



Mindful Moon Magic

Life is a dance, a moving sculpture, a moving painting...

Let us draw the beginnings of a new work of art together, a new you to take forward through this portal of choice into the 'new normal'...

You are invited to participate on the morning of Monday 20th July, in celebration of the second New Moon since the longest day, although any day would be fine.

Recommended 'sound-track': <https://youtu.be/8sYK7Im3UKg?t=120>

Preparation

Preparation of space

- Make a circle of 2m diameter (1m radius). Mindfully sweep or clean the space you intend to use. Draw out the circle on the ground in chalk, rope, scarves, or anything that you have to hand that you can use for demarcation.
- Mark an entrance space through which to enter into and exit from your sacred circle. Be mindful of where you would like to enter from and which way you face initially (i.e. facing East?, West? North? South?) Choose what works for you. You should not enter this dance area through the 'walls'.

Preparation of Self – Body

- Bathe yourself carefully and dry with a clean towel. Mindfully and gratefully moisturise your body, naming out loud each part as you lovingly massage it, i.e., *my lovely toes, my beautiful foot, my reliable heel, my tender ankle*, and so on. Let the part communicate to you how firmly or gently it needs the nourishment of your touch. Work your way up your whole body as far as you can comfortably reach. If you have a partner in your 'bubble', who can help, share massaging the parts of each other that you can't reach yourself...

Preparation of Self – Mind

- Enter your circle through your chosen entrance. Leave your footwear outside.
- Sit facing your chosen direction, upright and comfortably in the middle of your circle and close your eyes. Imagine a silver thread from the very top of your head pulling up to the heavens, helping to keep your back straight. Relax your shoulders and take a deep breath. In mindful meditation, breathe in through your nose, filling your lungs with cool air from the bottom up. When your lungs are comfortably full, breathe in another tiny bit of air and hold it for a few seconds, then breath out through your mouth.
- Notice the subtle change in temperature of the air from the cool in-breath to your warm out-breath. If you are listening to the *Om* chanting, you can synchronise your in-breath with the beginning of each *Om* chant. Make sure the pace of your breath is even, both in and out.

- Do an internal body scan and massage the parts of your body you couldn't reach physically, through your imagination and breath, releasing any residual tension from that body part as you breath out.
- If you hear distractions, notice them, let them go, and bring your attention back to your breath, until your mind is still and you have reached your innermost settled being.

Exploration (when you are ready – no rush)

- From your sitting position, bring to mind the circumference of your circle. Imagine vertical walls of soft, warm, gentle light marking the edge. Get up onto your feet (shoulder-width apart) and let your upper body hang from your hips towards the floor.
- With knees soft, gradually stack each vertebra, one on top of another, until you are in an upright position. When you are ready open your eyes.
- Shift your weight onto one leg, and with acute awareness bring the other leg to rest next to your first leg. Redistribute your weight evenly.
- Explore the circumference of your circle with a *butoh* walk around the perimeter of your space. Notice the difference of a circular *butoh* walk to our more usual straight-line walk. How and when do you twist your hips to accommodate the change in direction?
- Now explore the cylinder of space with your own dance, but stay within the walls of light that surround it. What does your body call out for you to do?
- Explore movement through the high, medium and low areas of the space.
- Fill your 2m cylinder with your moving body, and also with stillness. Stay aware of your self, your space, and your actions.
- Eventually, move back to the middle of the circle and allow your body to slowly melt into a puddle on the floor. Give your weight to the earth, gently close your eyes, and let go. Enjoy allowing your mind and imagination to wander, to go where it likes, to be free to roam.

Improvisation

- Collect your body up into the smallest clump you can manage.
- Imagine the cylinder morphing into a spherical bubble, with you at the bottom. Its walls are elastic and transparent, warm and yielding.
- Grow into this new-shaped space then take the bubble for a 'walk'. Initially just around your room, then through different doorways and around your house. Keep the imaginary walls of the bubble intact.
- When you are ready, take this imaginary bubble outside and know you are safe and loved for the you that you are. Enjoy taking yourself and your bubble for a walk.