[Mindset](#MINDSET) | [**Current log**](#current) **|** [**condition**](#CONDITION) **|** [**recipes**](#RECIPES) **/ diet |** [**stretches**](#STRETCHES) **|** [**alexander technique**](#ALEXANDER)

[**barefoot running**](#BAREFOOT) **| pain |** [**breathing**](#BREATHING) **| root |** [**myofascial release**](#MYOFASCIAL) **|** [**qi gong**](#QIGONG)

**tapping |** [**Quotes of intention**](#QUOTES)

**A picture containing wood, concrete, stone, cement

Description automatically generatedA picture containing wood, concrete, stone, cement

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Mindset:

**[WELLNESS:](#QUOTES)**

**[THE BODY ELECTRIC SUNG](#QUOTES)**

STILLNESS -- QUIETUDE – BALANCE

I am a strength grown in stillness.

Alexander

Qigong, Yoga,

Barefoot running

Zen Shiatsu Acurpressure,

DIRECTIVE

[**ROOT**](#ROOT) **| CONNECT | EXTEND | RELEASE**

“I am a strength built in stillness and quiet”

Limit alcohol, thc, sugar, caffeine, and meat

ELEMENTS of HEALTH

* Breathing well and aware (air) -- let the empty, healing fire fill your form complete
  + I don’t breath enough.
  + Panic attack in library, potentially contributed to by shallow breathing
  + Holding shirt over nose when stressed, trying to relax.
* Well-hydrated, well-nourished, well-rested (water)
* Stretched out, settled, rooted (earth)
* Hopeful, engaged, active (fire)
  + Movement is key
  + Lowering transition threshold (“effort to get into exercise”)
  + Walking, running

**ROOT**

**Root -- connect -- extend - relax**

That which guides is a grace. We no longer seek to be graceful, we merely seek to accept grace.

Rooting is learning to still. It is about finding a firm, settled place of relaxation and attentive ease. It is about seeking an intentional improvement in your relationship to gravity. Balance is achieved via counter efforts. Gravity is the fulcrum of this exchange. It is a mediator and a grace. A universal truth and orientator, a guide, a grace.

Root by practicing foot triangle, leg triangle, torso balancing on top of hips, settled shoulder, settled neck, central control back in control (head up and slightly forward) – **the jump stop**

**Kinesthestia**

**The Eight Laws of Physical Health**

**p 28 Pete Egoscue *Pain Free***

***p 31 Muscle Memory***

Play is a big part of this, playful and free within your form.

Acknowledge rootedness,

Acknowledge connection

Acknowledge tension

Release tension to your root (only possible with connection)

CONNECT

We are revealed in our relationships with others. Our openness to others. Our availability.

Connecting is about exploration, trying, asking, suggesting, considering, venturing

Root by connecting

* Balance—relation to gravity. The human tourbillion
* Awareness
* 3rd eye / 6th sense – kinesthesia / body awareness / mindfulness
* Light and heavy in body
* Connecting body to body, body to gravity, parts to gravity, gravity to gravity
* Via
  + Breathing—conscious intersects unconscious
  + Extending – exploring range and relationship
  + Releasing – accepting gravity, feeling heavy and light against it
* If you don’t carry yourself correctly and efficiently against gravity you will forever be injuring yourself just by standing, sitting and walking. That seems self-defeating to me

Alexander supported Qigong, Yoga, barefoot jogging

1. Head balanced (neck released, leading with central control, head up and forward)
2. Don’t over involve neck and shoulders
3. Keep your triangles (feet grounded at three points, legs balanced supportively at three points—torso balancing on top of hips, at the top of the hip joint, greater awareness of where that is encourages better use—expansion.
4. Be kind | root | stay balanced (torso on hips)
5. Lengthen and widen back/spine

**Root** -- qi gong mountain stance, mystical triangles

* Three points in feet (base of big toe, base of pinky toe -- pressing into ground/floor
* Three points in legs (ankle, knee, hip-- actual hip)
* Release tension to root

**Connect** -- awareness, mechanics, leverage, Egoscue, Subtle body, OMT

**Extend** -- extension, X-tension, stretching, myofascial release, OMT, Acupressure (hand, balls, objects)

* Address, twist, breath,

**Release, relax** -- nothing -- Alexander, Zen, Meditation, neck check, back to root, “root out tension”

And what is the string, the line, the consistent force that draws all of these together -- it is nothing in your body -- it is the air all around. It is the “emptiness” all around. The emptiness which naturally fills up with oxygen just waiting to fuel you, extend your existence, complete the circuit.

Breath is where your unconscious and conscious processes come into conversation.

A person's habitual neuro-muscular relation to gravity is habitually sensed internally as "normal," despite being inefficient ( from wiki on Alexander Technique)

A series of intentions directed by nothing, strung together by nothing 空

Act on tension. Not out. Holding in tension ruins moods, destroys concentration, shrinks world of possibilities and spontenaity.

Just hold your bladder longer than is comfortable and then try to do anything or try to organize something or be attentive.

How do we release our bladder tension. We release. How do we relax though

[Quotes of intention:](#quotes)

Seeking harmony though a subtly intense yet sustainable process

Coping effectively with life and creating satisfying relationships

Soul is an interchange of energy.

Spirit-psycho-emotional-physio matrix

Be in your practices

**Take** your time

**We** take care of **us**.

Begin on the floor.

End on the floor.

Stay rooted in the in-between-time.

Rooting by degrees throughout the day, day to day.

Mindfully managing energy.

