

Meditation with Hollywood, Joy in Gypsy:

My Personal Integral Mind-Body Program

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Meditation with Hollywood, Joy in Gypsy: My Personal Integral Mind-Body ProgramMorning (Monday - Friday)

Meditation with Hollywood (UL, LL, UR) – 15 minutes

Qigong (UL, UR) – 5 minutes

➤ Eye of the Storm – 5 times

➤ Lotus Balancing – 9 times

Yoga – Sun Salutation (LR, UR, UL) – 3 minutes

Affirmations (UL, LL) – 2 minutes (also repeated throughout the day)

Afternoon (4x/week)

Chi Running Body Looseners (UR, UL) – 5 minutes

Chi Running (UR, LL, UL, LR) – 45 minutes to 1.5 hours

Evening (Monday - Friday)

Journaling, include 3-2-1 Shadow Process at least 1x/week (UL, LL, UR) – 15 minutes

Meditation (UL, UR) – 10 minutes

Supplemental Activities

Joy in Gypsy (UL, UR, LR, LL), 2x/week, afternoon when not running – 30-45 minutes

HeartMath biofeedback (UL, UR, LL), 2x/week, before dinner – 15 minutes

Holistic health studies (LR, UL, LL, UR) – daily but with balance

Note: Upper Right (UR), Upper Left (UL), Lower Left (LL), Lower Right (LR)

Commitments

1. Do my integral practice.
2. Speak my truth.
3. Nurture balanced relationships.
4. Follow the 80/20 rule with eating.

Introduction

There are a variety of integral life practices, whether it be Dacher's Integral Health Practice, Wilber's Integral Life Practice, or Leonard & Murphy's Integral Transformative Practice. In this paper, I will outline the integral mind-body program that I have created for myself, using elements of these practices, as well as adding other activities personal to me. I have entitled my practice, "Meditation with Hollywood, Joy in Gypsy". The idea behind this is that we each have to create our own life practice to meet our individual needs. No two people's life practice is going to be the same if we are truly designing it to fill up our own soul. For me, rather than trying to meditate in a certain way (in the lotus position saying "ohm" which has never resonated with me), I realize that the time I spend snuggling with my cat Hollywood is my meditation time. I will explore this in further detail later. Similarly, just because I am 41 years old does not mean that I cannot still do activities that make me feel as carefree as I did when I was 10. When I am riding my cruiser bike, Gypsy, I feel pure joy and playfulness.

Often in the Western World, we need something bad to happen to motivate us to do something good for ourselves. The idea of creating this practice is to proactively add the good into my life. "Although fear may motivate us to grow our life, it will not take us to integral health. This requires conscious proactive choice" (Dacher, 2006, p. 38). The idea is to set an intention and add structure to my life to help me live integrally. Without a practice, life gets in the way and the nurturing activities do not happen. I have designed the practice to be done throughout the day and week so that I have constant reminders and opportunities to ground and nourish myself on a regular basis. The timeframe of the practice is the next year and half during the remainder of my time in school.

Many of the modalities listed are integral in that they touch more than just one of the quadrants. Much of my focus in designing my program is to spend more time in the UL, quieting my mind and developing my emotional intelligence. This is not an area that I have nurtured most of my life, mostly out of lack of awareness. Dacher (2006) believes that psychospiritual development is a foundational aspect of integral health (p. 64). A brief outline of my personal integral mind-body program is shown above with the supporting detail in the following pages. In the outline, I highlight how long each activity will take and in which quadrant(s) they fall, listing the quadrants in descending order of resonance (i.e. the quadrant listed first is the most predominant quadrant for that practice). Of course, because it is an "integral" practice, each

element supports the other. Practicing mindfulness in one quadrant helps to enhance my practice in another quadrant. Dacher and Wilber both talk about this interplay as a sort of cross-training. “Though some practices seem to focus on one module more than others, there’s a ripple effect: by engaging a module in one area of life, you increase the effectiveness of every other module in every other area of life! That’s the power of cross-training.” (Wilber, Patten, Leonard, & Morelli, 2008, p. 23).

