 — Week 1, Day 5, Session 5 — 70 minutes

Summary: Standing, Russell attends to the heel bones, then to the sitting bones as the calcaneus of the pelvis. The lesson recovers hip-joint bending so the back can rest, and names skeletal consciousness as closer to the core than habit. Slow knee-lowering, spirals, and floor time open the pelvis, then that length comes to the cushion and to standing.

The heel bones

Really, steady your patience.

So as we're standing here, standing here and saying hello to the ground.

Just softening in your knees and letting the weight shift a little forward and back.

Really, as you come to these wonderful heel bones, these calcanei — calcaneus is one heel bone — these on the outside of your foot, this long, potent bone that actually projects all the way to be under your ankle.

Projects all the way. There's such a long and important aspect of standing, to really have a good feeling for that.

And as you get that feeling for that bone and recognize that it's a little external, as you carry that image, the body image of its little externality, it actually helps your arches to have their support.

[Participant:] Do you mean lateral?

[Russell:] Yeah. Oh, yeah, lateral.

Yeah, right. Just to feel how that actually creates a kind of upwardness.

Now, what we want is both that up and that down, that sense of good support, but not collapse.

Groundedness doesn't mean heaviness, so we would say, good connection down.

And just a little forward and back movement.

Your whole body going forward and back.

Sitting bones

Now, what I'd like to do is come to sitting, so Ruth can explore her desire.

And these — put your right hand under your bottom.

Sit on your right sit bone.

Can you feel your right sit bone?

No — fingers are probably good.

Can you feel it clearly?

Is anybody unclear about their sit bone?

This beautifully shaped ischium, collectively the ischia — the ischium is actually kind of like the calcaneus of your pelvis.

This is to your standing, but this is to your sitting.

And to have a really good sense of the area of your sitting bones, the area between your sitting bones, and some of what we're working with right now, I'm hoping will go directly to your meditation sitting.

Forward and up

Come onto your left ischium, and as you sit on it, notice if you can create a movement where you come not so much arching — there's a little arching in the back — but more, it's like moving forward in your whole pelvis.

Forward, as if your head is coming a little forward and up out of your pelvis.

Forward. So it's not straight up.

You get the picture? Watch me for a second.

It's not just arching the back.

Where I'm going, I have an image of, oh, I've got to lift up. No.

It's got some — because the lumbar spine for most of us has a natural curve. As I go forward and up, meaning bringing my pelvis forward, the ischium begins to go backward.

My head goes forward and up.

This is — some of you have the image that sitting is more like this.

You have an image of throwing your head back, right? That's what we were working with. And that really changed on you. And that makes a difference, right?

[Participant:] Yeah, yeah.

[Russell:] Yeah, so, this, or feeling that you have to work hard in your back to be up.

But if we get the picture, that the real bending is in the hip joints, and we recover the hip joint movement, that from your ischium, from your sit bone — and it'll be nice later when you have time to play with this — but the distance from your sit bone to your hip joint, not the outside of your hip, but the actual joint, is a very small distance.

And what we're talking about is this.

We're talking about this movement, forward movement in the pelvis that evokes a little bit of movement in the lumbar spine, but is actually created from this bending in the front, in the crease of your hip joint.

Side-sitting

So I want to do some work that hopefully most of us — around this.

Bring your right leg back, left leg in front, and if you need any cushions to be comfortable here, or if you need some support — right leg is bent back, left leg is in front.

No, no. Your left ischium is most likely on the floor. Your right might be, or might not.

Is that there for support, or do we need that on?

For now, that's fine. For now, you can use your left arm for support.

I just want you to get familiar with this position.

It's probably, as a little kid, you probably hung out in this position a lot.

You might not so much anymore.

What do you think, Jim?

[Participant:] Not so much.

[Russell:] I'll tell you. Just move a little bit forward and back as I speak, and by forward again, it's not down.

So a lot of people, they go — it's in your pelvis. Your sit bones, especially your left one on the floor, go like this.

And it starts pointing backwards a little bit, and it's like your head and neck are coming out of your pelvis.

