Practice

Angela 2 — Week 1, Day 7, Session 2 — 17 minutes

Summary: A short standing exploration of the vertical axis — up and down as one dimension — opens into a brief partner practice. Russell demonstrates sensing what is alive about the week's ending and the move into what is next: gratitude, a satisfied tiredness, and a wish to rest and enjoy home. Partners then receive what comes and give it words.

Standing

Let's stand together.

And get a feeling for the ground.

Just lift from up. Feel the upward movement through the top of your head, and then as you come down, the heels come down. Think into the earth.

You come up, think all the way through the top of your head, like something is sending a force way upward, and then you come down and you feel into the earth.

You want to begin to feel what I think of as sensing the vertical axis, which means that up and down can live together. That normally we go, okay, now I'm up there, now I'm down there. Well, we want this embodied sense of up-down, down-up, that it's one dimension, but that your attention can widen or lengthen to include all of that.

Good contact with the ground.

Bring just a bit more weight towards the outside of your feet, just a bit, as if the soles of your feet — it was like a sun rising under the soles of your feet. And let that go through you.

Don't make it a big thing where you exaggerate too much, but just feel the subtle impulse up through the top of your head when the sun rises in the bottom of your feet. If you feel what I mean. Just the subtle invitation toward up.

Subtle invitation toward up.

Let yourself have the grounding through the heels, mostly, some little bit on the outside and rest of the feet, and that there's this upward and downward impulse.

Shift your weight a little bit, knees soften.

Inhaling, let your arms lift.

Now looking up, stay in your feet, stay down in your feet. Thinking all the way up, imagining through the ceiling, there's probably a sky up there somewhere.

And let the knees stay soft, and then slowly coming down, letting your arms, letting your head, letting your shoulders. The knees are bent a little bit, and you're dropping down, down.

So you're kind of hanging. Your head is hanging, your shoulders hanging, not trying to stretch, your knees are bent. The lower back will lengthen a bit.

Don't tighten your knees, let the arms hang. Let the head hang. Think into the earth.

And then slowly, with a kind of scooping of your knees, begin to let your upper body come up, up, and then you're coming up and out of your pelvis.

Like your hands go all the way down, as if your arms are connected down to your pelvis, thinking up, up, up, and then just come back to the horizon.

How you're standing.

Separate your feet.

As you come onto your right foot, let your right arm lift. The left heel come up. Again, you're thinking up and down.

We want to feel the kind of echo or resonance that lives forward. Perhaps some kind of up — connected downward.

The surprising gift of becoming more and more conscious in your body as awareness grows is you can do just a little bit and radically affect yourself for a long period of time. Like when we're unconscious, we need to, say, work out for an hour to get a significant effect, or do some long stretches or something like that. But when consciousness is alive in it, a couple of minutes of conscious exploration can really make an effect. That's a great gift.

Come leftward at your — lift on your left leg. The right heel is —

A brief practice

Please find a partner.

So we're gonna be in partners, but the first part — oh, ten minutes or so — I'm going to do what I'm gonna ask you to do, so you have some representation of what I'm looking for.

The subject we're doing — we're only gonna take ten minutes each, so it's a brief, brief practice. The subject we're gonna do is, be guided in. We'll be pausing, and we're just going to invite what wants to be noticed in our inner life about the movement from here into what's next.

Okay?

And you could right now, without stopping, you could probably say a bunch of things. Oh, I'm excited about leaving. There's some sadness about leaving these people, and I'm kind of concerned about this other thing I have. You've got a list that you could do just like that.

And some of that might come, but we wanna see if you drop, if you pause, if you sense, if there's something, and you can acknowledge those things. We also wanna sense, is there something that's unknown yet that might want to be acknowledged.

So we can acknowledge some of the things that are familiar. They might feel different when you pause with them. But, let's see.

Bob, if you could tell me when it's about seven minutes from now. And so I'm just gonna take a moment.

What comes

As I do that, I feel there's some momentum in my system, so there's a place inside that wants not to take too long, and it feels a little pressured, so I need to — just acknowledging that helps. Helps a little bit.

It's still got a little bit of — that time helps.

I was settling here, bringing attention inside and bringing the subject of the ending of this week together and moving in the next steps.

The first thing that comes, just even saying the word ending, it started. Something's touched in here. It's moved.

And it wants me to stop there. It's a lot of gratitude living right there. For many things, for the people, for the spontaneity out of which our collective learning came.

And that touches the place — the gratitude place touches a place of trust.

Yeah, that's a very touching place, and I also sense a deep tiredness back there. More than I knew before. It's behind my eyes, and it's kinda like the place, oh, I'm ready for it to be over. I'm ready for a rest.

Yeah. Yeah, there's a place in here that's saying I'm ready for a rest, and I see that place.

And it's kinda that — oh, good rest. Like you worked hard, and it's really nice to rest after you work hard. So there's nothing bad about it. Just, there's a surprise at how — it's coming much stronger than I knew before.

Gratitude and this. Deep tired. Satisfied tired.

It wants another world, something satisfied and deep.

And then an image comes as I think of next, and that in a couple of weeks I go on a big trip jumps in there, and that's the place that kinda wants to go next.

And it's a surprise. But there's like I'm here, there's there, and then there's two. This is two weeks. The space between my chest and my hand, it's two weeks. That's really funny.

And there's a real wanting of time with Linda and Lily, and there's a lot in there that's saying enjoy, enjoy what's home.

And it's like a yes. There's a lot of yes. A lot — resting from the tiredness, enjoying seeing the people I see as clients, but a lot of just enjoy. Like the — enjoy.

There's a real wanting to give, give, give yourself rest and enjoyment, and relish this satisfying touch to life.

That's it. That's what my inner life wants me to get from it.

So.

Great, I don't know how long that is, but I don't need more time. That's perfect, great.

So, if you're in the process, stay until I call. I'm gonna end now just so that we don't have to go over time so much, and I feel satisfied, but if I stayed here, more might like to come.

Right now, this feels like a really nice place to stop, so.

And I'm just amazed. It's invariable — something comes that's not known.

Thank you for listening.

Your turn

Yours will be different. It's a way your conscious mind is listening to what's alive in you. Don't tell it what it should be. Receive what's there.

Take pauses. Take pauses in the process. I'll tell you when there's about two minutes to go.

The partners are really just listening. If the ones who are speaking would like to hear any words back, you can ask your partner to say, like I almost said to Bob, just say back to me, really enjoy. Really enjoy — I almost said. So if you want to hear something back and see how it resonates, you can ask your partner.

Okay? But if not, the partner will be silent.

Okay, I'll guide you in.

Yeah, I'm going to give you a two minute warning before the end. And decide who's listening first, real quick.

And close your eyes.

And just let yourself drop down in there.

Feel you're here, on this spot.

Letting your attention go into your inner body, in the places you tend to feel things, and inviting your inner self to show you what's there about the leaving from here and transitioning into your next.

What would like to be acknowledged that's alive in there.

And you let it show you, you receive it, and give it words.

Take your time. I'll tell you when there's two minutes to go.