Remaining unblocked means opening and reopening each day

Root. Connect. Stretch to extension. Then root down/up/in/out again and again.

The real progress really only began when I turned to the weakness and accepted it as a guide.

– Rumi

Our weakness gives meaning to our strength

Your body is the sacrifice. Your mind is the sacrifice. You offer up your body and you offer up your mind. All for a little bit soul. All for just a little bit of soul.

“There are no limits. There are plateaus, and you must not stay there; you must go beyond them. If it kills you, it kills you.”  Bruce Lee

Wellness is coping with life effectively and maintaining satisfying relationships.

All in all you are but what you are in the all.

Our health is always hanging in the balance

**attention | interface**

*engage being*: root into the moment

*confront pain*: draw it out

*welcome joy*: draw it near

The grace of being who you are—

A Divine Light,

Is the manifestation of health

The cure for the pain is the pain

The reconciliation of mind to the conditions of life is fundamental to all creation stories… and all acts of creation.

1. Become grounded and centered by the Tide in the stillness of Primary Respiration.
2. Allow transmutation of unresolved patterns freeing our awareness of Eternity with the movement of creation.
3. Spiritual tools for maintaining neutralization
4. Spiritual anatomy and chakra system: functional centers: the interface between the Tidal body and Physical body through the endocrine system
5. Present to health in self and patient

Quotes:

“We can incrementally shift the direction of our impulses toward the next best thing, rather than the worst, and not become consumed by regrets, but informed by them as they guide us forward toward the more necessary part of our nature.”

**CURRENT**

**CONDITION**

**06/26/2022**

Back feels great

* Passion of Christ: expanding back, expanding body: widen, lengthen
* Liberty stretch – one arm raised at a time
* Good resonating tension release – popping release at ankle

**06/17/2022**

Still on the road to recovery. Haven’t run yet. Up north and feeling stress. Body doesn’t feel great. Alexander/Qi gong is keeping me grounded, but just feel like I need to work. Perhaps having my physical condition brought low has created favorable conditions for focusing on coding.

The Harry Potter filibuster, my sore middle finger knuckle from scraping on something and now it looks and feels a little infected. My itchy foot bottom. My backed up digestion. My second day hangover – feeling dehydrated in mouth, body stiffness from indulging in too much beer on the ides. All in all we are in a good place. Just wish I was a little more chipper. A lot of human communication is just aimed at reassuring one another.

Incredible feeling of settling. Back feels pliable and strong.

Passing through the gyre ain’t easy, ain’t pretty, awful messy

Tension should be about balance not overexertion.

Tension should be settled into and adequately balanced

Writing became stretching. Stretching became writing. Stretching informed my writing. Explored body with writing. Explored writing with body.

Attempting to return

**06/09/2022**

Shoulder tendonitis(?) much improved. Sleeping so much better. Slept very well last night. Woke naturally very early. Feeling sick. Chills and heavy head. Neck feeling marginally more released. Awareness of posture improving. Awareness of touching face, covering nose improving. Why do I feel the need to talk and lecture? Why do I feel the need to articulate my thoughts? Kvetch about what annoys me about things. This week has been excellent from my coding. Making wonderful strides with regards to configuring Sinatra. Getting things connected together. Getting things under test. Excited about BASH, going deeper with Ruby.

6/6/2022

Good continued settlingand releasing of back left of neck. Spine feels upright and strong

Tried to set in month the 10 days of return… 十日回

**06/03/2022**

Solid OMT work on left shoulder—inflamed tendon (?) running 45 degree angle from spine to shoulder.

Chicken wings above head, arm weight pushing head forward chin to chest more or less felt very good. And then expressing with left hand hooked over shoulder. Also general neck, spine, sub-occipital myofascial release, compressing sides of neck, not chocking self, but engaging very tight muscularture. Neck feels more comfortable, resting arms as I type are not exacerbating left shoulder. I’d say it was a successful express!

06/02/2022

Left shoulder blade tightness still significant – helped by weight and rope work – more stretching.

Does my father have an ipubrofen

**06/01/2022**

Felt a new higher release in my neck. Left shoulder with stretching, icing and mindful release feeling less tight.

Went out of my mind trying to find my body. Got lost in time trying to open up my body.

A desk, a pen, a muse – left me confused, transporting between seasons.

I’m consumed by my open heart, by my stomach’s ceaseless churning, so I throw more fuel into the fire to contain the blue blood burning.

**05/31/2022**

Left shoulder blade dysfunction. Connecting right into spine. Finally got some ice on it. Have the suspicion that my collar bone asymmetry is connected to this tightness. Simple side neck stretch seems to be right on target with tightness. Wonderful movement in neck and left shoulderblade connection. The seat of the tension settling lower. My shoulders relaxing down more. Arms typing relaxed on my lap. I should run soon. Get the jitters out and release my calves. Perhaps finding a habit of a morning run and an evening run. That could be key. Feet feeling heavy in the flow. This idea of rooting has been revolving for a while, getting heavier still. Still, getting heavier. Rooting down. Widening. Lengthening. Finding my presence where I stand.

**05/29/2022**

Spine tightness feeling slightly lower. Send direction. Release. Widen. Lengthen.

**05/27/2022**

What to make of this? What to do with this? Direction without doing, says Alexander. Emotional trauma stored in form. Your body is just a big form to fill. A case for other people to scrawl upon. Cast in the mold of your ancestors. An experienced, encoded body and mind. A looping, buggy suite of software and an ever compacting cache of nen. Updates to assist in the process. Patch things through. Updates to contradict (speak against) and confuse (break connections, make leaps, falsely drawn conclusions.