The pelvis comes forward.

Okay, now you're moving your upper body.

Can I give you a little hand for a second?

[Silence 41 seconds]

Barely. I couldn't feel. You're letting the pelvis move me, okay? That's what we're looking for.

That is a bending in your hip joints. But notice, you're going down. Begin to let yourself come out.

Get long out of your pelvis. So we have it clearer, as we refine the level of the pelvis.

[Participant:] Thanks.

[Russell:] So we've got this bending in the front.

Find these creases in the front where your legs bend. You can find — actually, this is the front of your hip joints.

And you'll find that the big pelvic bone is just above there. It's surprisingly close.

You can feel the big ilium, and you're just going under those anterior iliac crests, they're called.

And just under there — and yeah, you can use fingertips in here — and you're coming out of your pelvis.

Think of your head coming out of your pelvis.

You're getting tall in your back.

Forward and up.

Feel the movement on the floor of your sit bones.

So, coming out.

Pause for a moment. Come, lie down for a moment. You're going to be sitting in a moment, though. I'm warning you.

It's okay?

Okay.

Lie down.

Enjoy the ground.

Enjoy your elephant, your friend.

Go ahead.

So just feeling your breathing, you're settling onto the floor.

[Silence 37 seconds]

Lowering the right knee

Bend your legs.

With the feet wide — wider than your — as wide as is comfortable, let's say, and just experiment with lowering your right knee towards the left.

You can let the foot slide a little bit to find a way for the right knee to lower leftward.

And do your best to keep the left knee more or less standing, and the right knee is lowering, and as the right knee lowers, the leg stays bent, but the foot can slide rightward.

So the right leg is — the knee is going leftward, the leg stays bent.

But if it's helpful, you can let the foot slide rightward.

Don't let the leg get too long. The leg stays bent.

Okay, so it's a certain movement in the hip joint.

Okay, so legs are very wide, feet are quite wide, left knee stays vertical, and the right one is lowering leftward.

And as that knee goes towards the ground and the inside edge of your right foot comes to the ground, begin to lengthen your right thigh, as if someone's pulling through your knee, pulling in the direction the thigh is pointing.

So it's a lengthening, as if somebody is pulling along the length of your femur bone, along the length of your thigh bone.

So your whole right side gets a little longer, because that's being pulled.

That's it.

Okay, but you're keeping that right leg bent. It's just lowering down leftward.

Feet are quite wide.

[Participant:] Excuse me.

[Russell:] The right foot is free to move. The right hip, sure. Yeah, yeah. You've got to be moving that right hip.

[Participant:] Right.

[Russell:] That's — and that left knee is staying vertical as much as possible.

We're really differentiating the hip joint by not letting that left knee go down.

See, if you let the left knee go down, you see what happens — the whole pelvis turns.

But you don't get to really maximize the use of that hip joint.

So we're keeping a constraint on the movement of the pelvis so that the internal aspects of your hip joint can begin to open there.

That's it, and then come back, and then as you lift the knee up, find, if it's possible, a place where you can leave the foot. Lowering the knee and standing the knee, look for the place where your right foot doesn't have to move very much.

And then, as you do that, as the knee is coming leftward, simultaneously turn your head rightward.

And then let that be in sync, so your attention is all the way from your leg to your head.

The knee comes to standing at the moment that the nose is in the middle, and the head goes to the right as the knee goes to the left.

See if you can find that coordination through yourself.

The head is rolling right as the knee is going left.

That's it.

Let that be timed. Let that left knee stay vertical.

Means you have to have the foot pretty wide.

And then just follow that all through yourself.

Good.

Good.

And then come back to neutral, lengthen your legs, pause.

You can have an image of where is that right ischium.

Can you imagine where it is when you're lying?

And where is that right hip joint?

Some kind of imagination of where it is.

And just lightly turn your long right leg a little to the left and back, just sensing, using a gentle movement to bring attention to, where do you imagine that hip joint to be?

And you have an imagination of your ischium, which is not far from that joint.

That's good.

