Term 5 Lesson 5

Berrak: Yes, Buse..

Buse: So I took some notes to not go so far. Last week it was quite challenging for me. It was challenging in physical level also on emotional level. I could somehow feel that it touched much deeper than I could think about it. It was like, life always, I was falling and growing again. And this pattern always, this circle. Falling and growing, falling and growing. So it really touched me a lot and I catched myself that last week I was really tired in mind state. Sometimes I really thought, should I really get up or should I rest? Somehow I felt some nausea even and I couldn't move. In a moment and I just layed down and exactly that time I came face to face that I have to always be powerful in society and always do something, organize something and that moment I was questioning myself. Should I push myself to find a way to get up or should I just sleep, you know? And yeah, I thought a lot about it and I also thought on what makes me get up? And I try to find this source. How I move? And I noticed that it really needs a strong center always being, you know, up and down, and I've felt all my stomach is sleeping and I need to really activate it more and more with this exercise. So also, just a moment please. I felt deep anger because I sometimes I didn't want to get up and I was trying to find ways. How can I... and it made me really angry and yeah, I had really emotional moments and I said to myself, it's not a good exercise for beginners, I could say and we can make it with really practiced ones because it was harder than I expected. Yeah, I cried like 30 minutes from my stomach after the exercise. It was a really beautiful moment. I felt really nice after that moment. And yeah, it was really deep. And I also, my last words, I also catch myself, my body wants to be more alive and dynamic on these days and it helped me to find this path through it.

Berrak: Wow, thank you, Buse. Thank you. I do this with sort of intermediate beginners. Yes, but not this way. Yes, we will do it also today. The way, now there are different qualities in which we can use the same exercise which has much more different impacts emotionally on the body. And which feel safer. Yes, but of course this, I mean you are not beginners, so that's why I had to put you through it so that you experience really, a little bit more, the more free way, which is always the more difficult way, right? Very nice. Very, very nice and every time we fall, what you said, every time we fall we lose something. So every time we fall, something leaves us. And it's very good that this happens.

Yiğit: Can I ask you something? What do you mean by losing? Can you open a little bit that place? I'm not sure what I understood.

Berrak: Yes, how about if I talk about it later? Just keep it as a metaphor. Yes, every time you, fall you lose something, lose in the sense that it goes away from you. You drop something, you lose it. Yes, you don't have it anymore. And just keep it as a metaphor right now and we we will come back to it after we do a couple of exercises, yes. Good question. Who wants to continue? Thank you, Buse.

Pedro: Hello everyone, hi. So I've done the exercise on friday, last friday and then after the recording. And it was also very special and relating to this feeling of dying and coming back up, dying and coming back up. This was the first thing and then the opposite of how to bring myself up. This was kind of like, so the first was dying, dying, dying, dying  and then coming up, coming up, coming up, reversed and I think the way it was built. And so the first section with Katerina with which was the pelvis, the ground and the articulation of the pelvis. It was groundbreaking. It was really immense, immense to see this space and to see how there's so much in there and it's not just moving from it, but how it is a landscape of its own. How it is a universe of its own with so many things. And so there's also a reflection on what is this relationship between verticality and horizontality as we go through several steps of horizontality in the vertical. So the verticality goes through several horizontals, several horizons. This is something I'm still maturing on, but it's not only on the body, as we have also different kind of horizontal levels. But also in the space and going down. What does it mean, on each step? And sometimes I would find myself on one level and not being able to go down even further. So this was also very interesting that there's several levels of letting go. So this was during, while doing it and there was also this thing about the space which was very strong. The feeling of the back space, the side space. And this was also very intense. As we could, I could really feel it enlarging horizontally, so I was vertical, but I felt like having this perception of, what does my right side mean in the space and the left side, then it kind of opens more and became even greater. Not in a sense of grandiosity, but in the sense of porosity.

Berrak: In the sense of what?

Pedro: It doesn't exist in English, maybe.

Berrak: I don’t know.

Pedro: In French porous.

Berrak: Porous, yeah, like the pores, yes.

Pedro: So there's a sense of permeability between the in and the out, and that it expands in this way. It's not that I'm becoming bigger, I'm just becoming. I'm just able to...

Berrak: Porous, more porous.

Pedro: Yes, the pores are more open sensation wise. So this was what happened that day and then the following day I remember I sent you a voice message, as you asked and then the following day I think I had forgotten what I've told you, I think intellectually. But the feeling I had, I wanted to die. I really wanted to die. I wanted that all my past would die and fall away. I wanted everything that I could let go of everything and this was the feeling that I got. Everything that I've built, everything that I own. Everything and it was scary. But at the same time very powerful this feeling. And I feel that it's something that has been there always, but I was not accessing it. I was not able to say oh, wow, it's actually, this is possible. I can just let go of everything and walk away and it's fine. The world will continue to turn. It's not a problem and so will I? Probably, hopefully. So it's this physical death of the past. I didn't want to die of course, I'm very hopefull, I'm happy, but it was not a depressive death. It was really on the opposite. I feel it was a, I don't know how to say a happy death.

Berrak: Wow.

Pedro: So maybe I need to do my funeral at some times.

Berrak: What, what's your...?

Pedro: I need to, see I need to do my funeral.

Berrak: Nice, call us, invite us to your funeral.

Pedro: I will. Great pleasure.

Berak: Nice, very nice.

Pedro: Yes, it's this is where I am.

Berrak: Thank you. Thank you, Pedro.

Pedro:Thank you too, thank you for listening.

Lena: I might continue because I also had similar sensations as Pedro with the dying, I wrote something to Berrak. Should I read or I maybe I just improvise.

Berrak: As you like my dear. Improvise?

Lena: I improvise. So yeah, the sensation was really to let go and let go of layers or let go of my old self, in a way, dying. The old as moving from the vertical to the horizontal. And I realized I've been on the floor and I, like most of this program, actually just wanting to merge and let go into the ground and so I can reach more into my inner center somehow, release layers and holdings and what's not needed. So it has been this journey has been a lot of this for me and I could really sense this release by moving into the ground and also a freedom, to be able to move from the vertical to the horizontal. It was like, yeah, something is lighter. Becomes lighter and also, in a way touching my own center. And from there I felt almost like moving into an empty space and becoming a seed. Like really, I'm going into this seed and then from this seed growing up like a tree or like a flower and being able to blossom and moving towards the light the sky or the stars. So the vertical was connecting with this the the light and the cosmos and the horizontal was more to go back to the ground and the seed and to die and then to merge again. And this flow, and somehow this is like, I guess, a natural flow of life that we are moving and transitioning all the time. And if we are stuck and not moving with life maybe we just remain in one. We don't flourish, if we just are on the ground all the time. We just somehow resist this growth that life wants from us also.

Berrak: Very nice.

Lena: It was also beautiful to go up and to feel this. And I also realized that I could allow more of my emotions to be part of the movements to not just the sense, but also to include them to be more open and more vulnerable and feel more pleasure. So I'm somehow holding back or control, maybe that's the control part, so this I also discovered that the emotions are also part, needing to be expressed somehow.

Berrak: Beautiful. Thank you Lena. Thank you.