Morning

Meditation

I have designed my practice to begin the day with several UL activities because I like the idea of beginning my day grounded and centered, giving me a better chance of staying present throughout the day. Kitty love has been an important part of my life for over 20 years. Hollywood snuggles with me all night curled up next to my side. In the morning I lay on my back and he lies on top of me to get pets. I feel his body purring, feeling the vibration of his happiness to the core of my being. Our animal companions “can be a preeminent model of unconditional devotion and service, as well as an energy balancer, a tutor in opening the heart, an inspiration for being in the moment, a teacher about death, and a psychic who knows when you are sad” (Benda & Lightmark, 2005, p. 552). Spending time with Hollywood is a three quadrant activity (UL, LL, and UR). For UL, when I am petting him, my mind is free. I can actually achieve a still mind doing this much more easily than if I actually sit down and “try” to meditate in the proper position, repeating a mantra. It is LL for me as well because I am connecting with another living being. Hollywood provides me with such unconditional love and my heart is completely open to him. His purring tells me how happy he is. I feel complete and pure love for him. My time with him is also UR because as a result of this feeling, my body is relaxed. My breath is slow, my heart rate is low, and I feel calm. “The very act of communing with an animal companion results in decreased release of stress hormones from the adrenal medulla and therefore mitigated blood pressure escalations” (Benda & Lightmark, 2005, p. 557). This is an amazing way to start the day and I need to recognize it for the power that it has rather than be so focused on doing meditation a certain way which does not happen anyway, despite numerous attempts.

Qigong (See Appendix A for details on movement flow)

In doing the KATA for the past six weeks, I realize that I enjoy doing some form of softer movement to start my day, so I want to continue this practice. The Water Series never resonated with me because I felt like I needed meaning behind it. For my personal practice, I will start my day with two Qigong exercises, Eye of the Storm and Lotus Balancing. For me, these movements are UL and UR. Eye of the Storm follows the Qigong principle that “within motion lies stillness, within stillness, motion”. While doing this movement, the idea is to practice being at peace, quietly centered in the face of chaos. By keeping my eyes focused on my fingertips as my hand moves around the room, I see both the stillness of my hand and the blur of the room moving in the background. I focus on that point where my inner stillness and the outside chaos intersect and it reminds me that I can feel calm and grounded even in the craziness of life. The purpose of Eye of the Storm is not to shut out the outer world, but rather to develop the ability to remain centered and still be in relationship to the world around me. As I bring in my hand, I draw in the ability to stay present with the various stimuli in the outside world while remaining centered and grounded. This will help me to respond, rather than react in my encounters throughout the day. In Effective Communication A class this quarter, I learned about the difference between responding and reacting. I realize that I primarily react. Practicing Eye of the Storm daily will help me to stay calm and have the choice to respond rather than react.

The other Qigong movement that has meaning for me is Lotus Balancing. This movement follows the Qigong principle that “balance brings harmony”. Doing the movement helps to balance my yin and yang. It is especially helpful when I am feeling physically or emotionally out of balance, when I feel like I am juggling too many things in my life, or when I want to place myself in alignment between heaven (guidance) and earth (grounding). By taking a grounding stance and moving my hands up and down in opposite rhythm, my body and mind become more balanced. It is important to really feel the texture of the air with my palms as I move my hands up and down and to feel the energy traveling up and down each side of my spine. As energy travels up one side of my spine, my hand raises and as it travels down, my hand lowers. At the end of doing the lotus balancing, I check in with myself by putting my hands on my lower tan tien (lower abdomen) and feel the two sides of my body. If the two sides feel different and out of balance, I should continue with the exercise until I feel balanced. Both of these Qigong movements are mostly UL for me because of the meaning behind the movement. They are

calming and peaceful and will ground me for the day. They are also UR because they are gentle movements and a good way to loosen up my body first thing in the morning.

Yoga – Sun Salutation (See Appendix B for details on movement flow)

Like meditation, yoga has been on my “to-do” list for years. I have many yoga DVDs that I have purchased over the years and I haphazardly do them at home. Every so often, I will go to the gym to do a yoga class, but I have never had a regular practice. Although I would still like to try to do my DVDs or take a gym class more often, for my integral mind-body program, I want to at the minimum do the Sun Salutation to begin my day. This adds a little more movement than the Qigong and I like the idea of saluting the sun to start the day. To me, doing the Sun Salutation represents the interconnectedness of us to the universe. We are all one. This is why, for me, the Sun Salutation is predominantly a LR exercise. It is also UR in the movement and relaxation. By breathing deep and feeling one with nature and the world, my body is calm and relaxed. It is also UL because it helps to quiet my mind and center me.