Good, and please.

Skeletal consciousness

Roll to your left side, come up to stand — come up to sitting with the right leg bent.

The right leg bent back.

[Participant:] Huh?

[Russell:] It opened, though. Isn't that nice?

[Participant:] Yeah.

[Russell:] Yeah. So now find with your right hand your right ischium.

If you're unclear, let me know. I can help you find it.

It's important that we have a sense of these bones.

Feldenkrais had this concept, which is quite esoteric — especially for him, an esoteric concept — and a profound concept.

And maybe the furthest part of his work, I think, where it was going, what he called skeletal consciousness.

Skeletal consciousness.

We learn to perceive ourselves skeletally.

And the picture is that our conditioned self, our emotional history, is in the soft tissues.

But our skeleton, although it's influenced by our history, is much closer to the core of the human being.

That you can actually begin to sense the support of your skeleton as like from before you had all these muscular habits.

So, put your left hand on the floor someplace a little bit near your left knee, maybe in front of it, and you're going to pull on your right ischium and go a little bit over that left hip joint.

And let your head come forward and out of your pelvis, as if you're pulling the pelvis. The left hip joint bends and the top of your head goes — that's it.

Yeah, the ischium comes off the floor, right.

You're rolling, and you can really sense the bending in that left hip joint.

Yeah. Yeah. That's right.

And can you feel how you go over — you actually go beyond that ischium, you go over the left ischium, and out. Let your head be free.

Make sure your head could turn, that it's free, as you come forward, and you come out of your pelvis, out of your pelvis.

Let your head get long.

That's good.

Good.

Leave that.

Let's sit more comfortably for a moment.

Just close your eyes.

Notice if you're sitting on your sit bones a little bit differently.

The other side

Bring your left leg back.

First, just before we do anything, notice if this is an easier side for you, less easy, not the same.

What's happening with your foot on the left side? Is it —

Well, you actually have a choice.

At this point, you can have it curled under, or have it out.

Yeah.

Whatever is most comfortable.

Well, eventually we want to be able to, if we can, feel comfortable with the foot turned towards your buttock.

Turned almost like it begins to come under your buttock.

Yeah, like in that. But for now, don't — that's not essential for the lesson.

If you're more comfortable, some people are with the foot out, that's okay.

Okay, so now, put your fingers in both hip joints, and just see if you can find this movement of coming forward and up out of your pelvis.

Coming over.

Yeah, that's — oh, I'd let those hip joints. Really want to let them bend.

See, what so many people do is they overwork in their back, because they don't let their hip joints bend.

So they do everything from here, and the lower back overworks, and it can't work enough.

But if the hip joints begin to get their mobility, then the lower back can rest more.

We really want to grow that.

Yeah.

Yeah.

You know, I think part of it, again, this — I don't have evidence for this, but my belief is that people lose so much mobility in their pelvis growing up.

The pelvis — they overwork their backs and underutilize it.

And the pelvises get fairly frozen to certain movements, and the hip joints lose their mobility, and are ripe for arthritis, are ripe for —

[Participant:] Right.

[Russell:] That's right. That's what I think usually happens.

Well — yeah, depends. Exactly. Depends on how you walk. Really great to diversify your walk.

Diversify your walk, to be experimenting with using your feet differently on the floor, so you're not going through the hip joints at the same angle all the time.

Even if one minute out of ten, you're walking a little differently, that's enough variation for your nervous system to make a difference.

Also — exactly.

It's amazing, it's amazing. Keep coming forward now.

It's amazing how our nervous system is so remarkably recuperative when given variance.

And it doesn't need anything like an equal amount of time for variance.

It needs — in ten minutes of walking, if even one minute, or even half a minute, you were playing with other patterns, it's such a relief for your nervous system and for the joints and for the bones.

[Participant:] Disuse.

[Russell:] Yeah. It gets — disuse, yeah, disuse is a good word.

The freezing — well, but that's not complete, Pete, because the freezing does cause damage in that you have the same pattern going through the joint over and over.