Catherine: Maybe I can continue. Hello to everybody. Just after the session, I wrote down a few emotions to the horizontal and to the vertical and when I listen to you and when I read that again before the lesson something else came up on my mind, so for me this going down was not so much like dying. It was more like going back to the mother. Going back to the roots. Going back to the earth. And the emotions which have been connected for me with the horizontal plane are; safety, security, stability, relaxation, being connected, not being alone. And this sensation of being touched and carried was very strong for me. On the other hand, to get up was like to leave this care and the safety, and to expose myself little bit into an unknown place and into an unknown space and the emotions connected with the and vertical position for me are freedom, but also insecurity and instability,being an individual, being far from the ground, feeling responsibility and challenge and being exposed. So there was also very interesting and the travel in between is like, yeah, I could feel how the emotions are changing. It was also interesting with my experience, thank you.

Berrak: Thank you. Thank you, Catherine. It's true that being vertical brings us to our way of being in life, right? Because you stand on your feet and you are exposed as you said and although every day we do it we walk through the streets we do, we go to work, we teach and everything but then when you do it consciously, it actually takes away all these habits because you don't have any task to do anymore. So you just have to be with yourself in that verticality or move. And it forces you somehow to move from a more essential place. So, you are actually more exposed and also you have to face all the unknown reactions that may come. Because you don't have so much contact. Whereas when we are on the horizontal plane we have a lot of physical contact and the physical contact gives us that sense of security and you can relate also concretely with something, which is the floor and your own body. And the vertical you have to relate with invisible things. That is the air that is the space, and that is also your imagination and maybe even the emotions that are there. That all of the sudden you need to let something speak without any support or have the courage just to stay and observe what is happening inside. Which we haven't done yet, which we will do. Very nice, thank you Katherine. Let's continue. Anyone? Come on. Be generous.

Stephen: And for me it was more adventurous to go down because I feel more in need of control of going down to not fall or as a fear of falling or not, of losing control of letting go of something or emotionally letting go something. To try to hold it under my control, somehow this is quite challenging to let go and other experts also experienced that. Arriving at a certain point near the ground, there was still a lot of waiting and I had to remind myself there's more to let go. More possible to, and even if for that for a moment it feels like everything is on the count, there's still something that could be released to be more really connected to the source. And quite interesting to observe how much is, how to find freedom in that movement

Berrak: Of the final letting go or process?

Stephen: The whole way to go down or the process from it's. Quite safe to be in the vertical, but the way to the horizontal is...

Berrak: The the passage you mean.

Stephen: The passage is challenging to do, to not control it and not with ideas how to do it, but to let it happen somehow. This is challenging. And the way up is more, that there's some strength in the body to use the crown to come up to the vertical. And when its maybe the challenge? Or I did it quite fast, so I had in the end like the same movement in many rounds when I observed when I felt myself and was observing it later. So there's a lot of habits coming up and doing it again and again.

Berrak: Yes, and lots of habits that...

Stephen: Some of my observations

Berrak: And do you have other explorations? Do you have other, exploration? You know when you say “some of my explorations“, would like to hear the other explorations if you have.

Stephen: Okay, yeah.

Berra: Okay, you can speak again in a while you don't have to do it now.

Stephen: Also maybe interesting for me was we did before with centering or working with the center with Katharina and after the third round we did, I faded quite strong in the body with some, I don't know. In the chest there was something a little bit constricted, let's say. And that influenced also my ability to be free and in the latter part of the... Because I felt restricted.

Berrak: But was it more? Was it something more physical or was it something more emotional?

Stephen: Emotional. But the physical reaction was in reaction to an emotio. I can't explain the emotion in words.

Berrak: Yeah, yes, it's fine. Yeah, it's just good to precise it, you know if this restriction or something physical or emotional. And then afterwards in the going down or going up did that emotional restriction speak to you or did you work with it?

Stephen: I think so because it has to do with this. What I allow myself to do and what I prevent me from doing it.

Berrak: Very nice.

Stephen: And it's also maybe about what, it was not my thinking about it or it didn't came up the way Pedro described this kind of dying, of letting go something completely and this I didn't think about, but in relation to what it is maybe also the fear of could something be lost but I still don't want to lose now.

Berrak: Yes, that's true. Nice this is very interesting see. This is some real information that your body is communicating to you very nice. Thank you Stephen. Let's continue, please. Stephen: Otherwise I'll speak again hahahhaha.

Berrak: So okay, Elif is going, wait.

(some echoing and zoom problems)

Elif: Yeah, I think this exercise gave me a whole new topic to explore. First of all, it's really interesting. So what came to me in words I just wrote down that I will just read them to you first. What is happening in between was very interesting to observe, but I still need this exploration. And yeah, there are fears, fears also I said physically because of my height, I feel kind of the fragility to just, you know, like the bones and and meeting the maybe ground is the hardest kind of I need. I feel that I hold it. And otherwise it was challenging. So challenge, tiredness, frustration. And decision to take when to go in between was interesting. Falling, rising, letting go, releasing and hardness, softness, sharpness, gentleness. Harshness, fragility, bones, meat, floor, ground space, space in the front, space in the back, doing, staying at the spot, timing, mind, perception, trust. So lot of topics. That  came to me, but I also felt like really accepting all of them. So the following days were really, I felt the peace of accepting all these easily. So yeah, interesting. Accepting but exploring further, when I find the courage, maybe.

Berrak: Yes, thank you.

Com: That's right. Hello everybody, I just I missed the last session and I didn't catch up the session. So that's why I'm a bit silent, but thank you for your generosity to share. So while I was listening you I was trying to imagine what you've done. What might be the exercise? You know, and it's really touched me to listen you even though I don't know really what you did. I just understood some. So yeah, it connects to certain topics. I am now thinking about or dealing with and so that's very interesting just to hear, and I hope I will catch up with you very soon. And I will also share some processes observations.

Berrak: Thank you.

(Someone is talking and Berrak translates)

Berrak : So, all the exercises that you are giving us now recently in the last lessons here, they seem to me like some kind of pearls that make us go even deeper into all the themes. Altogether we have been doing since the beginning and because it takes us so deep I need to do them more and more. I think these exercises these last ones are for me to be done for the whole life. And work with it. So like this last exercise had a physical impact on me, and actually I don't want to talk about the emotional impact about the dying and everything that is around which also, I feel all with you. But I want to share this physical thing. So when Katerina started with the center work and we went really into the center and then we did the horizontal vertical, I felt that something where my pelvic floor is and in my in between my sit bones somewhere there in the ground of my pelvis. That's something actually cracked open. Yeah, like she and she made this sort of inwards movement that something sort of cracked open. And then I couldn't do this work a lot, so I had to just stop and and just breathe and and listen to it's effect, but since then the sensation I have in me for the rest of the week was something very pleasant. Thank you. Okay, very nice.

