

BASHFUL ALLEY CENTRE

1: *Playing-in or working out?*

Aspirations:

- To connect with the best in oneself. This is the vital preparation for reaching out to the best in another human being. (NAMASTE!)
- To confront habits that need to change in a health crisis: e.g. greetings that involve touch.
- To awaken and become more alive and present to each living moment.

Key principles presented:

- **Non-doing.** Non-doing might not involve a muscular effort. Instead it draws upon a **neuro-effort**. It requires **presence of mind** or mindfulness.
- **Inhibition:** Saying a firm but gentle No: the highest thing our brains can achieve and is a crucial preparation to changing ingrained habits in crisis times
- **Self-care:** opening up to looking after your integrity. How?
- All these techniques involve working from the Bottom Up and **not** from the Top Down. They are not something you can **do** or routinise. They involve who you **are**.
- **Integrity** feels good.

Main pitch: Extra time not extra attention

You have all that you need so therefore nothing needs come from the outside. The main resource you have is already present and within you. You will ignore this resource whenever you are habit-locked and on Automatic Pilot. Entering more fully into everyday activities does not take from you **extra time but extra attention**. This is always exhilarating -never exhausting!

What you could choose to commit to:

- To a present centred awareness and a more fully embodied attention
- To a 10 minutes a day stillness practice. Do not **musturbate**. Discipline yourself: just arrive with the intention on a chair or cushion.
- Feel good!

What stands in the way of your commitment is HID:

HID? H.I.D stands for: **H**abit, **I**nattention (Or **I**gnore-ance), **D**istracton

Commitment from me Series 1:

- Provide a weekly 10-15 minute audio support for Stillness Practice
- Provide a weekly 20 minute video to support embodied focussed attention to everyday actions
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2: “Don’t just do something – sit there”!

Aspirations:

- To recognise the vital and central **importance of breath** – especially in the midst of a lethal respiratory disease crisis.
- To appreciate how **digital distraction weakens attention**. How we become absent to our living bodies.
- To discover ways to deal with distraction and to strengthen **embodied attention**.
- To motivate a regular commitment to a daily 10 minute stillness and mind-body centring practice.

Key ideas to play with:

- The Namaste gesture: *the best in me the best in you* could be likened to a high frequency FM radio transmission
- An erect spine is like the aerial mast for the transmission.
- With the right presence of mind anxiety or fear can be positive: a natural, non-toxic, mobilising energy.
- Slowing down the action can speed up perception
- Saying no and creating a Sacred Pause is empowering and creates the necessary distance to promote freedom and choice.

Key principles presented in Series 2:

- **The Power of No** opens up the Power of Now.
- **The Force of Habit** is a challenge to present moment centredness.
- **Abundance**. You have all you need– Use and immerse yourself in what is around you.
- **Changing** a well-established habit - like a handshake involves the Power of No to confront deeply ingrained habits.
- **Point-of-not-quite-yet (PONQY)**: Every action has a *point-of-not-quite-yet* when an intention is just about to become an action in the world. The reaching out of an arm that begins the arm reach (e.g. handshake) can be a great start to an exploration of the PONQY point.
- **Neuro energy and muscular energy** interface at the PONQY point - right smack in the centre of the present moment.
- **Focused embodied attention** Training up and strengthening focused embodied attention is not for the faint-hearted. It is tough work and well HIDden.
- Establishing integrity feels good and is playful.

Commitments from you:

- Select one routine every-day movement (ie an arm-reach) to embody and observe.
- Establish (or deepen) a 10 minute sitting-still discipline.
- Become aware of whatever stands in the way of this intention:
- Observe Resistance. For example: Distraction, Force of Habit, Compulsive busynessCo-Video19 Series 2: Stillness-Practice Support Audio

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3: *Adventures in Stillness*

Aspiration:

- Explore the **activity-in-stillness** (*neuro-energy*) and the **stillness-in-activity** (*muscular energy*).
- To discover the still-point at the centre of the present moment in order to:
- Change adapt and grow in crisis times.
- To introduce the verb: "**to device**" and the verb: "**to presence.**"
- Contemporary neurotic anxiety (*'musturbation'*).
- How to re-tune to a different frequency other than *000Anxiety FM* (maybe even to *999LK FM!*)
- The spine as an aerial mast with front and back 'rigging'.
- Non- doing lengthening of the spine: taking a finger off a coiled spring
- Introducing the idea of body mapping with a detailed integrated arm-reach body-map.