The weirdness and wildness of it all seemed worth exploring.

**05/25/2022**

Started sitting with 1.5-2 inch block of wood under my feet to encourage my forefoot to root in as I sit, which pulls my posture up and encourages my head to float in the Alexander up and forward position. Tried the balls under my heels, but that felt a bit too elevated. Want to practice squatting with this board under me. Could try a thinner board/plank after a bit to see if I can slowly work towards full foot direct floor connection and rooting.

**05/24/2022**

Vasectomy success. Zero sperm count.

**5/23/2022** -- ran 40 miles over the week including a 9.5 mile run (plus 8 mile bike ride) down and back from the Medical district near UIC.

4/27/2022

Clavicals are not balanced, left higher than right, left shoulder tighter than right. Left hip/pelvis tighter as well.

1. Relax
2. Worked on shoulder and hip with relaxed acupressure
3. Gentle stretching with hanging, breathing, hydration, full body release
4. Continued awareness of expansion
   1. Moving well at all times
   2. Sitting well at all times
   3. Lying well at all times
   4. Acting not performing
      1. Acting == engaging emotionally, sensually, creatively (yes/and)
      2. Performing == not present, not invested
5. Constructive rest
   1. Release
   2. Taking the time
   3. Sprially into the clear, settled eye of the storm
   4. Root | extend | connect | release (renew your lease on your body
   5. Root – joyfully grounded in the immediate—allowing your weight to settle and balance exactly where you are.

4/26/2022

Left hip is feeling less restricted. Instead of hammering on it I am focusing on just relaxing it, everything is just a breathing exercise, everything is just breath, rooting. Experiencing a softening and settling of shoulders and upper back. Feeling a new “heaviness” in feet. Strong triangles improve balance and support.

4/25/2022

Releasing pops in elbow and shoulder doing the trippy scarecrow. Weird throbbing testical at dinner with pubic area feeling tight. Rolled it with the foam roller to good effect.

First coding session with Alexander on my mind. Still have tingling, tension feeling in my spine, trying to let that go. Send direction -- let spine and neck release.

Wonderful releasing popping pull in ribs just below right clavical, nourishing movement on right side as well.

**4/20/2022**

Discovered Alexander -- within days experiencing my neck release, my energy tick up, my enthusiasm for movement expanding, my capacity for movement expanding.

**4/17/2022**

Move more consciously, move more from your core. More intentional. Stretched and set.

Economy of movement for safety and strength building.

**4/6/2022**

**Wake -- stretch -- serve**

**Root -- connect -- extend**

**Work for us.**

Attempting to give and care without completely fucking losing yourself in both the tasks, but also the emotional fallout as well.

Good Run back and then to New Windy City Mufflers (approximately 5 mi total)

Good movement in around hips and upper back, as well as good movement in my standing ankle roll stretching. Have been gently adding some arm standing which I feel good about to promote upper body and back strength.

?

**3/24/2022**

Wake -- stretch -- serve

Enter the we

Proceeding with a serve first attitude without making your serve first attitude such a big part of your persona.

Settling deeper into feet, driving them into the ground while trying to relax. Subtle balance of relaxation and tension.

**02/28/2022**

Different people over time. The Monarch taking several generations to complete the ancestral journey to the south and then back again.

Mountain Dew, Sunny D, all pop, but especially any sort of orange flavor pop, lemonade or orange juice from the frozen concentrate, chocolate milk, drunk by the quart on weekends, crusing around town in the shaggin’ wagon.

Coffee, green tea, mint tea, sparkling water, beer, red wine, gin, whisky, water-- very cold, perhaps with big chunks of ice in it.

**02/27/2022**

**Exercise --** mental and physical health promotion -- our spirt is found in the melding of the two. Yoga -- promoting this unity and balance -- barefoot jogging (grounded, rootedness, core building, breath, rejuvenating, water soothing source of firey engagement, the fire building sooths like a warmth to length and calm clumped nerves), static stretching, dynamic stretching, isometric stretching, connected stretching, extended stretching, seating stretch, standing stretching, doorway stretching, ceiling stretching, railing stretching, rope stretching, handing stretching, wall stretching, floor stretching, vertical stretching, Qi Gong-- both still and active -- rooting and motion/forms, acurpressure and massage to release tension, ensure recovery, increase awareness of where and when you carry tension, think about why, reading and writing need to be yoga as well. They cannot be these build and bust sort of practices. They must be consistent and steady and nourishing practices that are life-affirming and sustainable.

Lengthening nerves to release tension.

Nerve stretching -- i.e. sciatic nerve -- lower back down the leg to the foot. Length by lying on your back and pulling your knees one by one up to your chest.

**3/23/2022**

Injury / healing -- stiffness in ankle, acute soreness when touched.

Globby area @ about 10 or 11 o’clock from outer left ankle knot.

Massage was tender but nourishing, released tension in foot and ankle as well as between shoulder blades and sternum

(3/24/2022 globby area is smooth again. Acute soreness is much improved and much closer to the left ankle knot/knob. The myofascial release and stretching certainly moved the needle on this one. Outer ankle ligament still tight, stretching tendon over knot/knob, by planting foot and raising toes feels quite nourishing.

**Roots/rooting**

Systems that are as great below as above . History drag and balance both. Seed of flourish, seeds of demise.

Tension in middle upper back between shoulder blads.