Yiğit: Can I go? For me, I'm just still trying to formulate how to put in words in a very simple way, just having a very complex thing inside and. without making, mystifying, because emotions and I'm just trying to do it, so what's happening with my body? What kind of, what I'm going to? How am I relating to it and? And try to do it. Try to ask these questions in retrospect from the place I'm here right now. What happened last week was it is the period that I I started to see the work, what we are doing is kind of hand in hand, working with emotions already. This sense of touch is kind of hand in hand with emotions. And last week's exercise brought me into place to see where I am at seeing my own emotions or how am I oppressing my emotions in my body and how I feel them like, how I sense them because there is a pain in my body. And it's always there, but how I'm relating to that pain is generally to challenge that. How am I going to expand that? Or how am I going to use it physically through my muscles to grow? Growth is a sense of flexibility, like physical stamina or something like that. But I realize that I also feel my emotions in my body. So when you challenge your emotions then it's a kind of counter effect to yourself constantly it's a kind of fight. At least it was for me, so it was the exercise that I allow my emotion to lift off the oppression. And then how it feels to feel those emotions while moving? Because you know, and also, I think doing this like we were to call and then we just go horizontal and also like we have water inside like when you have you have a bottle and then you just put it horizontal then it creates waves differently, you know. It's also what happens. So I observe how those sensations of emotions, how I feel in my body how they are. How they are like without any judgement, or therefore I cannot say how specifically I felt which emotion. But at the same time when I'm this horizontal and vertical quality is working together actually like even though it's if giving into the ground. When I'm even rising up, I'm working with the ground, always there's something's happening together. And yeah, this is one of the things and also it's about what I feel is an emotion and how do I call what I feel. I realize that like how the language is taking apart and shapes what my experience is. Yeah, simply on that.

Berrak: Thank you Yiğit. Nice nice image with the bottle. Thank you.

Elijka: Can I go? I repeat the last lesson and I started with pelvis and it was better than when I was doing during the online lesson and when I really connect with my pelvis I felt small fire and when I trust me and the moving, I felt how the fire little bit grow and I, yeah, and I felt more joy and the horizontal and vertical lines. For example, when I felt fragile, when I was in vertical position and when I try to go down, I felt I failed. I'm failing. And yeah, the one thing which I‘m thinking when I am in vertical position I'm using more my mind I think, because I have a need to open my eyes. Yeah and I am looking for how to be in my body and how much I need to use my mind during this exercise. Yeah, that's.

Berrak: As opposed to when you are lying on the floor, you have the impression that you are using less your mind right?

Elijka: Yes, because I feel more comfortable and more safe. And yeah, when I'm in vertical I control and I use my mind more and yeah then I'm thinking about how to go down because I control it. And yeah, it's so challenging to me.

Berrak: Yes, not only you. It’s challenging us all the time. Thank you. Very nice. Very good point about the mind. How it works differently in both planes, yes and differently in the passage, right? Think about the passage too.

Com: Can I have one more?

Berrak: Sure, can you come here so they can hear you? Yes. So the question she has is when when she had this experience which was her let's say more individual personal experience of the something in her pelvis cracking up, she felt also that the two sides had more space so your perception of your body sides were, they were communicating more with each other, yes. More individual. And and so she was asking if there is any exercises or works that can be related to this, like working on one side than on the other side. And there are many. So maybe we can do that more in the workshop. Because then everyone can benefit from it. Okay and we did some exercises for that also, but there are others also. It touches also another issue of the lesson that I'm going to do in a while. So very good. Any other comments? Something you wanted to say and you didn't.

Com:Yes, I would like to. Something comes up on my mind and when I listen to you now I had an injury last week when I was walking the dog and somehow this injury prevents me from spending lots of time in the vertical because I hurt my leg and I think I broke one of the (something)? little bit. So I need to put the feet up and I need to spend time in the horizontal all the time and if I'm long time in the vertical, it's very uncomfortable and I ask myself how much this is tense or how much not. It's quite interesting, especially when I think about the fluids like how they move in the body like Yiğit said it. Though it is as if my body wants to have a break for a while, on the horizontal plane.

Berrak: Yes, maybe.

Com: So this is why I will stay with the movements also on the ground today.

Berrak: Yeah, that's what I thought, which is very nice because although you say when you are in the vertical, you feel less stable and more fragile and insecure, the insecurity comes, but when I for example look at you, you are a very vertical mover. More than a horizontal mover, in fact. So maybe now is a gift. Maybe to break that verticality or let's say the straightness of the verticality? Yes, because the verticality can also be something just as an aspiration or a inner direction. It doesn't have to be a physical posture, yes? And maybe it's a good opportunity now because you have to break that idea of verticality or that straightness, and go more into horizontality into curves into roundness into these kind of qualities so. You know you know as well as I do, that the body always knows how to communicate. If we don't feel right.

Com: Yeah, it would be nice if. It would work without injuries, but like that.

Berrak: Yes, I know. So I hope you will get better soon.

Com: Thank you.

Berrak: And anything else? Yes, Pedro.

Pedro: I'm just here in thoughts as we were talking about grounds and so I had the feeling that the ground we worked on was the pelvic floor. I've also worked with the diaphragm and also maybe even higher. And even with the feet the but I was now thinking about the sores actually as the vertical axis and I don't know I wonder if we will like work with it directly because it is vertical when we are standing and also but it becomes horizontal when we are laying down. And there's also this relation between the pelvic floor, one muscle that is like sustaining and absorbs with these two muscles that are vertical. So I'm just thinking about the symbolics of this of ground and the duality of the source, the verticality, the up and down. I was just stressing, but it's felt to me that this relation with the source that it can also be a verticality that can also be on the ground. Maybe it can also. Because I feel my source like especially the right one is like still and it where if when after working with the client it's the source that gets everything. I feel it immediately and then back pain comes that it absorbs the energies and even when I try to release it well it's really difficult. It just stays.

Berrak: That's why letting the center articulate and and to come back to that source of life as Caterina said is, vital. You know it's very crucial. So that's where we resource ourselves in fact that's where we recharge ourselves. And you can work it in any plane you want, you know. On the horizontal as well as on the vertical. I understand a little bit like this what you are saying? But then there are also other muscles that work and it's this pyramid. That is, there in fact and the space inside of that pelvis, then that connects up. But these are then very personal perceptions of your inner geometry, yes. But if it speaks to you like this go into it because it means that for you it's important.

Katharina: I want to share one thing from the last session from the the exercise, which was quite new and surprising for me because when I was on the ground and Idecide to go up to the vertical, I realized that this thing is about opening myself, which was really surprising. It was not the aim. It was not the direction. It was not the spine. It was not the floor to go up or anything. Even not the center at the first time it was this sensation of opening somehow and then I was just up. And it was quite nice because it was let's say, it was different from this time and I realized that I really believe that our path in our childhood to really stand up and to walk, begin when we are babies and we all of a sudden decide to really open up somehow and really start to you know. And this was a very similar feeling to me to really feel this opening and then you can grow. So I want to share this.

