

The Amazing Joints and Glands Moving Meditation!

- > Choose a piece of music between 5 and 8 minutes long ... enjoy!
- > Clear your nostrils before starting.
- > Keep feet on the ground throughout the exercise. For the Lion's Breath movement you can either do a one-foot pivot ('Sumo' step) or a brief leap.
- > *#1–8 Constant breath through open mouth. Breathe in ... and let it fall out.*
- 1** *Initial Grounding.* Raise one foot, stretched out in front of you. Initially point the toe towards the ground – really stretch. If you need to touch the toe to the ground for balance that's just fine. Then, with the leg in the same position, point the toe towards the ceiling, stretching the calf. Again if you need to touch the ground, that's fine. Finally, circle the foot by bending at the ankle in one direction and then in the opposite direction. Place your foot back on the ground. Check to see how you feel now. Repeat with the other leg.
- 2** Vigorously massage the glands in front of and behind both ears. Massage with flat hand: thumb and index finger or thumb, index and third finger behind ear, others in front of the ear.
- 3** Hands in fists, massage using the knuckles:
 - ridge over eyebrows
 - temples
 - jaw (from TMJ along to chin, including areas on each side of nose if you wish)
 - scalp (all over)
 - occipital ridge (base of skull)
- 4** Massage the neck and shoulder points using the fingers – you can do this with the arms crossed or not, depending on what works best for you.
- 5** Using finger tips or hands in fist: tap the center of your chest over the upper breastbone (the thymus area). Make sound as well if you like!
- 6** Using fingertips or hands in fists: massage area you have just tapped, starting from center of chest and dragging fingertips or fists/knuckles out to sides of chest
- 7** Moving the shoulder and elbow joints: use swimming motions – initially crawl, then backstroke motion, and then breaststroke.
- 8** Wrists: flex up-and-down and side-to-side, arms extended in front of body, like a modified 'dog paddle'.
- 9** *Lion's Breath*

Eyes open as wide as you can, tongue extended completely (try to touch your chin with your tongue), hands on thighs and eyes looking straight during exhale. Breath comes from lower abdomen with release of sound "Hahhhhh!". Do 4 times, turning 90° each time using a 'Sumo' step or brief leap.
- > *#10 Breath changes to chaotic (fast in-out) nostril breathing — mouth closed. If your breathing starts to fall into a pattern – break it up.*
- 10** For 3–4 minutes, massage glands in armpit area with flat hands/fingers (arms bent so backs of hands are against arm pits). Some people are more comfortable crossing their arms; others not. Experiment for yourself. Keep feet grounded throughout.
- > At the end of the exercise, take a moment to check-in and notice your body. What do you feel? How is your energy?

This sequence is loosely based on work done at the Tzu Chi Institute for Complementary and Alternative Medicine, BC.