Affirmations

I felt like I benefited greatly from doing the affirmations in the ITP over the last six weeks and thus have included them in my own mind-body program. I still have heart post-its placed around my house to remind myself to repeat my affirmations. For my customized practice, I will not have it as structured where I have four affirmations that I repeat each time. Instead, I will have a dozen or so affirmations. I will choose one of my affirmations for the day to repeat either silently or aloud and sit with it for a couple of minutes. This will help me to set my intention for the day. This is primarily a UL quadrant activity for me because it is about setting intentions. It also has the potential to be LL since many of my affirmations will include having loving kindness toward others or trying to respond rather than react in my relationships.

Afternoon

Chi Running Body Looseners (See Appendix C for details)

I enjoyed doing the articulation and floor series elements of the KATA. Many of the Chi Running body looseners and stretching exercises as outlined by Danny Dreyer (2004) in his *Chi Running* are the same as the KATA. Because running is such a focus in my life, I like the idea of tailoring the movements in my program to revolve around running. Rather than do the movements in the morning with my other exercises, I will do them before I run, as recommended by Dreyer. This also helps to break up my integral mind-body program throughout the day so

that I can have reminders at various intervals to keep me centered and nourished. I typically run in the afternoon, four days a week. The reason that I want to add the body looseners to my integral practice is because typically I just get out of my car or my house and start running. There is controversy on whether or not stretching is good before a run because of the concern of pulling a muscle. Dreyer does not suggest stretching, but he does suggest body looseners to warm up the muscles. He purposely calls them looseners rather than stretches because they are meant to loosen the joints, not stretch the muscles. They are actually warm-up exercises for T'ai Chi. He maintains that if done before a run, they can help to improve the fluidity of the stride. "If your joints are open and loose, your chi flows through your body unhindered" (Dreyer, 2004, p. 99). For me, the looseners are predominantly UR, though they do have an element of UL for me because during this time, I am checking in with myself and setting my intention for the run. Knowing that doing the movement is helping to get my chi flowing also makes it UL for me.

Chi Running (See Appendix D for details)

This quarter I learned about chi running and would like to incorporate it into my running as much as possible. Because I was training for a marathon during the ITP, it was more difficult to make all of my runs about chi running since I had to run a specific pace and time for each of my runs. Now that the marathon is over, my runs can be more about just being in the moment – not worrying about how far or how fast I am going. The idea of chi running rather than power running is both mental and physical. The physical element is about running with the proper biodynamics (e.g. proper posture, forward lean). The mental element is about working with the flow of gravity rather than against it and letting our chi flow as we run (e.g. feeling the pull of something in front of us, letting the ground move below us like a conveyor belt, feeling our senses as we run).

The predominant quadrant of running is still UR for me, as the primary goal is to keep me physically fit. However, more and more, my running is playing a larger role in the LL, UL, and LR quadrants. Running has changed my life socially. When my husband and I did the marathon last weekend, we did it with fifteen of our friends, all sharing a great weekend in Santa Barbara together. As we pushed ourselves beyond our limits mentally and physically, a special bond was created between us that only marathoners can understand. Hanging out at the finish line and telling our war stories, recounting mile by mile, was definitely a wonderful Lower Left experience. Although the marathon is only one day, it is about the journey to get there - four

months of training. I did most of my training with my running buddies. Now that the marathon is over, I miss that LL camaraderie. Fortunately, I have a very connected group of running friends that meet regularly and we are already planning our next marathon destination. I now recognize how special and valuable this shared experience is; it is a key element of my running.

Running is a UL modality for me as well. When I run, I clear my mind. There are physiological benefits that explain the enhancement to my mood. I enjoyed learning about the Shamans in Achterberg's *Imagery in Healing* and relating some of their techniques to running. "They seem willing to push their bodies to the physiological limits in order to awaken the mind" (Achterberg, 1985, p. 36). The Shamans raise their core body temperatures and deplete their bodies of electrolytes, similar to what I do in my distance running. I feel the runner's high and am now fully appreciating and recognizing this aspect of running.

When I can, I run on the trails. This is magical for me. I feel like I am floating on air. It is a spiritual experience. I love breathing the fresh air, seeing the expansiveness of nature, hearing the wildlife in their habitat, and sharing this all with friends. I am now realizing that there is, in fact, a LR element to my running because, as I just described, when I run, I feel interconnected with nature and the universe. "Health is being in harmony with the worldview" (Achterberg, 1985, p. 19). When I am running the trails and running in nature, I do feel in harmony with the worldview.

