



A WORD FROM OUR CEO

A class of kindergarten children were once asked what the purpose of the body was. Their answer – to carry the head around.

As we spend far less time moving around and far more time on our computers, I find that I'm caught up in the mind and becoming less and less aware of the body. Sitting for far too long invariably in postures that are not very good for one. The average human takes around 23,000 breaths a day. How many of these breaths are we truly aware of? If all arteries and veins of the human circulatory system were laid end to end, the total length would be 100,000 km. That's nearly two and a half times around the Earth. Our heart pumps blood through these every second of every day without us consciously having to do anything.

When we're disconnected from our bodies we can't listen to the messages which are essential for our wellbeing.

This lovely piece of writing sourced from Tara Brach expresses this wonderfully:

"I am the pain in your head, the knot in your stomach, the unspoken grief in your smile.

I am your high blood pressure, your fear of challenge, your lack of trust. I am your hot flushes, your fragile lower back, your agitation and fatigue. You tend to disown me, ignore me, suppress me, coddle me, condemn me. You usually want me to go away immediately, too disappear, too sneak back into obscurity.

More time than not I am only the recent notes of a long symphony. The most evident branches of roots that have been challenged for seasons. So I implore you. I'm a messenger with good news, disturbing as I can be at times.

I am wanting to guide you back to those tender places in yourself. The place where you can hold yourself with compassion and honesty. I may ask you to alter your diet, to get more sleep, exercise regularly, breathe more consciously.

I might encourage you to see a vaster reality and worry less about the day

to day fluctuations of life.

I may ask you to explore the bonds and wounds of your relationships.

I am your friend, not your enemy.

I have no desire to bring pain and suffering into your life.

I am simply tugging at your sleeve, too long immune to gentle nudges.

You are a being so vast, so complex, with amazing capacities for self-regulation and healing.

Let me be one of the harbingers that leads you to the mysterious core of your being where insight and wisdom are naturally available when called upon."

So rather than a thought for the day, I've included a practice for the day to help become aware of the body for a few minutes each day.

Practise for the Day

If you have a few moments today, you can try the exercise below. It's a good stretch between work sessions.

If you'd like to take this a step further, you can try and notice the difference in the body before and after the stretch.

Sit quietly in a chair with your back upright, hands on you lap and feet flat on the floor. Close your eyes and take three deep breaths. See if you can quieten your mind. Become aware of the weight of the body on the chair, the sensation of the clothes on your skin and the sounds around you. Become aware of how your body feels. If you become aware of any tension see if you can relax that area.

Then do the practice below.

Repeat the exercise sitting in the chair and see if you can notice any difference in your body.



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Palm Tree Pose

Technique

1. Stand with your feet together. Interlock your fingers and place hands on top of the head with your palms facing upwards.
 2. Inhale and stretch the hands up to the sky. At the same time come up onto your toes. Stretch the whole body, from toes to fingers.
 3. Exhale and lower the hands to the head and the feet to the floor.
- This is one round. Rest for a few moments then repeat.

Awareness

Focus on the stretch of the spine and abdomen and the feelings it creates within you.

Benefits

Good for physical and mental balance. Wakes the body up and reenergises a tired body. Stretches the whole spine and tones the nervous system. Tones the abdominal muscles and helps improve posture and digestion.

Note

You can also practise this posture holding the breath in or breathing freely for a few moments in position 2.