Intense twisting stretch to the left while sitting on low study stool while gently rolling left foot and ankle out creating a connection from the top outer side of the foot and the outer ankle ligement and left hip compressing into stool tilting torso to left with slight wist, activating tightness between shoulder blades.

Pushing against table *hard*, but *restrained*, moving force from central torso/abdomen/bread basket.

Havearrived at a strange new breath of direction in my stretching. Much of it has become intuitive. I am seeking out surfaces, counter weights, solid floors or ground to root down upon. Drawing sweat in extension through to my palms several times a day. Unconsciously setting up my tennis ball and lacross toes rest (activating my feet and ankles and calves) Sitting on low stool backless stool, but back feels supported because core is engaged as well as legs (which are also being used as a desk to support a wireless keyboard-- can push down on keyboard/lapdesk to increase acute pressure and pull on calves and legs.

This most recent platurea was heralded by an extra squishy stretching session, with some really deep pulling accompanied by some deep squirting sensations.

**03/22/2022**

Evening of the 21st had insomnia…couldn’t sleep for a long time after 2 a.m.

Evening of the 22nd also had insomnia…but then got up, smoked a bit of herb and stretched for a good long time. This is something that I used to do when I first started making this transformation. I should do more late hour stretching if I am up. In a very down cycle of programming suddenly. Had the breakthrough with my writing organizational software and then just started getting bogged down in that. What I really need to be doing is more TDD. TDD is what is going to get me out of this. TDD and stretching. I need the writing to come along, to chronicle, to make sense of this new chapter, to drive some of the inquiry that will round out my tech skills.

Settling, rooting, overcoming my digital dislocation.

Finding order in chaos

Finding procedure in chaos.

Be tree like-- being, growing, organization, connectivity.

Extension -- flexibility is strength-- a strength grown in stillness and silence.

Flexibility is a strength that can be grown sustainably.

Systematic -- functional

**03/20/2022:**

**Solid stretching day-- stances, hanging, settling, floor, porch rail, loft. Flexibility is strength.**

**Gentle. Stationary, but using sustained, subtle strength to built connections. Grow like a tree. Counter contraction, gravity, hunching.**

**03/19/2022**

**Begin and end you day on the floor stretching.**

**Begin and end your day by achieving extension.**

**03/18/2022**

I am ready to open it.

Tightness: left shoulder blade, left hip, left foot/ankle

Standing plant with left foot, left arm at a 45 degree, locked and pointing down, right arm comes over the top, aerobics style compressing-- planted foot/ankle, calf/knee through left hip and shoulder, look for extension in neck as well.

Planting with right foot and leaning forward, left foot on toe point or raised behind body.

We had ceased eating most kinds of flesh awhile ago.

Been out of the flesh eating habit for ages.

**02/15/2022**

**Finding spots on my feet with the lacrosse ball that activates up through my lower back and into my upper back between my shoulder blades and even into my neck. Also activating ankles and Achilles as I anchor with one foot, finding different positions at various levels of extension on the ball.**

**The “scarecrow” / “Little Christ” back pose has been feeling really nourishing. I feel like I am building up my shoulders.**

**02/14/2022**

**Increase energy, focus, make my work sustainable. Help conform my body and my mind to this kind of intellectual work. Become less injury prone. A better breather. Better problem solver. More proactive about health and time and organization, but also more patient and flexible, better sleeping habits, a more “put together” body, better awareness of injure and disfunction.**

Diet

Exercise -- light consistent-- flexibility and strength through connection, extension and contraction.

Body maintenance

* Emphasis on balance and myofascial release
* Self massage
* Acupressure (lacrosse balls)
* Stretching out stiff ankles and tight feet-- intentionally rolling ankle.

Know you body. Maintain your body. Potentially add years of [orductive years to your life. Not to mention life to your years.

09/24/21

Left hip and middle back very tight, lower back weakness.

**Myofascial release**--

Acupressure

Neck express – finding tension and expressing it out along neck line. Incredible stress release

Eye work – sequence of pressure points around eyes to lessen strain and relax face. The ex-tension comes from feeling the pain and then letting it settle out.

**Physical changes from Rigor Mortis**

The muscles become tight in rigor mortis as a result of this. All of the body's muscles are harmed. Rigor mortis starts with the eyelids, neck, and jaw and lasts for two to six hours after death. The sequence could be due to lactic acid levels differing amongst muscles, which is linked to glycogen levels and muscle fiber types.

Within the next four to six hours, rigor mortis spreads to additional muscles, including internal organs. The age, sex, physical condition, and muscle build of a person can all influence the onset of rigor mortis. Rigor mortis usually peaks after 12 hours and fades after 48. Because of their lesser muscular mass, rigor mortis may be undetectable in many newborn and child bodies.

Cold can put off rigor mortis…heat speeds it up. It starts with the eyelids, neck and jaw…

Why do we store emotional pain in our bodies? Talking to Caleb about esoteric stretching. Broaching the topic, though I was not there yet. I still had a whole lot to breakdown and release and work through and work out.

Functional well helps us workout/work through our disfunction.

why does it work. It is breaking down tissue. Why does breaking down tissue promote healing? I realize I don’t really understand the healing process.

Touch membranes wrap, connect, support muscles

Stiff / fixed -- not elastic and moveable under light pressure.

What does Rolfing have to say about myofascial release.

Breaking up lactic acid-- working out the sourness. Relax tendons and tissues. Engage with the on edge tissue.

