

Week 4 Lesson 8: Movement

Choosing movement that brings you JOY is an act of ferocious compassion.

Dear heart,

Now that you have given yourself time and space to answer the questions from the beginning of the week, bring your journal, your body and your heart into movement this weekend!

Even if you can only allow a half hour for something you enjoy this weekend that will be ok. You can try and carve out more time in the days ahead. Compassionate, small steps towards joy-filled movement is the goal!

If you have time, take several hours to choose a movement to try. And if it turns out that it's not your favorite thing, that is ok too! You are bringing an open heart of learning to movement and embodiment and that's all that matters.

No wrong turns! Everything you feel belongs.

Movement Practice

Schedule some movement this weekend. Use your questions from Lesson 7 to choose something that would feel like joy. Maybe choose something you have not done in a long time, so it really feels like a treat to you. Make it an event. If you can, give yourself a few hours so you can add in even more joy.

Here are some suggestions:

- Drive to a trailhead and hike a new trail. Pack a picnic lunch ahead of time. If it's hot, be sure to include a cold drink and plenty of water. If it's cold, take a thermos of hot tea and a small blanket to sit on.
- Pay for a day at a spa or a gym so you can use the pool and the sauna. Pack yourself a bag so that you can take a shower and spend as long as you want getting ready in the spa bathroom. Take your hair straightener or curling iron and make up and take as long as you want. Then follow it up by meeting a friend for a coffee or lunch.

- Take a new class. A dance class. A yoga class. A meditation class. Sign up for something new and then go. Don't overthink it. If you hate it, that's ok. You can try again. Often libraries and community centers have inexpensive classes. You can also use YouTube to try a new class at home, but I recommend getting out for a class if possible. It will feel more like a treat to go somewhere new.
- Schedule a passive embodiment experience session: massage, reiki, acupuncture, energy healing or any other practice that you've been thinking of trying out for a while.

Whatever you choose, take your journal along or get it out when you get home and answer these questions:

What is the new practice or movement that you tried today?

How did it feel? What emotions were present before you went? During the practice? And afterwards?

What came up for you? Where did you see resistance?

Do you want to try this practice again? Do you want to make it a regular part of your life?

What do you want to try next? (Can you schedule it for next week?)