Evening

Journaling

During the week, Monday through Friday, I would like to end the day with some additional UL practices. Journaling is also something that has been on my "to-do" list. I have several journals in my bedside table, each with a few pages written in them. I love buying the journals, feeling motivated by the texture and feel of the actual book. I write in it for a couple of days and then pick it up again a year later, at best. As I have learned in my classes this quarter, I have not had a chance in my life to fully develop my emotional intelligence. I would like for this to be a focus for me during my time at JFK. It is already happening simply by the nature of the classes, but I very much want to delve deeper into it. I feel like I am uncovering and discovering great insights, but with the pace of school work, I often do not just sit with this great information that I am uncovering. I feel that journaling will give me some quiet time to process what is coming up for me. I also think that journaling will help me to speak my truth. As I am realizing, I

need to work on being authentic in expressing my emotional needs. This is not something I was encouraged to do growing up and never had any role models to show me the way. I often feel like my relationships are not balanced, as I have many talkers in my life. I get frustrated because I feel like they do not take a genuine interest in what is going on in my life. In doing shadow work, I have discovered that I need to first listen to myself. If I can truly listen to myself, perhaps it will not seem so important whether others are listening to me. It will not be such a trigger for me. And, if I can listen to myself and understand what is important for me to say, I can then share that truth with others. “Journaling, in its own way, is a vehicle for meditation. As a technique to clear the mind of thoughts, a calming effect takes place as thoughts and feelings are transferred from the mind to the written page” (Seaward, 2009, p. 232).

Journal writing also has the power to be LL for me because I feel like by increasing my emotional intelligence, I will be able to have deeper relationships where I can share my authentic self with others. I got a lot out of doing the 3-2-1 Shadow Process created by Ken Wilber. I want to incorporate this process into my journaling by doing it at least once a week. The idea of the 3-2-1 Shadow Process is that I choose a difficult person or situation and face it. By facing it, I would observe it closely and describe the situation or sensation using 3rd person pronouns. After this, I would “talk to it” where I enter into a dialogue with the difficult person or situation, using the 2nd person pronouns. I have found this to be an invaluable step because I find compassion for the other person that was previously enshrouded in anger, hurt, etc. Giving the other person a voice helps me see their perspective which can be incredibly enlightening. The final step is to “be it”. This is where I write in the 1st person and see how I am one and the same with the person or situation, culminating with “I am _____” or “_____ is me” (Wilber, Patten, Leonard, & Morelli, 2008, pp. 50-51). This is the most difficult step for me.

Journaling can also be UR for me. “Research suggests that journal writing is not only good for the soul, as a mode of catharsis to express the full range of emotions, but has proven to be good for the body as well” (Seaward, 2009, p. 232). I plan to journal before bedtime. I will do it either on the couch in my living room, on the bean bag in front of the fire, or in bed. All of these are very calming places, conducive for writing in my journal. I will do it for a minimum of 15 minutes each night during the week.

Meditation

I like the idea of beginning and ending my day with meditation. I will do the meditation right after I have done the journaling, in the same place. I like the idea of journaling first and then meditating because often when I am meditating, I am blocked by the mental chatter. By getting some of this talk out of my head, I will feel more empty and ready to meditate. I will meditate for at least ten minutes. For me, meditation is primarily an UL quadrant activity because of the calming and grounding effect on my mind. However, it is also UR for me in that it helps me to get back into the parasympathetic response system of lower heart rate and slower breath. As I have mentioned, I have had trouble finding a meditation that resonated with me. Instead of worrying about repeating a mantra or counting my breath, I will sit, clear my mind, and just be.