Berrak: Thank you, very nice. Okay, so let's move. I would like to invite you to our first prayer of today. And it's just going to be, take some time to get into your body, relate to your ground. And I will give you a long piece of music and I would like you to go through the three levels during this music as you like, so from the ground, the passage to the vertical. And then again back. And just be open to how you relate to that. What are the qualities that comes from your body, yes. Just play with the horizontal plane, the vertical plane and everything that can exist in between at your pace and in your mood. Have a good prayer. Thank you very much. Stay where you are. And we will do it again and you will just continue. Thank you very much. Sometimes we just need a little bit more time to really let the things happen in us and it was very good to see that. Well done. I will now restrict you. A little restriction which also has two reasons because it makes you discover a lot of things but also it's a very nice useful tool to use with your clients when you work on this vertical and horizontal plane. So I would like you to choose a starting position, either horizontally or vertically. So first you have to make that decision. And just get into that position. I will talk you through it. So the ones who want to stand, stand and the ones who want to lie down, lie down. Perfect. Unfortunately, sitting is not an option. For the ones who are starting from the horizontal position, you have to find each time a way to get onto your feet so which means you are on the front side of your feet with your sit bones resting on top of your hips. And your hands are in front of you, and your spine is curved with your hands and head hanging down. Yeah, so the head and tail connection is happening through your feet. Like in between your feet as a circle. So you have to come to this position and then very slowly you will push yourself away from the ground. Keep your knees bent and very very slowly you will roll up. You will remember this exercise. We did it before and when you come to a critical point where your sit bones are aligned with your heels you will roll up from your lumbar spine and at the same time straighten your knees until your shoulders fall into their places, and then you roll up the rest of your neck until your head is where it's supposed to be. And then the people who are standing, they will do the opposite, that means you will somehow melt your head downwards and you will roll down all the way until your limit, and when comes your limit, you will bend your knees, relax your pelvis and go down into that position that I just showed on the floor and then from there you will find each time a new horizontal position you will end. Is that clear? And then you repeat this. Yes, so then you will repeat it from the ground. You find your way onto your feet with your hands on the ground. You will roll up, stand there and then you will roll down. And then you will find a new horizontal position. Make sure that each time, your horizontal position is different. And make sure that each time your vertical position is the same. And you will just stay in those moments. Just to see what is happening. Is that clear? Okay I will show you then. So this is a version starting from the horizontal. First destination. Second destination. 3rd destination. Final destination.

Com: So going from this position, down it can be in different ways and should be in different ways.

Berrak: It should be in different ways. Whereas to the vertical it has to be always the same. But of course you can be facing different ways, but no other movement or posture when you are in the vertical. When you are in the vertical you stay in the vertical. So choose your position. You can start either on the horizontal position or on the vertical position. If you start on the vertical position, then you start rolling down, second destination and then third destination is a horizontal position, then fourth destination is you know the crotch down? And then the final position is then the vertical again. There is some food for your mind there. Have a good journey. Please start in silence. And don't let the music disturb you. Thank you. It was very moving to watch. So I would like to continue. Please do not forget these emotions. And I invite you to your third prayer which is on the horizontal plane, so please, like on the ground. And now while you are working on the horizontal plane, I would like you to in whatever position you are now lying, be it on your stomach, on your back, or on your side. I would like you just to put your awareness to your, access to that imaginary. Creates the border or the door. From the right side to the left side. I would like you to just connect to your two body halves. If you at any moment feel the need of changing your position, you can do so. You should be in a comfortable position without losing the body halves and your axes. I invite you just to now open your perception to the space. Below, underneath your back. It depends on which position you are lying. So connect to the space below or behind your back. The whole backside of your body. Bring your perception back through your body again. Through your axis. Now just let it open to the front of your body. your awareness. The front side in the space that is in front and bring your perception back into your axis into your body. And I would like you to focus on your axis now through your head into the direction of the top of your head and what is beyond. And going through your tail with the two parallels of your legs. Going through your feet, these three lines. Streams of your axes. And going into the space, into the direction that is beyond your feet and beyond your tail at the same time. And come back to your body again with your perception and I would like you to focus on your right side of your body. First, the volume of your body and then the space to which it is opening. And you bring back the perception into your body. And you will let it open to the left side. Through the volume of your left side and into the space to which it opens. And you will bring back your attention to your axis again. And we will work a little bit on these body halves in the sense that you will play with the vertical. Keeping your contact with the horizontal. I will repeat this again. So you will play with your body halves. Right, the right side of your axis and the left side of your axis. Right arm, right leg, left leg, left arm. And you will play with the vertical while the other half stays on the horizontal. Okay. Always one side should remain on the horizontal. Have a good exploration. Please start in silence. Just stay where you are. We will do one more exactly the same way. Just remember now that you can also let one body half move in the, be in the horizontal, where the opposite one goes to the vertical. That means you can work on the cross lateral level also. And really work on the sides, maybe also not only staying on your back or staying on your front, but really staying on your side and opening to the vertical. In the cross lateral also. A little bit of geometry. Please have a good exploration. You're doing very well. Please start in silence. Great, thank you very much. Very nice. That's all for today. And I would like you to take a moment and just to note down what you have discovered and I would like you also to continue to reflect and think and explore the possibilities of the horizontal plane, the vertical plane and in between. It was very good. Thank you very much. Keep your questions. Write them down. Send them to me. Write it in your document or you keep them for the next time. Thank you very much for the work, it was very touching to watch you. Have a lovely week.

Zvukový soubor

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Přepis

Reproduktor 1

Yes. Whose great OK?

Reproduktor 2

So I took some notes to not go so far last week. It was quite challenging for me. It was challenging in physical level. Also emotional level. I could somehow feel that it touched much deeper than I could think about it. And it was. It was like life always. I was falling and growing again. And this pattern always this circle falling and growing, falling and growing. So it's it's really touched me a lot and I catch myself that last week I was really tired. In my state. And I. Sometimes I really thought, should I really get up or should I rest and somehow I felt some nausea even and I couldn't move in a in a moment and I just lay down and exactly that time I came face to face. That I have to always be powerful in society and I always do something. Organize something and that moment I was questioning myself. Should I push myself to find a way to get? Up or should I just? Sleep, you know? And yeah, I thought a lot about it and I also thought on. What makes me get up? And I I try to find this source. How I move? And I noticed that it really needs a strong center always being, you know, up and down, and I've felt all my stomach is sleeping and I need to really activate it more and more with this exercise. So also just a moment please. I felt deep anger. Because I sometimes I didn't want to get. Up and I I I was. Trying to find ways. How can I how? Can I and it made me really angry and? Yeah, I had really emotional moments and I said to myself, it's not a good exercise for beginners. I could say and we just can make it with really practiced ones because it was harder than I expect. Yeah, I cried like. 30 minutes from my stomach after the exercise. It was really beautiful moment. I felt really nice after that moment. And yeah, it was really deep. And I also lost my last word. I also catch myself my body wants to be more alive and dynamic on these days and it helped me to find this path through it.

Reproduktor 1

Wow, thank you, Buster. Thank you. I do this with a sort of intermediate beginners. Yes, but not this way. Yes, it's and we will. We will do it also today. The way now there are different qualities in which we can use the same exercise which has much more different impacts emotionally on on the body. And which feel safer. Yes, but of course yes. This I mean you are not beginners, so that's why I had to put you through it so that you experience really a little bit more the more free way, which is always the more difficult way, right? Very nice. Very, very nice and every time we fall like this what you said every time we fall we lose something. So every time we fall, something leaves us. And it's very good. That this happens. Yes, yes.

Reproduktor 3

Can I ask you something? What do you mean by losing? Can you open a little bit that place? I'm not sure what I.

Reproduktor 1

Understood yes, how about how about if I talk about it later? Just keep keep it as a as a metaphor, yes. Yes, every every time you I you fall you lose something. Yes, lose in the sense. That it it. It goes away from you. You drop something, you lose it. Yes, you don't have it anymore. And and just. Keep it as a metaphor right now and we we will come back to it after we do a. Couple of exercises, yes. Good question. Who wants to continue? Thank you, bousse.