Connect the inside to the out -- interface

Shiatsu 指压

1. a form of therapy of Japanese origin based on the same principles as acupuncture, in which pressure is applied to certain points on the body using the hands.

Diagram

Description automatically generated

Eye massage ---

Eyebrow -- Place index, ring, and middle fingers on eyebrow--7 seconds

Outer -- Place index finger on outer corners of eyes -- 3 seconds x 3

Inner / Outer-- Fork middle and index fingers on either side of eye laterally -- 3 seconds x 3

Above -- Index, ring middle fingers in 3rd eye zone -- 5 - 7 seconds x 2

Under -- Index right middle fingers under eyes -- 10 seconds x 2

02/13/2022

Why do you need the chemical crutches of caffeine, THC, and alcohol?

Stretching and grounding.

Rooting sanely loosely coupled.

Less chemically contingent

02/12/2022

Named the stretch of Damen between Irving Park and Lawerance -- that mile we travel back and forth on all the time to get esme to school, its one of my consistent jogging routes. Northin along Ravenswood and then over to Damen at Lawerance for a two mile loop or up another half mile to foster for a three mile out and back loop.

Qi gong running.

Barefoot running

Sandal running

Pulling

Pushing

Running over self

Running within self

Way less pounding on knees.

End up stretching sometimes while I am running.

Core more settled-- running feels like more or a core workout.

Upper body is more relaxed.

More stable on ice and snow because my stride is much more compact and my center of gravity is tighter, less forward searching.

Feet stayed warm, despite just wearing cotton socks and sandals. Being able to flex toes up felt key to keeping them warm and then the initial snap of cold was a great motivator to get coming and keep up a nice clipping stride. Generally, but the end of every run I am radiating heat and shedding my gloves and hat, even when the temps are in the 20s-30s.

Running stoned.

Stretching has been a huge difference. I stretch all the time now. I used to just maybe stretch a little bit right before I ran, but now I generally don’t even stretch out before I run and I feel good because I have this constant stretch going on. Its taken some doing and probably a pandemic and almost two years of being unemployed, but of all the Covid fallout, habits, and errata I truly hope the stretching sticks around. I think it will. It truly feels like a practice now.

**02/12/2022**

Connected to our organic machine.

**01/22/2022**

Fire energy, water energy (kan and li)

Ball and rope

* Extension
* Pressure
* Engagement/stimulous

**Humble… no jokes, get low, consolidate.**

**12/14/2021**

The crab, the valley, the mountain, Qi Gong, too much fire, the water art, the laughing buddha, the desert, the knowing, the unknowing, the becoming, the destruction, the darkest most isolated and stressed and separated and addicted and ad and self-recriminating, ball of nerves, feeling naked without a wall of protection, shell and so on, the Mary Oliver-- wise Mary Oliver quote about not having to go to the desert to reconnect with people. Emily posted this poem I think. rooted, *I am a strength built in stillness and silence*.

12/12/2021

Reclusive monks (Hui nan) are referred disparagingly as rocks, lumps of wood.

Understand your root --

Basic mind space

Action over words.

Or Action with words.

Finding Root -- Cultivating root -- pursuing -- doing.

**12/06/2021**

Pop, click, deeper sinew stretch, tissue stretch, tissue squash, tissue shift.

I need a little Christmas describe our Christmas details, Thanksgiving, stretching in the living room. Some context for stretching-- aging, retail body brutality, injuries knee (child), Achillies, Tarot readings, Chinese, ruby, javascript, HTML, CSS, bash, rope, floor, doorway, ball… list and list and depict and if anything starts to seem a little to manic, then abstract it. Theme of PRESSURE -- stretching attempting to defuse this tension.

Try and capture a shadow of that breakdown-- mental collapse while at the same time pressing ahead-- completely lost my mind because of the political and cultural and economic realities of the times, and my time in specifically.

My most pressing issues-- career transition and getting my mind and body right to pull the transition off successfully, repairing damaged relationship with family and wife. The stress of close-quartered child-raising in a time of uncertainty. Attack the drawn out discomfort of having to fight my way away from my kids in order to do something that was really truly challenging and demanded my full attention and therefore ignoring of them in order that I could become a more stable person and a better breadwinner.

Shattered attention span-- quasi-compulsive/compulsive writing that dominated and disrupted my time without producing anything tangibly finished or polished or edifying. Anything to draw me into sustained and nourishing relationships with other people.

I’m just a dad who codes-- this is my wish. Keep saying it, keep saying. Keep repeating it until you believe it. Until it is true.

The Christmas Song I need a little Christmas to structure looking back over the last 18 months

* Good running shape,
* Gearing up to code-- tarot poetry-- readings
* Ruby
* Knee injury
* George Floyd
* Oak street looting
* Getting let go by the Razny’s
* HTML, CSS, JS
* Burnt out September-- feeling alcoholic, pot hazed, not good shape physically, not running much, not writing, suddenly come September 2020 I am writing like crazy-- a flooding burst-- the Obsidian stone has rolled over and we make some advancements and listen to “Carrie & Lowell” and start to gain distance from my mother and then blow up with my brother and my mother feeling attacked by them in the boiling run up to the 2020 election. All the stupid rhetoric and I am trying to track it, stoned, alone, in my room trying to purge myself of passion so I can dispassionately study computer programming. Amerikana, Mother, and A failed attempt and all these scattered thoughts (PIECES) that I have attempted to sweep along with me

Tight hip abductors

* Latissimus dorsi
* Hip abductors (above and below pelvis)
* Gluteous maximus

**11/18/2021**

Physical crisis-- the sores on my legs from sitting tensely too long, my back and neck tension, my knee injury, my Achilles, my costochondritis, my crash diets, my weight lose (30 lbs. down at one point), weird tongue growth thing.

