

## [The Breath Moving the Body](#)

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Stand. Your eyes can be open or closed. Rest your arms loosely by your sides. Feel that you are inside your feet. Feel that you are inside your whole body.

Find the centers of the soles of your heels. Balance your awareness of these two points.

Find your pelvic center in the core of your body. Initiate your breath within your pelvic center. As you breathe within your pelvic center, feel a resonance in the centers of the soles of your heels.

Find the centers of your palms. Balance your awareness of these two points. As you breathe within your pelvic center, feel a resonance in the centers of your palms. As you breathe within your pelvic center, feel a resonance in the centers of the soles of your heels and the centers of your palms at the same time.

Swing your arms gently forward and back and then let them hang loosely by your sides.

As you inhale within your pelvic center, let your breath move your arms forward a few inches, with the palms facing down. (Keep your arms straight.) On your exhale, release your arms down to your sides. Continue to feel the resonance in the centers of your heels and palms, and remain inside your whole body, as you do this.

Repeat this several times. The movement can be very small. See if you can feel that the subtle breath is moving your arms.