Reproduktor 5

Hello everyone, hi and so I've done the exercise on Friday last. Friday and then. After the recording. And it was also very special and. And relating to this feeling of dying and coming back up, dying and coming back up. This was the first thing and then the opposite of. How to bring myself up? And this was kind of like so the first was dying, dying, dying, dying. And then coming up, coming up, coming up, we reverse and and I think the way it was built. And so the first section with Katejina with with which which was the pelvis, the ground and the articulation of the pelvis. It was groundbreaking. It was really immense, immense to to see this space and to see how this. How there's so much in there and it's not just moving from it, but how it is a landscape of its own. How it is a universe of its own. With so many things. And so. There's also a reflection on what is this relationship between verticality and horizontality as we go through several steps of horizontality in the vertical so the verticality goes through several horizontals, several horizons. And this is something I'm still maturing on, but it's.

Reproduktor

Not only.

Reproduktor 5

On the body as we have also different kind of horizontal levels. But also on in the space and and going down. What does it mean on each on each step? And sometimes I would find myself on one level and not going not being able to go down even further and then then. So it's this was also very interesting that. There's several levels of like. Of letting go or or and then. So this was during during while doing it and there was also this thing about the space which was very strong. The feeling of the back space, the side space. And this was also very intense. As as as we could, I could really feel it enlarging horizontally, so I was vertical, but I felt like having this perception of. What does my right side mean in the space and the left side then? It kind of. Opens more and and became even greater. Not in a sense of grandiosity, but in the sense of curiosity. So there was the biggest porosity porosity.

Reproduktor 1

Sense of what?

Reproduktor 5

It doesn't exist in English, maybe or was.

Reproduktor 6

I don't know.

Reproduktor 5

It in French porous.

Reproduktor 1

Pores, yeah, like the pores pores yes.

Reproduktor 5

The poor so that there's a sense of. Permeability between the young and the out, and that it expands in this way. It's not that I'm becoming bigger. I'm just becoming. I'm just able to.

Reproduktor 1

Porous more porous.

Reproduktor 5

Yes, the porous are more open. Sensation wise so this was what happened that day and then the following day I remember I sent you a a a voice message as you asked and and then I the following day. I think I. Had forgotten what I've told you, I don't. I think intellectual. But the feeling I had was I was die. I wanted to die. I really wanted to die. I wanted that all my past would die and fall away. I wanted everything that I. I could I could let go of everything and this was the feeling that I got. Everything that I've built everything that I own. Everything that I everything and it was scary. But at the same time. Very powerful this feeling. And I feel that it's something that has been there always, but I was not accessing it. I was not able to to say oh, wow, it's it's actually. This is possible. I can just let go of everything and walk away and it's fine. The world will continue to turn. It's not a. Problem and so will I probably hopefully. So it's this better physical death of of the past. It was not. I didn't want to die. Of course, I'm very hopefully I'm happy, but it was not a depressive death. It was really a on the opposite I feel. I feel it was a. I don't know how to say a.

Reproduktor 6

Happy death or yes.

Reproduktor 5

Wow, so maybe I. Need to do my sunroom at some times.

Reproduktor 1

What what's your?

Reproduktor 5

I need to I need to see I need to do my funeral. Maybe in this.

Reproduktor 1

Week nice call us bite us to your funeral.

Reproduktor 5

Not that yeah. I will. Great pleasure.

Reproduktor 1

Nice, very nice.

Reproduktor 5

Yes, it's this is where I am.

Reproduktor 1

Thank you. Thank you, Pedro.

Reproduktor 5

Thank you too thank you for listening.

Reproduktor 8

I might continue because I also had similar sensations as Pedro. With the dying, I wrote something to Barack. Should I read or I maybe I just improvise.

Reproduktor 1

As you like my dear.

Reproduktor 8

Improvise, I improvise. So yeah, the sensation was really to let go and. Let go of layers or let let go of my old self in a way dying to the old as moving from the vertical to the horizontal. And I realized I've been on the floor and I, like most of this program, actually just wanting to merge and. Let's go into the ground and so I can reach more into my inner center somehow. Release layers and holdings and. What's not needed so so it has been this journey has been a lot of this for me and I could really sense this release by moving into the ground and also a freedom to be able to move from the vertical to the horizontal. It was like, yeah, some something is lighter. Becomes lighter and. Also, in a way touching my own. Center from this and from there it was. I felt almost like moving into an empty space and becoming a siege. Like really, I'm going into this seed and then from this seed. Growing up like a tree or like a flower and being able to blossom and moving towards the light. The sky or the stars like so the vertical was connecting with this the the light and the cosmos and the horizontal was more to go back to the. The ground and the seed and to die and to and then to merge again. And this flow, and somehow this is like, I guess, a natural flow of life that we are moving and transitioning all the time. And if we are. Stuck and not moving with life. Maybe we just remain in one. We don't flourish if we just are on the ground all the time. We just somehow resist this growth that life wants from us also.

Reproduktor 1

Very nice.

Reproduktor 8

It was also beautiful to be go up and to feel this. And I also realized that I could allow more of my emotions to be part of the movements to not just the sense, but also to include them to be more open and more vulnerable and feel more pleasure. So I'm somehow holding back. Or control, maybe that's the control part, so this I also discovered that the emotions are also part needing to be expressed somehow.

Reproduktor 1

Beautiful thank you thank you thank you Lina. Thank you.

Reproduktor 9

Maybe I can continue. Hello to everybody just after the session, I wrote down a few emotions to the horizontal and to the vertical and and when I listen to you and when I read that again before the lesson. So something else came up on my mind, so for me this going down was not so much like dying. It was more like. Going back to the mother. Going back to the roots. Going back to the earth and the emotions which have been connected for me with the horizontal plane are safety, security, stability. Relaxation being connected. Not being alone. And this sensation of being touched and carried was very strong for me. On the other hand, to get up was like to leave this care and the safety, and to expose myself. A little bit into an unknown place and into an unknown space and the emotions connected with with the and vertical position for me are freedom, but also insecurity and instability. Being an individual. Being far from the ground, feeling responsibility and challenge and being exposed. So there was also very interesting and the and the travel in between is like, yeah, I could feel how the emotions are changing. It was also interesting. And with my experience, thank you.

Reproduktor 1

Thank you. Thank you, Catherine. It's true that the being vertical brings us to. To our. Way of being in life, right? Because you stand on your feet and you are exposed as you said. And although every day we do it. We walk through the streets we do. We go to work, we teach and everything. But then when you do it consciously, it actually takes away all these habits and it's more of your because you don't have any task to do anymore. So you just have to be with yourself in that verticality. Or move. And and and. It forces you somehow to move from a more essential place. So, so you are actually more exposed and and also you have to face all the unknown reactions that may come. Because you don't have so much contact. Whereas when we are on the horizontal plane we have a lot of physical contact and the physical contact gives us that sense of security and you can relate also concretely with something which is the floor and your own body. And and the vertical you have to relate with invisible things. That is the air that is the space, and that is also. Your imagination and maybe even the emotions that are there. That all of the sudden you need to let something speak. Without any support or have the. Courage just to stay. And observe what is happening inside. Which we haven't done yet, which we will do. Very nice, thank you Katherine. Let's continue.

Reproduktor 6

Right?

Reproduktor 4

The connection.

Reproduktor 2

Come on.