How do you put a sure but human firewall between you and the rest of the world?

Mental crisis-- have at times felt very rundown, loss of interest in things, loss of wherewithal to do extra things-- go out, buy gifts, follow all the way through on a writing project, or get a letter in the mail. A defeatist, incomplete drag has been keeping me from fully clicking and connecting with the world at large. I believe that I will emerge from this as I am able to reenter the workforce. And I believe I am emerging from this my confronting my writing production and taking the next necessary step with it. The pathology is the process.

Focus == low periods of concentration == cold-blooded, distant, unavailable, impatient, selfish, insulated, composed, lack of emotional wherewithal for social interaction, the collapse of my social life, not in the same rhythm as the people around me, my extended family.

Like many people I feel buried in my personal stress. I feel isolated. I feel buried in my partners stress.

**11/17/2021**

**I am open to love.**

**I forgive myself and others.**

**I love myself and all human beings.**

**I have an open heart.**

**11/07/2021**

Tissue feeling more moist. Less creaky. A little crunchy, but also a little “squirty”, like there is more room, things are on the move and attempting to spread out a little bit.

**09/28/2021**

Ways to feel good

* Exercise in the morning.
* Don’t drink too much.
* Don’t smoke too much.
* Be interested in other people
* Accept that it is okay to practice needlepoint.

**09/17/2021**

Body has been in rough shape. Felt like just as I began deep diving with coding, my body would also start falling apart. How do I maintain this balance of code focus and body maintenance. I would identify my posture as being a huge part of the problem. I was not supporting my lower back and really not working it out that much. I have to building up abdominal strength and back and arm and leg strength. We follow our pain and weakness into our future strengths.

Left hip-- very tight, very tight left buttocks.

Left under forearm-- very tight.

Lower back protests on bending and supporting weight

Tight Achillies

Up left shoulder tightness-- probably a knock on effect from my lower back weakness.

This is a low point-- would love to get back to “normal”.

Need to, going forward, avoid long periods of poor posture. Get up and down. Much more floor time. Much more stretching while I could and consciously supporting myself and my core while I work. ***Stretch writing*,** *Stretch Coding*. Making the act of working at a keyboard just a bit more athletic. Holding the block between your legs at different widths with your feet firmly planted below and yor core engaged. Let’s see how long I can do this.

And he asked the old man how to write and the old man rambled on about a typewriter boxes having to be just the right height and your legs needing to be walked out this much and this and that bill had to be paid, preferably a couple months ahead in the bank. It helped to have the door closed. TO have a window open. The hush of traffic, a city, the sea maybe. Wind in trees was the best. He could always see the articulation of leaves in wind the best. Light helped, soft light, not too glaring on his eyes. Aging eyes. The right stances being crucial for making things out clearly now. Too close to some things, too far from others and forget. It might as well be invisible, he couldn’t make it out. The fine print was all beyond him. It took too much concentration.

**09/02/2021**

Left calf still feeling prohibitively tight. I really haven’t tried to “work” on it too much, rolling it and what not. I should and see how it responds.

Did feel some kind of a shift yesterday when I was jogging. Like a slightly new level of recovery.

**INCLINE MOD** and a solid session of **VERTICAL MOD** had me feeling well put together and comfortable in my skin.

08/23/2021

Coding --- stretching --- writing --- barefoot running --- meditation

Calm, cool, collected -- rooted.

Wei da mo

Settled breath. Sustained awareness.

Your weakness is a strength gate.

The weakness is just the gate to let the strength in through.

**08/12/2021**

Ran again in Xero’s – about 3 miles. Good zip. Nice to be up on toes. Felt like a hustle in the heat today, but that was good. Significant seat out.

**08/11/2021**

Have done several 5ks in Xero sandals. Really enjoying them a lot. They are more comfortable than I expected and it feels like a major paradigm shift from my footwear preferences.

**07/28/2021**

Ran 3.1 around Graceland in flip-flops with rope securing them- 9:00, 8:40, 8:20—felt very good and exhilarated despite it being quite hot. Looking forward to receiving Xeros!

Body in general is feeling very good.

Feeling social and up for reaching out and connecting with people. Weight under 185 lbs.

**07/27/2021**

Ran in sandals for several miles (3?) and then barefoot around Welles Park and then back home, stopping off at the square to jog around the grassy knoll and do some stretching. Aside from a somewhat tender left big toe my feet are feeling really good. My ankles and knees too. They feel worked out. Ordered a pair of Xero sandals on-line yesterday. Excited to receive them—it would be nice to have to protection against the sticks and stones and glass shards that might be out there in the wild world.

**07/26/2021**

Ran barefoot for the first time. Did 3 miles, mostly jogging, but also walking. Ended with stretching at the square on the Astro turf.

**07/14/2021**

I had a good stretch session this morning and was feeling like I am on a new plateau of stretching and not having to think about it—just having it happen. Intuitive ideal. How do you consciously chase an intuitive ideal.

* Flexibility is strength.
* Agility is control. (strength is control… flexibility is control)
* Extension counteracts (acts against) contraction.
* I am a strength gathered in stillness and silence.
* A strength composed in stillness and silence. (strength is stillness and silence)
* There is only one stretch.
* Diet
  + Fewer calories
    - Especially from sugar, carbs and beverages.
    - “a vegetable eater and water drinker”
    - More greens and vegetable.
    - Be general to allow it to be relaxed, yet productive.

