

More for You *weekly blog*September 8th

We're just beginning the period called White Dew (*bái lù* 白露) in the Chinese solar calendar. The cool of autumn gives the mornings a certain feel – a calmer energy that can give us a good grounding for the day. It's the season to take a clear view of things, what's behind and ahead and immediately at hand. This clear of view gives a sure sense how to move, where to focus our energy next.

Here's a simple seasonal qigong exercise that takes in the scope of what's around in a calm way, and gives a wonderful sense of clearness:

This exercise can be done in a seated position. It uses simple, gentle turns of the head in various patterns (listed below).

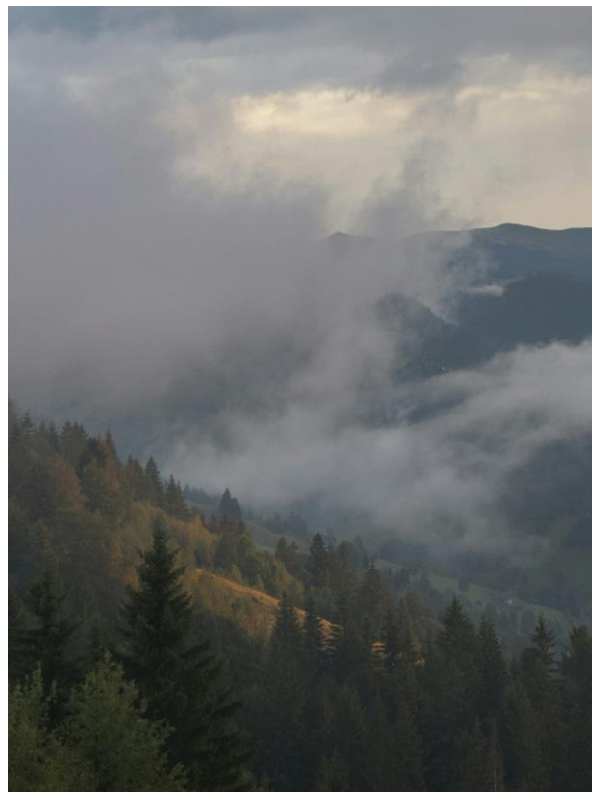
Each head turn is set into motion by a deep in-breath, and rotates especially from the large vertebrae at the base of the neck (cervical 7). Gently hold each turn position in place with a relaxed and complete out-breath, then use the next in-breath to make the next turn. After three alternating turns to each side, return your head to a centered position for a deep breath in and out, then move on to the next pattern.

Head turn patterns:

- ♦ Directly sideways, to each side as if looking over your shoulder.
- ♦ Head turned slightly up (as if to the corner of the ceiling), then to each side in that lifted position.
- ♦ Head turned slightly down (as if to the corner of the floor), then to each side in that lowered position.
- ♦ Head turned slightly down (as if to the corner of the floor), then diagonally up to the opposite side (as if to the opposite corner of the ceiling), repeat three times up and down diagonally, then switch sides.
- ♦ Head lowered straight down the center line (as if looking into your lap), then lifted upward in the center line (as if to the top of the wall in front of you).

When you complete all the patterns, let the head rest in a centered position for a few deep breaths, feeling as if the breath is filling the whole spine. Breathe deeply enough throughout to have the *breath* moving the *body* (not the other way around). *As always, feel free to email me if any questions!*

Here's a set of music for our class time, and any time you'd like to be grounded in a valley of sound during the week... Enjoy! <https://youtu.be/hbznHMENrLo?si=xwURVRtr-aFh9a7V>



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