And picture the gravitational demand, the shearing stresses on one joint used the same way over and over, is too much.

It's so helpful when variance is brought in.

Yeah.

Okay.

Wait, wait, wait, wait.

Left hand, ischium.

Put your right hand on the floor near your right knee.

Lift up, forward and up, and have that feeling of the top of your head. Not lifting — it's not this. It's you're coming out of your pelvis.

[Participant:] This feels similar to what we just did.

[Russell:] Yeah, that's right, that's right. This is the prelude to this.

[Participant:] Okay, okay.

[Russell:] You're right in sync, right?

And so as you're coming forward, it's not forward and down.

It's coming out of your pelvis, and the head is free.

Is it harder for — yeah, is it harder for men or women, or is it not gender?

[Participant:] For men or women, yeah.

[Russell:] I think I know what you — more regularly, men have really tight and thick joints.

Wow. That's a good question. Good question.

[Participant:] Are wider, right?

[Russell:] I don't know, I don't know, I don't know, but let me reflect on it, and I'll come up with a guess.

Okay.

What are you sensing?

[Participant:] Oh. So non-habitual.

[Russell:] Yeah.

[Participant:] More frozen than I knew they were.

[Russell:] Yeah, yeah, yeah.

[Participant:] Less mobile.

[Russell:] Yeah.

[Participant:] And I tend to do this instead of —

[Russell:] Right. Come up and out, right. Especially on the side.

Good, good, good notice.

How you doing, Karen?

[Participant:] Good.

[Russell:] Okay, let's come on our backs and work with this a little bit.

Conscious on the floor

And first, just enjoy.

I so hope that you will give yourself time on the floor.

As a gift.

You know, it's one of the things that happens in Feldenkrais trainings that I think is one of the major gifts of the Feldenkrais training, is actually finding out how luscious it is to be conscious and to be lying down.

We don't lie down very often, you know. Sexually we lie down, to go to sleep we lie down, but just to be conscious and horizontal in the field of gravity is a great gift.

Feldenkrais actually made the statement — he respected Freud quite a bit, in psychoanalysis — and he said, Freud's greatest discovery was having people lie down.

So, if you lie down and stay conscious for 40 minutes, you're going to get better.

How cool is that?

I mean, really, I mean, this is — it's not a joke, you know?

We're talking about the tonus of the extensors and the whole back, the whole patterns of self-protection, the whole — that one can really get quite a shift. But it takes being able to stay aware of oneself, being conscious, which — so telling your story and having somebody listen keeps you conscious at least, yeah.

[Participant:] Talking about different positions of meditation.

[Russell:] Yeah.

[Participant:] Why is it that you're sitting — spine is up — or you're standing, walking.

[Russell:] Yeah.

[Participant:] Lying down, you know, really the idea of cultivating the ability to not immediately go to nap, though.

[Russell:] Right.

[Participant:] And lying down. And the other interesting piece that I'm really becoming aware of is lying down on the floor versus a bed.

[Russell:] Right. That's right. Big difference. Big difference.

[Participant:] Yeah, this actually creates an opportunity to stay more awake for me than lying on a bed.

[Russell:] Yes.

[Participant:] Or a couch.

[Russell:] That's true. True.

Well, you know, your back, the whole tonus of your back can be — the beds are designed to support you in all those places.

So you don't get to really have the responsiveness of your back, because you're responding to that.

But on this floor, it's quite different.

Yeah.

The left knee

Okay, bend your legs.

Wide feet, and just begin slowly.

Don't go to the max immediately.

Begin slowly lowering your left knee towards the right.

Have the right foot wide enough that that can stay standing.

And go slow so you can feel the connections through your pelvis, the hip joints, pelvis, and into your lower back.

Really go slow.

Because when we go fast, we only sense in the way that we always sense.

But to develop a new way of feeling into oneself — taking some time.

[Silence 32 seconds]

As the knee comes down, you can also have the feeling of lengthening, as if someone is gently pulling on your left thigh along the longitudinal axis — in other words, along the length of the thigh — so that you'd feel the left side of your body lengthening a little bit downward.