Some -- parts of organism other than reproductive cells.

**07/06/2021**

Wonderful stretching session this morning. Long through hips, long through torso. Long hamstrings, strong legs pushing into the stretch. Arms upraised or pushing against a railing or a post or clinging to a rope. Holding. Writing. Thinking in my mind. Coding break. Mind wandering. Following the silence. Feeling the sun. Thirsting for water. Fasting in the hot morning.

Shoulders and middle back have been feeling so much better… open, loosing. My neck cracks are looser too. Productive soreness, asking for extension in hip—connecting leg to torso—through hamstring, hip flexor, side muscle, spine.

07/01/2021

Compared to a year ago I am in such better shape. My left leg was all messed up because I had strained and full on popped my achilles heal onn the 4th of July thanks to being old and not stretching and happy day drinking, sipping beer and icing my Achilles. Recovering until evening when I in a moment of drunken buffoonery trot and jump ff the dock, springing off my injured achilles. The momentary alcohol numb is shattered the second my Achileis digs back to brace for the jolt forward into the water, I mange to keep my momentum heading forward but hardly get much life as mid spring my nervous system reminds my beer malaise mind that my achillies situation is pretty serious, my pain seized body goes.

I’d been soaking my Achillies in ice and icy water all day and sousing my skull in beer suds as I fielded questions from the locals like “So What do you think of that Mayor of yours down there in Chicago -- she’s scary!”

**06/26/2021**

Goal: more **humming** and **breathing**!!!

**06/08/2021**

The 3-3-3 rule to slow thoughts, mitigate brown out and racing thoughts

* Name three things you **see**
* Name three things you **hear**
* **Name** and **move** three **body parts** (touch three things)
* What do you **smell**?
* How does your mouth **feel**?

05/24/2021

Left shoulder and shoulder blade feeling so much better today. Outside of a few aches every now and then, the left shoulder blade area which had just been a driving source of tightness and tension, while it still feels a little tense and sore, no longer has that deep internal driving pain and stiffness to it, which made writing and concentrating really hard. I feel like it is right there and I should probably stretch it out now that I am thinking about it.

Did a really good floor stretch last night. Got my forehead down to my knees. Found a really good feet together, lean to left or right from the hip stretch, very effective using the rope as leverage to increase the tension of the stretch and also engage my upper body as well.

05/23/2021

Still wearing my same old birthday suit—though I’m starting to bulge through my skin cape

And I’m certainly thinning in my hair cap. Enamel wearing down and browning

5/22/2021

When it is hard—

* Not having wherewithal to play with daughters or do classes with her.
* Betsy depressed, moody, short, physically suffering
* My left shoulder—tight, pulling, intense, acute pain.
* Addiction confliction—still the same old turmolt with alcohol and pot.
* Money—osciallating between feeling like I have some things figured out and the feeling like I have nothing figured out at all.

Cross Arm stretch.

04/16/2021

What does good health look like to me? Can you get healthy on your own path? I have arrived at a place and it feels very dark right now. Light and dark. But dark because it is beginning to feel like a cycle that is offering very little forward momentum though I know the momentum is there and I can feel it, I am not convinced that it is fast enough to fit within a comfortable timeline of getting myself gainfully employed in the tech sector. My urge to write has become a bit of a drag because there is this sense that I absolutely do not have enough time to do it no matter how much time I give to it. And Coding is feeling that same way recently. As is Chinese. These infinite demands grind against my withering flint of my limited resources. Good health right now looks like not feeling like this. Feeling up to the task and clear on the task and balanced in my pursuits and settled in my search. Good health looks like a calm, sobriety. Stretching. Jogging. Writing letters. Laughing with my dad.

04/12/2021

维达默： maintain achieved silence

What are the long term effects of taking Reserpine and Ritalin?

Haemochromatosis => accumulation of iron in tissues leading to physical and mental deterioration.

04/11/2021

Silent killers -- sugar, alcohol, red meat, smoking, inactivity

04/09/2021

And so I am scheming how to get my good body to soberly receive the inheritance of my good work.

In the future I will have a new attitude towards substances. More relaxed and non-chalant, ultimately more sophisticated. Less dependent.

Will I have enough energy, focus, organization, creativity

**I promise you-- cutting back on weed and alcohol and caffeine will bring an increase in all of these things.**

Meditation, right silence, left up(extend)

Flexibility is strength.

04/06/2021

***Breath***—well—air – mind

***Drink***—well water

***Eat***—earth, body

***Fire***—movement, sex, activity

Breathing well and aware, well-hydrated and rested/refreshed, stretched and grounded, active and engaged

Air- breathing, sitting, stretching, studying, thinking, household maintenance

Water- good hydration: not too much alcohol, not too much caffeine.

Earth- stretching, diet, balance

Fire- active, connectedness, laughing, crying, emotion, writing, sex…

Breath, drink, ground, act

And all this process was ever meant to do was to catch those revolving thoughts. Having fun, reaching out, collecting, organizing, crafting, expressing, breathing, drinking, grounding, settling, staying active.

Air- breathing, sitting, stretching, studying, thinking, household maintenance

Water- good hydration: not too much alcohol, not too much caffeine.

