

## Week 4 Lesson 7: Movement

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

Dear heart,

I hope you are as encouraged as I am by all the shifts and the growth from Ferocious Compassion! It is such a breath of fresh air!

Onward we go into week 4 and this week we are getting more specific. Down to the nitty gritty (with Loving Kindness as our gentle guide) to gift our beautiful selves with movement that feels good and makes us smile!

Enjoy digging into these questions and remembering what kind of movement gives you life.

Then schedule it and get ready to access pure childlike joy in your body!!

XO  
Jane

PS. You can also return to the beautiful Yogic Body Prayer Practice at the end of the last lesson as you dive into movement!

### **Journaling and Meditation Questions**

*Movement should be approached like life -  
with enthusiasm, joy and gratitude -  
for movement is life,  
and life is movement,  
and we get out of it what we put into it.*

-Ron Fletcher  
Choreographer

*Movement is a medicine for creating change  
in a person's physical, emotional and mental states.*

-Carol Welch

Before we can enjoy movement, we want to shift into loving our body and need intention and practice around that because it's not usually something we're taught how to do. I encourage you to think about loving your body like you would love a friend.

In fact, take a moment right now to talk to your body. Pause and say thank you for all the things your body has done just this week. Or even just today. Consider creating some rituals around offering gratitude to your body each day this week.

Here's the amazing thing about you: your body already knows how it wants to move. All you have to do is tune it to ask.

### **Journaling and Meditation Questions**

Take a moment to go inside and ask the four or five-year-old version of yourself this question: What kind of movement do you most enjoy? Meditate on this question for a moment and then journal your answers.

Describe a moment of pure joy related to movement that you have experienced in your life? It can be a dance, a swim, a run...anything. Just describe it in as much detail as possible. What did you feel in your body? What was the setting? Who was there? What were the sounds and smells?

Describe a moment in time (or a season) when you felt a lack of joy around movement or exercise. Was there an injury? A disappointment with how you performed? A change in your body that you were not expecting? Again, describe it in as much detail as possible. Go within and remember how you felt and what you experienced.

How can you offer yourself Loving Kindness in this now moment for the experiences you have just described in the question above? Can you say words of healing and self-love to the one who experienced those things?

What kind of movement would MOST feel like JOY right now? (Bonus: Can you allow yourself to experience that movement and then write about the experience? Or can you schedule it for sometime this week?)

Brainstorm for a moment some ideas of ways you could add movement to your life that feels joyful and loving. Write down as many as you can.

Examples: *Dance in the kitchen, roll around on my back on a yoga mat, jumping into a pool*

Can you schedule one or two of the things on your list above? If so, come back here and write about the experience afterwards.

Go within for a moment to remember a time that you felt strong physically? Describe what it was like. What was happening in your life? What were the circumstances?

Can you think of ways that you could access that strength and vitality in your body today? Write down a few and again, choose one to do or schedule in the upcoming week. Then again, write about the experience here. Write about what is keeping you from feeling strong. What might be holding you back from your own vitality?

Write yourself an affirmation around movement. It can be as short or as long as you want. You can include gratitude for your body, a reminder that you have strength and vitality within you or just a gentle nudge to experience joy around movement. Copy it down onto a piece of paper and tape it somewhere that you can see it in the days ahead.

Examples:

*Dance with abandon today.*

*I am grateful to my body for carrying me through the day.*

*I can move my body with love and joy.*

*You are strong and beautiful!*

*I will take time to walk/dance/stretch today out of my ferocious compassion!*