Supplemental Activities

Joy in Gypsy

In addition to the Monday through Friday practices, there are some additional exercises I want to do a few times a week. The first is that I want to ride my bike, Gypsy, at least twice a week. When I get on Gypsy, I feel like a kid again. I feel carefree and happy. Gypsy has red spokes and tassels on the handle bars with painted flowers on the fenders and, of course, a very cute basket. When I ride her around my neighborhood streets and parks, I appreciate the beauty of nature, I see the joy of kids playing, and I see the community of my neighbors out walking their dogs. When I am on Gypsy, I feel connected with the universe and I feel free. I love the ridiculousness of a 41 year old woman on such a bike. I love how it makes people smile to see me on my bike. I love biking through the change of seasons – when I can wear shorts and soak up the rays of the sun as well as when I bundle up and feel the crunch of the Fall leaves beneath her tires. Riding Gypsy is mostly about the UL for me, as you can see from how it makes me feel. It is also UR since I do get exercise. It is LL as well since I often ride with my friend Tiffany and her bike, Daisy. Riding Gypsy is also LR because of the oneness that I feel with nature and the world. Like running, riding Gypsy is a spiritual experience for me. At first I thought it might be because of this oneness that I feel with the universe, but I think it goes beyond that. The process of writing this paper has given me a new insight which is that both running and riding Gypsy are integral experiences for me in that they touch all four quadrants, as I have described. I think it is this that makes them stand out as such spiritual experiences for me.

HeartMath

Because the mind-body connection is new in my awareness, I am drawn to the idea of tangible feedback in the connection. I have experienced biofeedback in my running by wearing a heartrate monitor so I am familiar with how it works. Recently, I discovered HeartMath and purchased the software for my computer. I have only done it a few times so I am adding it to my mind-body program to set the intention to do it more. I feel that it is a good beginning step for me to really feel the connection between body and mind. HeartMath provides tools and techniques to help us distinguish between intelligence of the heart and of the head (i.e. when our thoughts and feelings are being directed by the heart versus the head). HeartMath's emWave Personal PC Stress Relief System provides visual and auditory feedback, connected by an ear-piece or finger sensor.

HeartMath has a variety of different graphs and charts that help to guide me toward a state of "coherence". The founder of HeartMath, Doc Childre (1999), uses the term "coherence" for when we have heart intelligence. He (1999) describes heart intelligence as "the intelligent flow of awareness and insight that we experience once the mind and emotions are brought into balance and coherence through a self-initiated process" (p. 6). When we are not in coherence, we are more likely to operate in a reactive mode driven by emotions of insecurity, fear, anger, and blame. As mentioned earlier, this is an area that I want to focus on – responding rather than reacting. The PC tool, through games and tutorials guides me to move from heart focus to heart breathing, and finally, to heart feeling. It gives me instant feedback on whether I am in low, medium, or high coherence. There is one tool in HeartMath that seems to resonate with me. It is called the Star Fire Emotion Visualizer. As I get into coherence, colors and movement come out vibrantly from a star in the sky. A flood of colors in different shapes fly toward me and I feel like I am awash in love and joy. The more I feel the colors fly off the screen and into me, the more that came out from the star.

HeartMath is primarily in the UL quadrant for me. It is designed for the user to feel love in their heart in order to affect change in the body. Of course, there is the UR element since I do feel calmer after doing it, even if I have not achieved high coherence (just through the act of breathing). It is also LL because of the love in my heart aspect of it. If I can truly feel loving kindness, it will help me in my relationships with others. It is my goal is to do HeartMath twice a week for at least 15 minutes.

Holistic Health Studies

As is evidenced in the outline of my integral practice, most of the elements are focused in the UL, UR, and LL quadrants. This is by design, as I feel like this is where my focus needs to be right now. Once I graduate from JFK, my focus will turn more toward the world, and the LR quadrant. Right now, I am taking the time to get the tools in the other quadrants so that I can go out into the world with more force and effectiveness. Dacher (2006) talks about our work life being in the LR quadrant. Just by nature of my leaving my high-paying corporate job and going back to school with the intent on a career that will have more social impact, I feel that my studies at JFK fit into the LR. Dacher talks about transforming work from survival to service. By going back to school, I am trying to move my work to service. I never felt like my time in the high-tech world was filling up my soul or taking advantage of all that I have to offer. I always felt like I was destined for more. I still do not know what that looks like, but I know that I am moving in the right direction. I find comfort in Dacher's (2006) words, "The great teachers tell us to commit ourselves fully to our work without any regard for personal gain or loss. Regardless of the nature of your work, they say to let go of your usual outer self with its ambitions, striving, and judgments and focus only on the service and good you provide to others. Surrender your smaller self. Let your ego die in your work. Cease looking for what is right for you and ask how you can serve others" (p. 97). My holistic studies fall into all four quadrants, not surprisingly. I am putting it first in LR as explained above. It is also UL because much of the work I am doing in the classes is increasing my emotional intelligence and helping me get in touch with my spirit. It is also LL in the shared experience and community network that I am building with like-minded people and UR because many of the classes involve movement. When I graduate, I may have more concrete goals for the LR quadrant, but for now, I must trust the journey and believe that my studies at JFK will help me to flourish even more in this quadrant in the years to come.