Co-video Series 3: Arm reaching re-visited

- Taking apart the movements of the Namaste gesture: "NA" "MA" "STE"
- Checking-in with last week's selected daily arm reach.
- How "**it**" can remind you can be come a saving grace.
- Body mapping: integrated arm reach: where the arm begins in the front and back of the torso.
- Using free-motion of upper-arm rotation like '*a bubble in the spirit level*' to help to guide the shoulder and arm to improved balance and integrity.
- A way to connect each finger to key regions of the spine.

Key principles:

- We are conditioned to work from *the top down* and so **we have lost the capacity for play**
- Working from the bottom up can unlock a playful and creative energy used in Series 3 to explore the "NA" "MA" "STE" movements from the bottom or ground up.
- Working from the bottom up can make the ordinary extraordinary – turn base-metal into gold!
- Rhythm/ Fun: Using claps and clicks with rhythm timing and pitch in a creative play with "Na" and "Ma" from the Namaste gesture.

Action points:

- Playful exploration of rhythm and timing.
- Continue deepening embodied attention to an arm reach and grasp.
- This week's daily stillness practice.
- Observe the activities of 'devising' and the efforts of the challenges of '*presencing*'.

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4: *Presence and Absence*

Aspirations:

- Opening to **the crisis questions**: *where have we been? Where are we going? Most of all where are we now?*
- The Present Moment as the **only** place where we can learn from the past and prepare for the future.
- *Presence the present*. The gift of breath is given only in the present moment.
- Emphasise the power of Bottom-Up energy: Spiritedness
- How to presence every day actions e.g. the reach and grasp
- How to stop *killing time* and instead *own it*.
- Create a shared communal space of emptiness: Freedom Hall
- Joy in the spirit of life

Presentation: Arm and shoulder gestures in human emotion

- Development of arm reaches in early infancy.
- The spirit of music
- Contrasting arm and shoulder gestures in two different personalities
- Sacred gestures.

Principles:

- Establishing the first-thing priority of spirited bottom-up energy. It should guide structure and learning.
- Using the PONQY point to integrate arm and shoulder action.

Commitment from you:

- Learn a Tai-Chi inspired nine round breathing sequence
- Embodied attention to every day arm action
- Play with timing clicks and rhythms. *Keep shoulders, elbows free and open*.
- Observe the significant differences between bottom-up and top-down energy.
- Don't "lose" or "kill" time but instead "*own*" it.
- Be Present

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5: *Neediness and self-sufficiency*

Aspirations:

- **Identify a key crisis question:** if it is possible to be absent and socially distant (as for example as when devicing), then is it possible to be present while maintaining Co-vid safe social distances?
- **Captured or captivated?** Presencing is self-sufficient – *you have all you need*. With presence your attention is *captivated*. Devicing comes with a built-in need: the device. With devicing your attention is *captured*.
- **Namaste.** Observing and noticing the higher in oneself : On the ‘higher breath frequencies’ we are open to engage and to co-regulate with one another. On the ‘lower frequencies’ we close down into protection.
- **Creating spaces of communal emptiness:** Ends and new beginnings: The key importance of acknowledging ends and new beginnings

Presentation: Attitude, understanding and compassion

- Reviewing arm-reach integrity. A key freedom of motion: upper arm rotation.
- Arm and shoulder gestures in human personality and emotion.
- Striking Attitudes: What Donald Trump and Prince Prince Charles share: *restricted upper arm rotation*. A key difference: lightness and humour.
- Memesis or imitation as a way to understanding and *compassion*.

Procedures:

- Re-visiting the nine round Tai Chi breathing routine: adding detail on arm movement and breath synchronisation in the spirit of Tai Chi.
- A nine round *seated* arm and breath synchronisation routine. Preamble: playing with a bowl of tiny coloured lights. Bringing the back of yourself into awareness. The nine rounds of breath cycle structured as follows: three breaths on the right, three on the left and three where both arms lift and fall. This creates various possibilities. Suggested here: a 27 breath routine in three rounds of nine.

Acknowledging endings. Michael Wheeler's tale. Punctuation. Text. Movement. Music: a guitar arrangement of "*One day at a Time*" by Arnfeldt.

Possible commitments from you:

- 10 minutes daily stillness practice
- Two possible nine round synchronise breathing and movement routines
- A daily embodied focus on a particular routine movement
- The Power of No: to enter the Present Moment and the Power of Now
- Reflect on good endings and new beginnings.
- **Feedback on the Co-video19 series**

Co-video19 Series 5: Audio. *Breathe*

- **Guided 27 breath centred exercises**

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