Reproduktor 1

Be generous.

Reproduktor 10

And for me it was more adventurous to go down because I'm I'm feel more in need of control of going down to not fall or as a fear of falling or not, or of losing control. Of letting go of something or emotionally letting go something to try to. Hold it under. Under my control, somehow this is quite challenging to let go and other experts also experienced that. Arriving at a certain point near the ground, there was still a lot of waiting and I had to remind myself there's more to let go. More more possible to. To, and even if for that for a moment it feels like everything is on the count, there's still something that could be. Released to be more really connected to the source. And quite interesting to observe how much is. How to find freedom in that movement?

Reproduktor 1

Of the of the final of the final letting go or.

Reproduktor 10

The whole way to.

Reproduktor 1

Of the whole process.

Reproduktor 10

Go down or the process from it's. Quite safe to be in the vertical, but the way to the horizontal is.

Reproduktor 1

The the passage you mean.

Reproduktor 10

The passage is challenging to do, it not control it and not with ideas how to do it, but to let it happen somehow. This is challenging. Yes, yes, and the way up is more more that there's some. Feel some strength in the body to use the crown to come up to the vertical. And Venice maybe the challenge? Or I did it quite fast, so I had in the end like the same movement in many rounds when I observed when I felt myself and was observing it later. So it is. So there's a lot of habits coming up and doing it again and again.

Reproduktor 1

Yes, and. Lots of habits that fill.

Reproduktor 10

Some of my observations OK.

Reproduktor 1

And do you have other explorations? Do do you have other explanation, exploration? You know when? You say some of my. Explorations would like to hear the other explorations if you have.

Reproduktor 6

OK, yeah.

Reproduktor 7

Come on.

Reproduktor 1

OK, you can. You can speak again. In a while you don't have to do it now, but.

Reproduktor 10

Also maybe interesting for me was we did before with centering or working with the center with. And after the third round we did, I faded quite strong in the body with some. I don't know. In the chest there was something a little bit. Constricted, let's see. And that influenced also my. Ability to be free and in. The latter part of the. Because I felt it in the restricted restricted.

Reproduktor 1

But was was it more? Was it something more physical or was it something more? Emotional oh good, that's nice.

Reproduktor 10

The physical reaction was something. To was in reaction to an emotional. I can't explain the emotion in words.

Reproduktor 1

Yeah, yes, it's fine. Yeah, it's just good to precise it. You know if this restriction or something physical or emotional and in and then afterwards in the going down or going up did that emotional restriction speak to you or did you work with it?

Reproduktor 10

I think so because it has to do with this. What I allow myself to do and what I prevent me from doing it.

Reproduktor 4

Very nice.

Reproduktor 10

And it's also maybe about what it was not my thinking about it or or it didn't came up the way. Spectral this kind of of dying of letting go something completely and. This I didn't think about, but in relation to what it is maybe also the fear. Of could something be lost for? I still don't want to lose now.

Reproduktor 4

Yes, yes yes, that's true.

Reproduktor 1

Nice this is this is very interesting see. This is some real information that your body. Is communicating to you very nice. Thank you Stephanie. Let's continue, please.

Reproduktor 5

Otherwise I'll speak again and.

Reproduktor 1

So after OK Alice is going wait.

Reproduktor 11

OK nice nice to speak.

Reproduktor 7

So I think it's very clear why.

Reproduktor 3

It's echoing I.

Reproduktor 5

Yes, Derek, I think you need. To mute yourself.

Reproduktor 11

Sorry, it's the training is ending. We still didn't look it.

Reproduktor 6

Some things never changed, OK?

Reproduktor 11

Yeah, I think this exercise gave me a whole new. Topic to explore. First of all, it's really. Interesting, So what came to me in words I just wrote down that will just read them to you first. What is happening in between was very interesting to observe, but I still need that this exploration. And yeah, there are fears, fears. I said physically because of my height height, I feel kind of the fragility to just, you know, like the bones and and. Meeting the maybe. Ground is the hardness kind of I I need. I feel that I hold it. And otherwise it was challenging. So challenge, tiredness, frustration. And decision to take when to go in between was interesting. Falling, rising, letting go, releasing and hardness softness, sharpness, gentleness. Harshness fragility Bones, meat, floor, ground space, space in the front, space in the back doing staying at the spot timing mind perception trust.

Reproduktor 7

So lot of topics.

Reproduktor 11

That's that's came to me, but. I also felt like really accepting all of them. So the following days were really, I felt the peace of accepting all these easily. So yeah, interesting. Accepting but exploring further, when I find the courage, maybe more.

Reproduktor 8

Yes, thank you, thank you.

Reproduktor 11

Yeah, once we mention this.

Reproduktor 13

Continue everybody here.

Reproduktor 12

That's right. Don't to be stone face just hello everybody, I just I missed the last session and I didn't catch up the session. So that's why I'm a bit silent, but thank you for your generosity to share. So while I was listening, you were trying to imagine what you've done. What might be the exercise? You know, and it's really touched me to listen you even though I don't know really what you did. I just understood some. So yeah, it connects to certain topics. I am now thinking about or dealing with and. So that's very interesting just to hear, and I hope I will catch up you very soon. And I will also share some. Some processes observations.

Reproduktor 1

Thank you.

Reproduktor

We should just keep.

Reproduktor 11

So factor clear call.

Reproduktor 1

So, so all the exercises that you are giving us now recently in the last lessons here is is. They seem to me like some kind of pearls that make us go even deeper into all the themes. Altogether, that we have been doing since the beginning. And because it takes us so. Deep I need to do them more and more. I, I think these these exercises. These last ones are for me to be done for the whole life.

Reproduktor 13

And work with it.

Reproduktor 1

So like this last exercise caused some had a physical impact on me, and actually I don't want too much talk about the emotional impact about the dying and everything that is around which. Also, I feel all with you. But I want to more share this physical thing. So so when we started with katarinas. So so when Katerina started with the center work and we went really into the center and then we did the horizontal vertical, I felt that something where my pelvic floor is and in in my in between my. The sit bones somewhere there in the ground of my pelvis. That's something actually cracked open. Yeah, like like she and she made this sort of inwards movement that something sort of cracked open. And then I couldn't do this work a lot, so I had to just stop and and just breathe and and listen to it's. Effect, but since then the sensation I have in me for the rest of the week was something very pleasant.

Reproduktor 13

Thank you.

Reproduktor 1

OK, very nice.

Reproduktor 3

Thank you, can I go?

Reproduktor 7

OK.