Commitments

I liked having the eight commitments as part of the ITP over the past six weeks, so I wanted to create commitments for my customized program. They are self-explanatory so I will not provide further detail.

1. Do my integral practice.
2. Speak my truth.
3. Nurture balanced relationships.
4. Follow the 80/20 rule with eating.

Conclusion

I am excited about having created my personal integral mind-body program. Each modality was chosen with care. In writing this paper, I did each of the practices to really feel which quadrants they were in and to determine how long each would take. I realize that I get a lot of bang for my buck from these practices. Fifteen minutes with Hollywood in the morning or three minutes doing the Sun Salutation can make a difference in my day. I have purposely designed the program to feel doable so that it is not overwhelming or intimidating. I know firsthand from my running that if I do something enough, it becomes part of the routine. This is what I hope to achieve with my integral practice.

We can talk about a practice in terms of the quadrants (UR, UL, LL, LR), or in terms of nourishing our body, mind, spirit, and shadow, or in terms of human flourishing. The terminology is irrelevant. What is important is that we create a practice that feels personal to us in this particular moment in time that fills us up in all areas of our lives. It is important to remember that inherent to the word “practice” is not expecting perfection. It is about setting my intention and doing my best to adhere to my practice. If there is a day that I miss doing the practice, then I try again the next day. Leonard & Murphy (1995) sum it up best when they insightfully tell us, “We don’t just practice to achieve our goals, we have goals in order to enhance our practice, for we regard practice as having great value in itself...Expect nothing. Be ready for anything” (p. 35, p. 52). I am ready.

APPENDIX A: QIGONG (Dello Joio, 2009)

Eye of the Storm

1. Stand up. Begin by turning your palms up and making fists with your hands. Bend your elbows, bringing your upturned fists to either side of your body, solar plexus (abdomen) height.
2. As you exhale, keep your palms facing up, open your fist to an open hand and stretch your right arm across your chest all the way past your left side. Reach through your fingertips as you exhale. Focus your eyes on your fingertips.
3. As you inhale, keeping your arm at about chest (heart) level and parallel to the ground, sweep your outstretched arm in front of you in a semi-circle to the right. Turn your waist to stretch your hand behind you as far as you can go and still be comfortable. Continue to watch your fingertips. Notice that as you move your arm, your fingers appear to be still as the world around you appears to move in the opposite direction. Keep your attention on the tips of your fingers where the apparent stillness of the hand and the moving space interconnect.
4. As you exhale, turn your waist back to center, bringing your arm back until your hand is outstretched directly in front of you, pointing straight ahead, chest height, palm up. Continue to gaze at the tips of the fingers and the apparent movement of the room.
5. Inhale. Draw your elbow back to your side, solar plexus height, turning your fist so the palm is up. You have now returned to the position you started from. As you make your fist, imagine that you are grasping the interconnection between your stillness and the whirling room. Breathe in the quality of stillness as you remain centered in the face of chaos.
6. Exhale. Repeat the same sequence with the opposite hand going in the opposite direction.

Lotus Balancing

1. Stand with your feet hip distance apart with your feet parallel. Place your palms on your lower tan tien with your left hand covering your right. Close your eyes and breathe. Imagine that you have a line going down the center of your body, separating your right side from your left. Take a moment to observe how the two sides of your body feel. Does one side feel tighter or more dense than the other? Does one side feel lighter? Is one shoulder higher, one hip lower? Do you have pain or discomfort on one side or the other? Notice whatever you notice, feel whatever you feel.
2. Bring your arms directly in front of you, with your elbows bent. Keeping your hands parallel, turn one palm to face up towards the sky, extending from the elbow at hip level. Turn the other palm down towards the earth, extending from the elbow, collarbone level.
3. Simultaneously, move the lower hand up to collarbone height and the upper hand down to hip height, so they have reversed levels.
4. Turn the two hands so the upper palm faces down, the lower faces up.
5. Again, move the lower hand up as you move the upper hand down, reversing levels.
6. Do this exercise at least nine times. Repeat until you feel balanced.

APPENDIX B: SUN SALUTATION (Sun Salutation, 2004)

1. Mountain

Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.

