

We've entered the period called Grain in Ear (*máng zhǒng* 芒种) in the Chinese solar calendar. It's the time early fruits are ready to ripen, and the inner energy of things is ready to expand outward. In our own body... our physical, energetic and spirit self... we can feel the expansiveness of the season. Just notice the power the sun has over your day!

It's the time to ask, what energy are we meeting the world with? How are my voice and face and eyes shining? This is a big part of what's called "spirit" in traditional Chinese medicine, powered by the fire element in our heart, which we can cultivate with something as simple as gently expansive movements.

Here's a set of music we've been using for our class time, to turn to any time you'd like to stretch into a wide open soundscape... Enjoy! <https://youtu.be/n-pgwJA3azU?si=15GalL4G7rLYkU1t>



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