Reproduktor 3

For me, I'm just still trying to formulate how to put in words in a very. Simple way, we just having a very complex thing inside and. Without making mystifying, because emotions and I'm just trying to do it, so what's happening with my body? What kind of what I'm going to? How am I relating to it and? And try to do it. Try to ask these questions in retrospect from the place I'm here right now. What happened last week was. It is the period that I I started to see the work. What we are doing is kind of hand in hand. Working with emotions already. This sense of touch is kind of hand in hand with emotions. And last week's exercise brought me into place. To see where I am at seeing my own emotions or how am I oppressing my emotions in my body and how I feel them like how I sense them because there is a pain in my body. And it's always there, but how? How I'm relating to that? But to pain is generally to challenge that. How am I going to expand that? Or how am I going to use it physically through my muscles to growth? Growth is a sense of flexibility, like physical stamina or something like that. But I realize that I also feel my. Emotions in my body. So when you challenge your emotions then then it's a kind of counter effect to yourself constantly it's a. Kind of create a fight. At least it was for me, so it was the exercise that I. Allow my emotion to to lift off the oppression. And then. How it feels to feel those emotions while move? Because you know, and and also, I think doing this like we were to call and then we just go horizontal and also like we have water inside like even though when you have you when you. Have a bottle. And then you just put it horizontal. Then it creates waves differently, you know. It's, you know, it's also what happens. So I observe how. Those sensations of emotions, how I feel in my body. How they are. How they are. Like without any judgement, or therefore I cannot say how specifically I felt which emotion. But at the same time when I'm. This horizontal and vertical quality is working together actually like even though when I it's it's. An if giving into the ground. When I'm even rising up, I'm you with with working with the ground, always there's. Something's happening together. And yeah, this is one of the things and also it's about. So what I feel is an emotion and how do I call what I feel it's. I realize that like how the language is taking apart. And shapes what my experience is. Yeah, simply on that.

Reproduktor 6

Thank you.

Reproduktor 1

Thank you yet. Nice nice image with the bottle. Very nice thank you.

Reproduktor 13

Can I? When I go. I repeat the the last last lesson and I started with with new pelvis and it was better than when. I was doing during during the online lesson and when I really connect with my pelvis I felt small fire and. When I trust me and the the moving, I felt how the the fire a little bit grow and I. I yeah, and I felt more joy and yeah and and the horizontal and vertical vertical lines. For, for example, when I. Yeah, yeah, I felt fragile when I was in where vertical position and when I try go go down I my feeling was I felt I failed. I'm fail fail yeah and I'm failing. And yeah, yeah. And the one thing which I thinking when I am in vertical position I use I'm using more my mind. I think because I need. To need to need to have to need to open my eyes. Yeah and yeah and I I am looking for how to be in in my body and how much I need to use use my mind during this exercise. Yeah, that's.

Reproduktor 7

Yeah, as as.

Reproduktor 1

Opposed to when you are lying on the floor, you have the impression that you are using less your mind right?

Reproduktor 13

Yes yes, yeah, because I feel more comfortable and more safe. And yeah, when I'm in vertical I I use. Yeah I I more control and I use more my mind and yeah and then I. I'm thinking about how to go down because I control it. And yeah, it's so challenging to me.

Reproduktor 1

Yes, not not only you challenging us all the time.

Reproduktor 13

Thank you.

Reproduktor 1

Thank you. Very nice. Very good point about the mind. How it works differently. In in both planes, yes and differently in the passage, right? Think about the passage to.

Reproduktor 11

Can I have one more?

Reproduktor 1

Sure, can you come here so they can hear you?

Reproduktor 6

OK.

Reproduktor 1

OK can we? Do this data, yes. So the question she has is when when she had this experience which was her. Let's say more individual personal experience of the something in in her pelvis cracking up she felt. Also that the two sides had more space so she. Your perception of your body sides were more.

Reproduktor

But they were.

Reproduktor 11

Like the sizes are more communicated.

Reproduktor 1

They were more communicating with each other, yes.

Reproduktor

More yeah, more individual.

Reproduktor 1

And and so she is. She was asking if there is any exercises or works that can be related to this, like working on one side than on the other side. And there are many. So maybe we can do that more. In the workshop. Because then everyone can benefit from it. OK, and we did some exercises for that also, but there are others also, but we will. It touches also another issue of the lesson. That I'm going to do in. A while OK so very good. Any other comments? Something you wanted to say and you didn't.

Reproduktor 9

Yes, I would like to something comes up on my mind and when I listen to you now I had an injury last week when I was walking the dog and somehow this injury prevents me from spending lots of time in the Vatican because I hurt my leg and I I think I broke one of the. One of the wins.

Reproduktor 6

Little bit.

Reproduktor 9

So I need to put the feet up and I need to put spend time in the vertical in the horizontal all the time and if I'm long time in the vertical, it's very uncomfortable and I ask myself how much this is tense or how much. Not it's quite interesting, especially when I think about the fluids. So they move in the body like eats at it. Though it is as if my. Body wants to have a break for a while. On the vertical plane.

Reproduktor 1

Yes, maybe.

Reproduktor 9

Horizontal of course. Horizontal plane. So This is why I will stay with the. Movements also on the ground today. If we.

Reproduktor 1

Wait that you want to be in the. Vertical mode no in the horizontal.

Reproduktor 9

Horizontal sorry yeah horizontal.

Reproduktor 1

Yeah, that's what I thought, yes, which is which is very nice because because you are your strength. Although in your what you say you say. When you are in the vertical, you feel less stable and more fragile and insecure. The insecurity comes, but when I for example look at you, you are a very vertical mover. More than a horizontal mover, in fact. So so maybe now is a. It's a gift. Maybe to break that verticality or let's say the straightness of the verticality? Yes, because the verticality can also be. Something just as an aspiration or a inner direction. It doesn't have to be a physical posture, yes? And and and maybe it's a good opportunity now because you have to, right? To break that idea of verticality or that straightness, and go more into horizontality into curves into roundness into. These kind of qualities so. You know you know as well as I do, that the body always knows how to communicate. If we don't feel right.

Reproduktor 9

Yeah, it would be nice if. It would work without injuries, but like that.

Reproduktor 1

Yes, I know. I know, I know. So hope I hope you will get better.

Reproduktor 6

Soon thank you.

Reproduktor 1

And anything else? Yes, Pedro.

Reproduktor 5

I'm dressing here in thoughts as. As we were talking about grounds and so I had the feeling that the ground we worked on was the pelvic floor. I've also I think I've also worked with the diaphragm and also maybe even higher. And even with the feet the the. Wood planters, but I was now thinking about the sores actually as the vertical axis and. I don't know. I wonder if we will. Like work with it directly or. Because it it? Is vertical when we are standing and also but it becomes horizontal when we are laying down. And there's also this relation between the pelvic floor is 1 muscle that is like sustaining and absorbs with these two muscles that are vertical. So I'm just thinking about the Symbolics of this of 1 ground and the duality of the source, the verticality, the up and down. I was just stressing, but it's it's it's. It's felt to me that this relation with the source that it can also be. It's a verticality that can also be on ground. Maybe it can also. Because I shoot my source is like especially the right one is like still it and it it's it's where if when after working with the client it's the source that gets everything is the I feel it immediately and then back pain comes that it absorbs the energies and even when I try to release it well it's really difficult. It just stays.

Reproduktor 1

That's why the. The, that's why letting the center articulate and and to come back to that source of life. As Caterina said is, is is vital. You know it's very crucial. So that's where we resource ourselves in fact. That's where we recharge ourselves. And you can work it in any plane you want, you know. On the horizontal as well as on the vertical. I understand a little bit like this. What you what you are saying? But then there are. There are also the other muscles that that work and it's it's this pyramid. That is, is there in fact and the space inside of that pelvis, then that connects up. But but these are then more very personal perceptions of of your inner geometry, yes. But if it speaks to. You like this. Go into it because it means that for you it's important.

Reproduktor 11

OK.

Reproduktor 1

Yes, and.

Reproduktor 4

I want to share one thing.

Reproduktor 1

It's OK, it's OK.

