

Blending - The Fist

Take your hand and make a fist. Make it tight like it is taking care and protecting something that matters to you. And then take your other hand and try to pry your fist open, as if you're trying to get it to change, act differently or do something else. What happens? Notice. Notice what you feel in your fist, notice what you feel in the rest of you. What's the quality of relationship with your other hand? Perhaps, your hand gets tighter and resists. Perhaps you find yourself holding your breath. Maybe you feel some bitterness or tension between your hands. Maybe either or both of your hands feel tired.

Now, let that go.

Next try to make a fist in the same way. But this time, with the other hand we're going to just wrap the other hand like it is a present. We're going to bring our sense of curiosity, of listening, no agenda for it to change. We're going to be present with it, gently support it in the direction its going.

The fist may want more soft or more firm support. Do whatever feels best. What do you notice now? What do you feel in your fist, in the relationship with your other hand? Perhaps, your fist has a

direction or a movement. Maybe your fist relaxes, or your breath deepens. Some people feel a good feeling between your hands.

When we're curious about what our bodies' activities have been taking care of, if we support that shaping in the direction its going, we leave open the possibility for change, for safety. We can blend with what tightness comes, we can pause here, knowing that what pressures, history, emotions and energy inside of us deserves to be felt, held, processed and even completed.

Whether holding or releasing your hands, as we take a second breath,

we affirm your body for each time it has been your armor or your cushion.

Thank you for giving us your presence, your survival, helping you to arrive today and claim your physical space.

Thank you for being an ever-changing and precious vessel of all that you have been and all that you are today.

There isn't an intensity or contraction that can take away the beauty and the resilience you already hold within you.