# Gestures

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Angela 2 — Week 5, Day 4, Session 4 — 14 minutes

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*Summary: Standing gestures that connect earth and sky, then open into life with humility and a request for help. A variation lifts the head on the exhale. The sequence ends by radiating goodwill and noticing what remains in the standing frame.*

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## Sensing the standing

So, begin by sensing your standing, and cultivating this bodily habit of feeling the ground, letting there be some give in the knees. The ankles have some mobility.

Nice to do that lifting of the feet to help that — the inner edge and the outer edge. Dropping down, feeling — often I'll find it helpful to feel both the inhale and the exhale down through here.

Length in the spine. Feeling if there's any excess tension in the shoulders — sometimes it's helpful to intentionally kind of lift the shoulders, feel, and then slowly let them come down. Feeling the space between your shoulders and your neck, so your head comes out as the shoulders come down.

Checking that the jaw is not clenched unless it needs to be. The eyes are softened.

## Above and below

The right foot comes forward, and the feeling of moving from center over that foot, and then back, lifting the heel, letting the back knee bend a little bit. And then the front knee bends a little bit, so there's a sense that you're connected to the earth, as you also feel the upward.

And as we come forward, letting the arms lift up, extending through the fingertips upward, connecting to the world above and the world below. Exhaling back.

Just breathing here. Inhaling forward, connecting the great above and the great below, and the medium for connection between earth and heaven.

Just breathing here comfortably. And the jaw be at ease, the eyes soften, the lengthened spine, good ground, and the upward reaching. Exhaling back, and just standing.

Letting that embodiment, that gesture, and its influence of just connecting along this long vertical dimension — our personal relationship to the cosmos, to God, to universal energy, to larger process. Feeling our personal connection fed from the earth and from the sky, different energies supporting us, inspiring us. Gracing us.

## Head lifted

Left foot forward. Everything will be the same except we're exhaling and letting the head lift. Exhaling.

And then you're just breathing here, feeling the connection to the earth and the sky, and the different inner sense when the head is lifted and the eyes also reach up, so that the chin comes away from the chest and the head looks up.

And exhaling back to the horizon. Inhaling — sorry, back to the horizon. Exhaling.

Inhaling as if you're taking in these energies from above, and just breathing here.

Lifting the front heel, and exhaling. And so, letting go into —

Inhale. Understanding, feeling the influence. Maybe something different happens just in the gesture than the former gesture, even though it was only changing the breath and the head.

## Stepping into life

Right foot forward, left hand on the chest, right hand over.

Just a little forward and back movement with your hands on your chest, feeling the moving center here, the feeling center here.

And then inhaling, opening the arms. Breathing here, the sense of stepping into our life situations. The intention to be present, to be here for them, here for ourselves and others. And then exhaling, letting the head come down — the humility of acknowledging that we need help. We can't do it ourselves.

And letting a little gentle pressure on the chest, to have a feeling of the sternum dropping, the head lowered.

And then again, stepping forward into our life, inhaling, showing up as much as we can. Making our mistakes, but doing our best to live into the gift that we're given and the challenges that we're given, and inviting help.

Inhaling. Breathing.

Exhale.

You're standing for a moment.

## Radiating goodwill

Left foot forward, left hand on the chest, right on top.

Now, the spine stays long, the head stays up. We are the presence that's connected to all, and we're radiating our goodwill into the world. It could be toward our own challenging situations, it could be toward other individuals, or just into the world.

So, exhaling. Feeling of radiating our best wishes. Whenever we're in connection, we have goodwill. We want life to blossom and to function.

And coming back, inhaling, for our willingness to share in the joys and sorrows of the world.

Exhale.

Inhale.

Just breathing here.

Exhale.

Breathing. Radiating.

If you have — people you're connected to, who you know have certain challenges, radiate your best wishes towards them.

There are some situations in the world you're connected to that particularly call you. Radiate, and share in them. Not into your body, but into the ocean, into the larger self.

Exhale.

## Standing frame

Then the standing frame.

Notice the quality of yourself.

Is there still an influence from the breathing work? Maybe.

Influence from these gestures — maybe we can't really separate out what touches what, but feel the overall effects.

Thank you.

Let's go inside. There's a little bit I'd like to do before I left.