

Section III - Expiration: An Opportunity to Let Go

FALL - Gathering Spaciousness

The ELEMENT of AIR

WEEK #37:

The sound of laughter is merely a series of exhales produced with uninhibited joy.

Years ago I attended a Conference on Laughter and Play. There were many powerful insights that happened during those three days, including a workshop on Laughter in the Death and Dying Process - yet what was most pronounced when I re-entered “regular life” was I noticed that all of us take our lives way too seriously! Give up this week to celebrating the humor in every day experience using exhales as a reminder of the lightness of life - even in the direst of circumstances.

Breathing spaces are only limited if you inhibit them....

so I say go for it this week and try on something completely different. (even though I suspect that for some of you this will be just normal everyday behavior!) The practice below is guaranteed to “lighten you up”. Personally I suggest that if you have a physioball, use it (bouncing is absolutely delicious!) as it creates another element to freeing your body and breath into movement, freedom and instant laughter!



Practice: *“To do the Hu Breath, start by sitting comfortably on the floor, on a chair, or atop a physioball. Breathe through your mouth. On each exhale make a “ha” or “hee” or “hu” sound. Breathe continuously in and out, moderately quickly, creating a visible pumping of the belly and letting the mouth experiment with different Simian expressions. (that means monkey movements and sounds my friends!) Allow the rhythm of the breath to pulse the body. Play with the movement using an imagined sense of monkey and jungle persona to inspire the shapes of the movement.”*

—Practice courtesy of Emily Conrad of Continuum

Quote of the Week:

“At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.”

—Jean Houston