

## Unwinding with Breath, Movement, Shedding the old skin....finding the new

### Standing, best is naked and be about 3 quarters of a meter apart facing each other

This meditation starts with feeling the soles of the feet. Roll around on them and through the feet until you can really feel your feet from the inside, release tensions, loosen them up...toes, heels, balls of the feet, sides of the feet and sense them as connected to the Earth...very grounded and in touch...let go into being grounded in your feet....perhaps you sense your feet more than you ever have before... The focus stays on your feet and ankles for about 5 minutes so they really do unwind from tensions and get rooted into the earth.....and the breathing throughout the meditation is with an open mouth and down into the belly...Keep you eyes closed at first so you can really focus on your feet and your grounding. Also see if you can feel and sense a Basic Trust in Life and as you do feel the support to Be yourself there in your feet and lower body.

Maybe your feet even meet the feet of your partner a little.... but your focus is on your feet and breathing is through your open mouth and down into your belly...eyes closed at first. Moving, stretching and releasing your feet, then your ankles.

Slowly move up the calves, knees, thighs (feeling deeply into them and letting them move in circular movements. Start to get the sense that you are shedding an old skin, moving out of the past form and let sounds come as you open and let go of the old skin.

Sense you are starting to coming out of this old membrane which has defined you and held you but also has limited you, kept you the same...feel like you are slithering out of the old skin like a snake does.

Breath deep into the belly, pelvis, sexual organs and start to make eye contact, still breathing deeply. Maybe your hands intertwine and touch or help your partner a little to get out of the old skin...keep it very sensual and let go...slowly over 10 to 20 or more minutes move up the body until you are out of the old skin and still have the sense of your feet on the ground, solid, firm, present.

Let go with each other with sound, touch and move into sensuous movements...let these new bodies meet.... let your voice cry out if you want....be free, sense, feel and breathe your life force as fully as you can. How big can you allow it to be with no restraint or embarrassment.. make love from this space if you feel to....with this new skin and sense of yourself....carry on as long as you feel to. Enjoy, meet in close contact with your partner.

At the end, bow to each other, namaste, thank you...whatever else you want to declare and say from this liberated new space and sense of your unrestrained life force....

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Music...you can use any music which suits you....start with something slow and deep to feel the grounding and then as you move up the body move more into sensual or rhythmic expansive music....

Below is some music that might work for you....all of it is found on Spotify and I am sure on other music sources. I have put these in the order I would use them...

Time, Being                      Johnny Nash, Suzanne Kraft

Niv                                      Gadju

Farfalle su Vacanza              Gadju

Man O To – original mix              Nu

Iridescent                              Arutani, Dandars

If you want some stronger and a bit wilder rhythmic music you might use :

Aldebaran – Original                      Arman Miran, Hraach

Magharibi – Satori Remix              Sahale, Satori

Then when stil and resting you might like to listen to!:

Gajumaru                                      by Yaima