You might also feel a turning through the whole pelvis, and begin letting the head go leftward as the knee goes rightward, and paying attention that the timing is synchronous so that you're conscious from head to foot.

[Silence 30 seconds]

Keep that right knee vertical.

Find a way, if you want that difference. Differentiation in the joint.

That's good.

Okay.

And lengthen your legs for a moment.

There might be some differences in the way it feels.

When you lengthen, you want to be there for it.

[Silence 32 seconds]

And with your left leg long, just gently turn it a bit right and left so you can have another way of sensing into the hip joint and around your pelvis.

So let that left leg rotate.

Use it as an opportunity to get skeletally conscious.

Sense: where can I sense and imagine that hip joint, and can I sense or imagine the ischium?

There's surprisingly little space from hip joint to hip joint.

In most of us, we have an image of it being somehow the width of our pelvis, but it's closer to about five inches from hip joint to hip joint, from the internal aspect of each hip joint.

It's not very big.

Good.

A different seat

Please come on up to sitting.

First, let's just sit. Comfortably cross-legged.

You can sit on a cushion, if that will help you be comfortable.

What'd you say?

No, what'd you say?

Then I guess something in me heard that.

And see if you can find a way to have both hands under your — both fingertips, or something, under your sit bones. See if that's doable.

Karen, your eyes are popping out.

How do you feel your fingers? Yeah.

Now, feel if you can roll your pelvis forward, so you take the pressure off your fingers, and as you come forward and the ischia roll backwards, see if you can let your head come long.

So you come forward and up out of your pelvis, and yet you don't get stiff, so your head is free to turn and move.

That's it.

And then come forward, forward, and then pull your hands out and feel.

A different seat, huh?

[Participant:] Yeah, it's great.

[Russell:] You get into a new group of people. Everybody sit on their hands, you know.

Leaning back

Now, please stand your feet and lean back on your hind legs.

Have your feet wide.

And keeping — so your feet are wide, keeping your left knee vertical, find a way to lower your right knee.

Don't force it. Go slow.

See if you can keep the left knee vertical.

So, let it be wide, so we want that. Again, we're wanting to create conditions where we're — even if your knee doesn't go very far, it's okay, but let yourself feel. Let your right shoulder come forward a little bit.

Let it go through that whole right side, and come back out.

So, slow and smooth.

Look — turn to look leftward.

Look around. Your head leftward.

Keep that left knee as vertical as you can. It can move a half an inch or an inch or something, but not significantly.

It's not flopping down.

Widen it.

Let the left shoulder come forward. The left shoulder will help the hip joint.

I'm sorry, right shoulder, thank you.

Right shoulder will help the right hip joint.

You feel that?

Because it allows those ribs to rotate, which will help that hip joint.

That's great.

And now do everything the same, but look rightward.

Right shoulder comes forward. Everything's the same.

This is the Marlene Dietrich look.

Hey, sailor.

Like Sheldon Kreiss would say, this work is too serious to do it seriously.

Right shoulder goes forward. You're turning the head rightward.

And that's right. You got it.

Right shoulder forward. That's right. Head right.

That's it.

And do it quickly and lightly.

Quick and light.

That's your eyes.

Good.

And then slowly just come back to letting that knee come down, letting that go through your whole chest.

Let that right knee come down.

Sit comfortably.

[Silence 31 seconds]

Lean on your hands.

Wide.

Let your left knee come down leftward.

Take your time. Your time.

Left knee comes leftward.

Left knee comes rightward, thank you.

Left shoulder comes forward.

Take your time.

Really want to get intimate with the skeleton, which means you can't just rush through it as if it's some object that you're pushing around.

And then begin to first look rightward, same direction the knee is going in. Look over your shoulder.

Left shoulder comes forward, you can let the right shoulder go back, and you look over the shoulder so the chest — that work we were doing yesterday with the chest, the chest mobile, so the pelvis can turn.

And then reverse the head.

Shoulder does the same thing, left shoulder comes forward, but you're looking leftward.

A few times, light, quicker.