Reproduktor 4

From from the last session from the the exercise, which was quite new and surprising for me because when I was on the ground and. I decide to go. Up to the article, I realized that this thing is about opening myself, which was really surprising. It was not the you know the aim. It was not the direction. It was not the spine. It was not the floor. To go up or anything. Even not the center at the first time it was this sensation of opening somehow and then I I I was just up. And it was quite. And it was very nice because it it was a four plus. Let's say it was different from this time and I realized that I I really believe that our path in our childhood to to really stand up and to walk begins when we are. Babies and we all of a sudden decide to really open up somehow and really start to you know. And this was very similar feeling to me to really feel this opening and. Then then you can grow. So I want to share this. Thank you, thank you, thank you. Nice very very nice.

Reproduktor 1

Very nice. OK, so let's move. I would like to invite you to our first prayer of today. And it's just going to be take some time to get into your body, relate to your ground. And I would like you, I will give you a long piece of music and I would like you to go through the three levels. During this music as you like, so from the ground the passage to the vertical. And then again back. And and just be open to. How you relate to that? What are the qualities that comes? From your body, yes. Just play. With the horizontal plane. The vertical plane and everything that can exist in between at your pace and in your mood. Have a good prayer. Thank you very much. Stay where you are. And we will. Do it again and you will just continue. Thank you very much. Sometimes we just need a little bit more time. To really let the things happen in US and it was very good to see that. Well done. We will now I will now restrict you a little restriction which is also has two reasons because it makes you discover a lot of things first of all, but also it's a very nice useful tool to use with your clients. When you work on this vertical and horizontal plane. So I would like you to. Choose a starting position, either horizontally or vertically. So first you have to make that decision. And just get into that position. I will talk you through it. So the ones who want to stand stand the ones who want to lie down lie down. Perfect. Unfortunately, sitting is not an option.

Reproduktor 6

OK.

Reproduktor 1

For the ones. Who are starting from the horizontal position? You have to find each time a way to get onto your feet. That means in the position as such. So yes, so which means you are. On the front side of your feet with your sit bones resting on top of your hips. And your hands are in front of you, and your spine is curved with your. Hand head hanging down. Yeah, so the head. And tail connection is happening through your feet.

Reproduktor

Like in between.

Reproduktor 1

Of your feet as a circle. So you have to come to this position and then very slowly you will push yourself away. From the ground. Keep your knees bent and very very slowly you will roll up. You will remember this exercise. We did it before and when you come to a critical point where your sit bones are aligned with your heels. You will roll up from your. Lumbar spine and at the same time straighten your knees. Until your shoulders fall into their places, and then you roll up the rest of your. Neck until your head is. Where it's supposed to be? And then the people who are standing, they will do. The opposite, that means you will somehow. Melt your head downwards and you will roll down. All the way until. Your limit, and when comes your limit, you will bend your knees, relax your pelvis and go down into that position that I just showed. On the on the floor and then from there.

Reproduktor 2

You will.

Reproduktor 1

Find each time a new horizontal. Position in which.

Reproduktor

You will end.

Reproduktor 1

Is that clear? And then you repeat this. Yes, so then you will repeat it from the ground. You find your way onto your feet with your hands on the ground. You will roll up, stand there and then you will roll down. And then you will find a new horizontal position. Make sure that each time your horizontal position is different. And make sure that each time your vertical position.

Reproduktor 4

Is the same.

Reproduktor 1

And you will just keep. You know you will just stay in those moments. Just to see what is happening is that clear? OK I will. Show you then. OK, just look. So this is a version starting from the horizontal. First destination.

Reproduktor 4

Second destination.

Reproduktor 1

3rd destination.

Reproduktor 4

Final destination.

Reproduktor 6

OK.

Reproduktor 1

Good, they're everything good.

Reproduktor 8

So going from. This position that down it can be in different ways and should be in different ways.

Reproduktor 1

It should be in different ways. Time different directions exactly exactly. Whereas to the vertical it has to be always the same. But of course you can be facing different ways, yes, but no other. No further movement or posture when you are in the vertical, you are in the vertical you stay in. The vertical.

Reproduktor 2

OK.

Reproduktor 1

So choose your yes. You can start either on the horizontal position or on the vertical position. If you start on the vertical position, then you start rolling down second destination and then third destination is a horizontal position, then fourth destination is. You know the crotch down? And then the final position is then the vertical again.

Reproduktor

OK.

Reproduktor 1

There is some food for your mind there. Have a good journey. Please start in silence. And don't let the music disturb you. Thank you. It was very moving. To watch. So I would like to continue. Please do not forget these emotions. And I invite you to your third prayer. Which is on the horizontal plane, so please. Like on the ground. And now while you are working on the horizontal plane, I would like you to in whatever position you are now lying, be it on your stomach, on your back, or on your side. I would like you just to put your awareness to your access. To that imaginary. Creates the border or the door. From the right side to the left side. I would like you to. Just connect to your two body halves. If you at any moment feel the need of changing your position, you. Can do so. You should be in a comfortable position. Without losing the body halves. And your axes. I invite you just to now. Open your perception. To the space. Below underneath your back. It depends. On which position you are lying? So connect to the space below or behind your back. The whole backside of your body. Bring your perception. Back through your body again. Through your axis. Now just. Let it open. To the front of your body. Your awareness? The front side in the space that is in front of your. And bring your perception. Back into your axis into your body. And I would like you. To focus on your axis now. Through your head. Into the direction. Of the top of your head and what is beyond. And going through your tail. With the two parallels of your legs. Going through your feet, these three lines. Streams of your axes. And going into the space. Into the direction that is beyond your feet and beyond your tail. At the same time. And come back. To your body again with your perception and I would like you to focus on your right side of your body. First, the volume of your body. And then the space to which it is opening. And you bring back the perception. Into your body. And you will. Let it open. To the left side. Through the volume of your left side. And into the space to which it opens. And you will bring back your attention. To your axis again. And we will work a little bit on these body halves in the sense that you will play. With the vertical. Keeping your contact. With the horizontal. I will repeat this again. So you will play with your body halves. Right, the right side of your axis. And the left side of your axis. Right arm, right Leg, left Leg left arm. And you will play with the vertical. While the other half stays on the horizontal. OK. Always one side should remain on the horizontal. Have a good exploration. Please start in silence.

Reproduktor 6

Lasha Mori

Reproduktor 1

Please continue.

Reproduktor 6

Believe you.

Reproduktor 1

Just stay where you are. We will do one more exactly the same way. Just remember now no. This is new information that you can also let half of 1 body half. Move in the. B in the horizontal, where the opposite one goes to the vertical. That means you can work on the cross lateral level also. And really work on. On on the sides, maybe also not only staying. On your back. Or staying on your front, but really staying on your side and opening to the vertical. In the cross lateral also. A little bit of geometry. Please have a good exploration. You're doing very well. Please start in silence. Great, thank you very much. Very nice. That's all for today. And I would like you to take a moment and just to note down what you have discovered and I would like you also to continue to reflect and think and explore the possibilities of the horizontal plane. The vertical plane and the in between. It was very good. Thank you very much. Keep your questions. Write them down. Send them to me. Write it in your document or you keep them for the next time. Thank you very much for the. Work, it was very touching to watch you. Have a lovely week.