

# Human Touching Divine

# Autumn Wave

## To release sorrow, and anything else you are holding on to...

1. Stand with your hands open on your thighs, feeling your energy ground down into the earth.
2. Inhale, bring your hands up the sides of the body, open your arms wide and look up: expanding from the centre of the chest and opening to the universe.
3. Exhale the sound "Sssss", rounding your upper body so that your fingers almost touch. You are holding your world and its grief. Cradle everything you love.
4. Breathe in, repeat step 2.
5. Breathe out, repeat step 3, holding your world dear.
6. Breathe out, repeat step 2, opening to faith and trust.
7. Repeat step 3: this time allowing your fingers to come together, then cross your hands over, and draw them to your chest, over your lungs, nurturing a feeling of both cherishing and letting go of what you hold dear.

## To release pent-up energy and move oxygen

1. Sit on a chair and lift both arms up and back over your head with wrists bent towards the ground.
2. At the same time lift your feet from the floor, and stretch your legs out in front of you, pointing your toes.
3. Breathe out, and bring your arms down into your lap, whilst bending your wrists upwards.
4. Flex your feet upwards at the same time.
5. Repeat this wave for a minute or so.

## Regulate the Flow of Spring's Energies

## Joker!

*It may be:*

Time to Dance

Time to Make Your Heart Sing

Time to Nourish Yourself in Whatever Way Moves You in This Moment.

## To activate Liver and Gallbladder meridians...

1. Lie down on your back and bend your knees, bring the ankles to the buttocks and take hold of them with each hand. Close your eyes and take a deep breath.
2. Keeping the feet where they are, pull your knees forwards and shoulders back to create a stretch.
3. Release the ankles and let your knees fall out to the sides, soles of the feet together.
4. Visualise a river of energy flowing up Liver meridian from each of your big toes. Breathe in deeply, drawing it up with the breath. Relax on the exhale. Enjoy this breathing for a minute or more.

## *Blowing Out the Candle*

To dissipate fear...

1. Raise your knees to your chest and circle your arms around them (alternatively, sit in a chair with your arms crossed and tuck your fingers under your armpits with your thumbs against the side of the chest).
2. Rock forwards and backwards with your head raised and imagine that you are gazing at a blue candle flame.
3. Take deep breaths, whilst rocking, and produce a "Whooooo" sound with your lips, as if you are blowing out the flame.
4. Allow the fear to dissipate with the flame as you blow.

## *Expelling the Venom*

To dissipate anger and frustration..

1. Stand with feet parallel - 1-2 feet apart. Breathe in, lifting your bent arms in front of you, fists oriented upwards.
2. Swing your arms down and back, curving up above your head. On the out breath, make the sound "Shhhhhh" whilst moving the arms swiftly down the front of the body and opening your hands.
3. Think of the source of your emotion and make fast, forceful movements, expressing your anger as you go.
4. Repeat x2, then, for a final round, use slow controlled force and sound, allowing the tension to release and dissipate.
5. Bring in new energy with a zip up, continuing through lips to a point high above your head.
6. Circle the hands down to a grounding stance on the legs.

## *Releasing Toxins*

To release toxins..

1. Sit on the ground with your legs bent and the soles of your feet together.
2. Hold the outside edge of your feet around the little toes.
3. Breathe in, pulling your feet towards your pelvis whilst straightening your arms and spine. Pull the upper body back and stretch the shoulders.
4. Breathe out, and bend your body forwards as far as you comfortably can.
5. Repeat for a minute or so.

## *Releasing Spring's Painful Emotions*

To release resentment, guilt and jealousy..

1. Place your hands lovingly on over your liver and gall-bladder (under the ribcage on the right side of the body). Imagine that you are comforting a baby, whisper "Shhhhhh" as you rock these organs.
2. Whilst rocking you may wish to sway your hips in figure eights to enhance the grounding energy.

## *Taking Down the Flame*

### **To calm fire or panic, and ease loss of spirit...**

1. Stand with your open hands on your thighs, feeling your energy ground down into the earth.
2. Breathing deeply, sigh a musical "Haaaa" on each out breath. Allow the clutter and chaos in your mind to dissolve with each breath.
3. Inhale deeply, bringing your arms in a wide circle over your head until your fingertips and thumbs meet.
4. Exhale "Haaaa" and bring the thumbs down to the crown chakra on top of the head. Remain here as you inhale.
5. Exhale "Haaaa" and bring the thumbs down to the 'third eye' between the eyebrows. Remain here for the inhale.
6. Exhale "Haaaa" and bring the thumbs down to the heart chakra, between the breasts. Remain here as you inhale.
7. Exhale "Haaaa" and bring the thumbs down to the navel. Roll your hands down so the fingertips are together but pointing downwards. Remain here for the inhale.
8. Exhale "Haaaa" and flatten your hands, sliding them down to the starting position on your thighs. Remain here as you inhale.
9. Exhale "Haaaa" and move your open hands down your legs as you bend down, letting them hang as you inhale.
10. Continue to hang as you exhale "Haaaa". Inhale, bring the hands up the inside of your legs and end with your hands crossed on Heart Chakra. Exhale one last "Haaaa".

## *Cradle the Baby*

### **To release the yoke of over-compassion..**

1. Stand with your hands cradling your middle, as if you are holding a baby and rocking it. Think of the care that you show for others and aim it firmly at yourself.
2. Breathe in slowly and deeply. On the out breath, exhale a raspy sound like the wind in a hollow log. Continue this breathing here until you feel centred. Then move on to the next step but breathe in the same way throughout.
3. On the inhale, circle your arms above your head, then, hold your breath and alternately stretch one arm up, then the other, twice on each side.
4. On the out breath, bow down smoothly, with arms extended until you reach the ground. Tuck the hands under the inside arch of the foot and stretch back and up.
5. Inhale tracing your hands up Spleen Meridian, breathing out on the downward flow, and bring your open hands up Central Meridian, finally placing your hands over your heart chakra. Continue to integrate compassion for self and release over compassion for the world with a stretch at the waist or do **Connecting Heaven and Earth**.

## *Releasing Grief*

### **To release heartache and grief...**

1. Place your right hand on your heart chakra, in the centre of your chest.
2. Reach your left arm outwards, with the palm facing forwards.
3. Visualise the heart meridian running from your left armpit down to your little finger.
4. Imagine your grief streaming down the meridian and off your little finger on each exhale.
5. Repeat on the other side.

## *Connecting Heaven and Earth*

### **To boost spleen, ease joints, balance Wood and Earth, recruit TW as a radiant circuit, balance yin and yang, and clear out old energies to make space for the new!**

1. Stand with your hands on your thighs, feeling your energy ground down into the earth.
2. Breathing in, circle your arms above your head and bring your palms together above your head. Breathe out and lower them together down to your heart. 'Prayer Pose'.
3. On the in breath, bring one hand up palm facing towards the sky, and one palm down towards the earth. If comfortable, you can hold the breath and look at first one hand, then the other.
4. On the out breath, bring the hands together. Now repeat on the other side. Do each side 3 or 4 times then return to prayer pose.
5. On the next exhale bring your hands down towards the ground. Rest in this position for 2 deep breaths and then.
6. a) Trace figure of eights in the air as you gradually bring your arms above your head, and then open them out around you to strengthen your aura. OR
7. b) Spin your hands around each other as you come up - 'fluffing up' your aura. It's a bit like making candy floss. Again, come up to the top then open out a beautiful umbrella of energy coming right down around you.