2. Hands up

On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.

3. Head to knees

As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.

4. Lunge

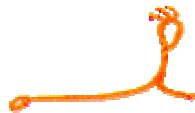
Inhale and step the right leg back.

5. Plank

Exhale and step the left leg back into plank position. Hold the position and inhale.

6. Stick

Exhale and lower yourself as if coming down from a pushup. Only your hands and feet should touch the floor.

7. Upward Dog

Inhale and stretch forward and up, bending at the waist. Use your arms to lift your torso, but only bend back as far as feels comfortable and safe. Lift your legs up so that only the tops of your feet and your hands touch the floor. It is okay to keep your arms bent at the elbow.

8. Downward dog

Exhale, lift from the hips and push back and up.

9. Lunge

Inhale and step the right foot forward.

10. Head to knees



Exhale, bring the left foot forward and step into head-to-knee position.

11. Hands up



Inhale and rise slowly while keeping arms extended.

12. Mountain



Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. Repeat the sequence, stepping with the left leg.

APPENDIX C: CHI RUNNING BODY LOOSENERS (Dreyer, 2004, pp. 99-108)

Ankle Rolls Put your toe on the ground and roll your ankle around in circles by using your knee to create the motion. Do 10 circles clockwise and 10 counter-clockwise.

Knee Circles Put feet together, hands on knees, go around in circles. Do 10 circles clockwise and 10 circles counter-clockwise.

Hip Circles Stand in the grounding stance, rotate knees in the same directions but ½ cycle out of synch with each other. Create as much space in your hip joints as possible. Keep your upper body motionless. Begin with 10 circles clockwise and 10 counter-clockwise.

Pelvic Circles Hands on your hips, keep your back and spine in the same position and rotate your pelvis forward, side, back, side, back to forward, reverse direction. Do 10 circles clockwise and 10 counter-clockwise.

Spine Rolls Bend over at the waist with your upper body posture straight. When you get as far over as your hamstrings will let you, lengthen your spine for 5 seconds and then flop over at the waist, letting your upper body just hang there. Bend your knees slightly and starting at your tailbone, slowly roll yourself up one vertebra at a time until you are vertical again. Do this very slowly 3 times.

Spinal Twist Stand with your feet together and your posture straight. Put your hands behind your head. Keep your hips in the same position while twisting your upper body, keep your spine vertical at all times. Try to look at your opposite heel when you twist around. Your lead elbow will point down while your opposite elbow points up. Alternate each side and do 3 repeats.

Shoulder and Upper Back Stand with one foot in front of the other (as if you are starting a race) with your leading knee bent and your weight more on the front foot than the rear one. Tilt your body forward while keeping your spine straight and your pelvis level. Now let your arms relax and rotate your hips back and forth while letting your arms swing loosely. Feel the twisting motion in your lower back. Let your elbows bend when they wrap around your body. Do 10-15 pelvic rotations and then switch your stance, letting your opposite foot lead.

Now shake out your whole body and finish with the grounding stance.

APPENDIX D: CHI RUNNING BASICS FOR PROPER BIODYNAMICS (Dreyer, 2004)

- Posture: Align your feet, lengthen your spine, level your pelvis, balance your stance. Think the tall “C” shape. Remember to relax your glutes, relax your feet and do not lock your knees. Feel your weight even and balanced on your feet.
- Crane your neck. Imagine pulling up on the back of your head while dropping your chin.
- Keep your posture tall and upright.
- Do not pronate. Run along a tightrope.
- Always relax your lower legs and quads.
- Lean from relaxed ankles, with your whole body/posture line tilting as one unit.
- Keep your knees down and let your heels/ankles float up behind you.
- Never step past your hips.
- Extend your upper body out front while your legs swing out the back.
- Remember the wheel...like you are pedaling a small bicycle, with the pedals slightly behind you.
- Swing your elbows to the rear...keeping them bent at a right angle. Relax your shoulders.
- Be sure your upper body is slightly in front of your foot strike.
- Soft relaxed foot strike, loose ankles, no push off with your toes. You want a quiet step.
- Keep your stride short as you take off and let it gradually lengthen behind you by relaxing lower body.
- Look for that gentle twist along your spine.
- Keep your cadence steady at all speeds (85-90 strides per minute with each leg).
- When you get tired or run into the wind, just shorten your stride length and lean a little more.
- Remember to breathe.

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