Pelvis — let the left side of your pelvis roll forward. Dance.

Okay, and go, right knee forward.

Left knee, Paul.

Look over the — let's do the differentiation.

So when the left knee goes forward, look over the left shoulder.

When the right knee goes forward, look over the right shoulder.

Right.

And then lie on your back, please.

Time on the floor

But in terms of the mobility of the pelvis, one of the great gifts you can give yourself is spend some time on the floor.

Sitting on the floor. If you read the newspaper, if you watch television, get some time on the floor.

Don't be addicted to furniture.

Some time.

It's interesting. Pre-World War II, there was almost no chronic back trouble in Japan.

So if you can squat down and serve tea every day, you can do it when you're 90 and your hips work.

But when Western furniture became much more popular, they developed a whole lot more lower back difficulties.

It's an interesting cultural shift into modernization.

So you can really help yourself.

That's one of the great mobilizers for parents and for grandparents, is when they play with their kids on the floor, and they're really, really helpful.

Bless you.

Bend your legs.

Just very lightly let your pelvis go a little forward and back.

Forward means the lower back comes a bit away from the floor.

We're not lifting the pelvis all the way in the air. We're just rolling forward and back on the floor.

And just feel that go all the way through you.

Feel the push and the pull through the top of your head.

When the pelvis goes forward, feel that lower back coming away from the floor, feel the movement through your feet, the pulling down on your head.

Good.

Length through the side

And widen your legs, bring your right arm upward on the floor, and slowly lower your right knee towards the left, and as the leg comes down, lengthen the knee.

The right knee is lowering leftward, lengthening the knee, and feel if you can feel that lengthening all the way through your right arm.

Maybe you can feel some connection of that right knee, so that whole right side is moving.

Let your head go rightward as your knee goes leftward, and feel all the way through your right arm.

If your arm is not comfortable straight up, go more out to the side.

Go where it can be comfortable.

Good.

Feel — let your left hand come to the ribs on your right, like we did yesterday.

Feel those ribs and feel that length through that whole right side.

Let the knee come up and then go down again.

The left foot is wide enough that your left knee can stay pretty much vertical.

Your left knee is staying pretty much vertical.

Good.

And then we'll try another strategy here.

Let the left knee go a little leftward.

Let it go a few inches leftward until that right knee can come more towards the ground.

Let the knee go five, six inches leftward.

The left knee can go leftward.

And then, find out, can you leave the right knee where it is and bring the left knee to the vertical?

So it's kind of going through the back door.

Move the foot. Move the foot to the place where it needs to be. Move your left foot, so it can come to standing, towards standing, and yet you can have that right knee in this lowered position.

That's it.

Yeah, so we're going to let the left knee go down temporarily and then lift it, while the right knee is still leftward.

The right knee is still leftward.

We're letting the left knee open out to the left.

Right knee is still leftward.

Let the right knee go.

Yeah, that's it.

And then when you've got that right knee really to the left, keep it there and bring the left knee back to the vertical.

Keep the right knee to the left.

Keep the right knee to the left.

Great.

And pause from that. Come back up.

Lengthen your legs.

[Silence 47 seconds]

Bend your legs, wide, bring your left arm upward on the floor, lower your left knee rightward.

And feel that through to that left arm, if you can.

Sense all the way through that side.

And slowly you can begin to let the right knee go more rightward to help the left knee come down.

And it might come down another few inches, and then notice if it's possible to keep the left knee where it is and raise the right knee towards the vertical.

That's it.

You might have to move the right foot a little bit to see if you can find a way.

Think all the way through that whole left side.

You can use your right hand to help sense those ribs.

All the way under your armpit.

That's nice.

That's — yeah, great.

Lower your arm and just go back and forth, one leg and the other, a couple of times, because something's really shifting for a lot of you right now.

I want you to feel that opening in the hip joints.

As you like.

Mostly want you to feel the movement in your pelvis.

Yeah, this is good. This is a good thing.

Okay, pause, rest here.

There's one more variation I want to work with.

It's amazing. Our bodies are really willing to be reorganized, re-sculpted.

It's a great gift of life.

Spiraling

Bend your legs, a little bit wide.

Interlace your hands under your head.

Slide your head down to the right, from yesterday, remember?

Okay, and lengthen your right arm downward, and your left arm upward.

And find a way to lengthen your right arm in the direction of your right foot, and you can bring your right foot a bit towards your arm.

If the hand can come around the ankle, do so, with the thumb and the other fingers.

And if you can touch your pant leg, that's great.

If you can just get nearby, that's fine.

And with this, in this position, go slow here.

Begin to lower your right knee leftward.

Slow, slow.

You can pull that foot and ankle a little bit.

That's it.

And a little bit to the right.

That's it. That's it.

And think of that knee lengthening a bit away, so that whole — your whole skeleton lengthens in response.

Now go slow.

Boy. Yeah.

Really, give time for that hip to open.

There's a lot of stories in the Windy City, you know?

Let your head roll to look towards that left hand. That left — look up.

Try that a few times.

Well, first look towards the left, a little spiraling up.

Good, good.

And then the next couple of movements, let the head roll right as the knee goes left.

Feel that all through yourself.

It's got quite a quality, this whole — what the skeleton does in this movement.

Spiraling.

Right.

Okay, and then as you complete this, come back to neutral. Pause.

Just rest comfortably.

[Silence 2 minutes]

Bend your legs, feet wide.

Interlace your hands under your head non-habitually.

Slide the head and arms leftward and downward.

The left arm reaches down, right arm up.

Move your left foot so that you can either touch the foot or the pant leg or something.

And slowly begin to explore lowering that left knee to the right.

As you do that, look up towards the right hand.

Begin with that spiraling movement of your pelvis.

You can pull on that foot.

It comes out a little bit more towards you and out to the left.

Don't force it.

You'll get crampy if you force it.

Now begin to let the head go leftward as the knee goes rightward.

Let that go through your whole skeleton.

Okay, let that stop.

Lengthen your legs.

[Silence 39 seconds]

View the quality through your whole self as you're lying here.

[Silence 40 seconds]

On the cushion

Please roll to your side, come up to sitting.

And let's just take a moment to — if you normally sit in the meditation in a chair, use a chair, or find your cushion if you can, and let's just take a few moments to see if we can influence, or connect, what we just felt to being on the cushion.

So first, as you come on the cushion, feel. It might feel a little different.

Yeah, yeah, yeah.

Take your bench.

First, huh?

No, that's fine. That's fine. Let's see.

Either of them is fine.

And first, just notice how you are on your sit bones.

And what your sense of your pelvis is like.

[Participant:] Huh?

[Russell:] So great.

[Participant:] And it's called the so great.

[Russell:] Actually, the so is — the so great is next to the so as, right?

So, place your hands on your knees and just let your pelvis come forward and your head forward and up.

Your lumbar spine comes forward, but it's not that you're arching up. It's that you're coming forward in your pelvis.

Right.

There's a sense of coming out of your pelvis.

That's — Robert, can you feel that? That's great.

I mean, you really have your length, and you're really coming out of your pelvis right now.

I don't know if you have an inner sense of what I mean, but it's right.

How many of you do?

And just kind of explore a little bit of forward and back movement.

I just want to, a little bit, think of your length connected to your settling.

You can let the movement get smaller as you go, so that it becomes just almost like a subtle ripple that's alive through your pelvis and through your head.

You feel, without a sense of straining, a sense of length.

Can you feel everything just easier than usual?

Is that comfortable?

Yeah, this is great.

That's great.

Yeah.

[Participant:] Why?

[Russell:] Okay.

Well, good.

Standing

Stand up.

Feel yourself standing. Feel how that mobility in your pelvis connects to standing.

And there's the calcaneus, right, your standing sit bone.

Your stand bone, there you go.

You got a stand bone or a sit bone?

There you go.

And move around a little bit.

And if you need the bathroom, please go use it.

We're going to be going into one thing before dinner, so — yeah.

Great.