Earth- stretching, diet, balance

Fire- active, connectedness, laughing, crying, emotion, writing, sex…

Breath, drink, ground, act

Sending my mind to faery, entering in the dark chambered room-- entering in the skeleton cupboard, digging a new well from the sediment of our undone existence. Ebb and flow-- water-- home-- being-- needs-- breath-- breath-- ground-- move…

Inward with

“common wit” (common sense)

“imagination”

“fantasy”

“estimation” (instinct)

“memory”

Sensible -- reasonable-- imaginative (memory / intelligence)

Phatasia: imagine Alexandria (fictitious), imagine Carthage (real)

De Anima faculties of the soul

5 Aristotean senses

Sight => fire

Hearing => upper air (ether)

Smell => lower air

Taste => water

Touch => earth

Sense without names-- hearing, sight, smell, senses of heat and cold, pleasure, pain, desire, and fear.

Cold water with lemon. Warm sun on my skin. Stretched sinews over my bones. Doing the skeleton waltz once again.

04/04/2021

Shin and foot sores—pathology, cause

Lies— pathology, cause

04/04/2021

Listen to my tongue:

* No smoking, no beer, no sugar carbs
* Better dental hygiene
* Lower stress (breathing)
* Better hydration

This year overcame

* Knee, hip, ankle
* Back, neck, shoulder
* Leg sores (circulation)
* Achilles heel
* Costochondritis— chest tightness, parallels with heart-attack

04/02/2021

Am consuming very differently these days. No meat. No take out. Noticeably slimming down.

Stretching has changed my life. It has connected my body to my intellect—my body to my mind.

**03/31/2021**

What can you say to one’s shortcomings? Stop? Improve? Find a better fit? Reboot the way you work. The way you are. The way you play.

Air—Breathing => exercise

Water – drinking => hydrated? How?

Eating— eating well => what are you cooking?

Playing— what are you playing at?

Resting— how are you sleeping?

Air—

Water— nourishing, hydration

Fire— food and activity

Earth— rest, yoga

States: gases—liquids—solids—stretching- waking—resting—meditation—strenuous activity and concentration

Breath: in through the nose, hold, out through pursed lips, grounded to the floor, spine, flat in resting extension…

**03/30/2021**

Have been eating a fairly Spartan diet of late— trying to eat a lot of greens and eggs and other proteins, avoiding carbs and processed sugar

Stress—necessarily cloistering myself soff from the ones I love in order to get into a mindset to complete the work necessary to support their lives and provide for their future. Loving their present selves and loving their future selves as well.

The tension between work and family. Getting myself to the table has really been dragging on me. I am so tired of it. I am so tired of it. But I am not giving up. My mind is transformation. I have to believe that my mind is transforming. Look at my brother. My mind is transforming. I am changing. The change is coming. The change is unfolding. I simply must continue to believe. And Strive and so forth.

I have a hunch that my caffeine consumption amplifies my anxiety.

Year on year—from my 3rd story apartment to my 3story place of employment. All that walking justifying my walking commuter beer. Or drinking a tallboy in the park in front of the New Berry library.. The pool all empty.

Have you been paying attention to

* Chakras?
* Energy release?
* Stretching to build strength
* Breathing

Align-guide – guide-align

I am open to love. I forgive myself and others.

I love myself and all human beings.

I have an open heart.

The 5 good addictions:

* Rest
* Play
* Food
* Water
* Air

NO MORE BULLETS!!!

**Diet:**

Cranberries

Raw almonds

Coconut oil

Turmeric

Ginger

Greens

Eggs

Dairy

Berries

Cruciferous vegetable

Broth

Thoughtful about carbs

Thoughtful about processed sugar

I have been in a chrysalis and now it is incumbent on me to emerge.

Tides move in and tides move out— your baseline needs and rhythms are accessible and maintainable— listening is important and breathing and resting and nourishing.

Stout-hearted dedication

Rooted in discipline and love

**03/27/2021**

Tongue gets tingly when over-caffienated… whiteness still hanging on mid-tongue.

Out of a super good stretching routine. Feeling tired and fatigued. Haven’t even been out for a walk this week… since Monday maybe… is this part of the process or have I given up. Trying to get over that conflicted feeling of this.. no this… no this… and simply allowing all needs and wants and desires to settle and for me to take them in stride and engage with them in furn, fully and with connection.

Between the 1st and the Ides more or less did a THC, Caffiene, and Alcohol fast. I really liked the results. And found it interesting how caving on one brought on openness to the other two. I would like to get back to a stimulant/depressant free path. I do believe that going for stretches without the influence of these substances is very healthful and is becoming more of a conviction that working in their absence is an important aspect of my maturity, development, and the process of becoming and being that I have been engaged in my entire life… that was accelerated a year ago when the shop closed, and then at the end of May when the shop was attacked, and then in July when I was given a hard layoff, and then in August when I decided not to pursue the Harry Winston opportunity, and then in September when after an intense July and August my need for writing and bringing my writing along with me exploded and the infinite notebook which had withered and all but disappeared redefined itself (it had been redefining itself all spring as it became the backbone of my web development curriculum). The single flow. The I/O stream. The single I/O stream where I can learn and learn and compare and articulate and engage and find that sweet spot upon the spectrum of hope and ambition and complacency and uncertainty and second guesses and despair.

The emptiness fills.

The fullness empties.

And how to deliver the mind and the body to a good place, a hungry place, a necessary place, a humble place, an accepting place, a place of perspective, a Plymouth rock, a north shore, a granite slab to perch my being upon, a collection of recollections to sustain my point-of-view but keep it keen, circumspect, agile, open to the new.

02/26/2021

Chakras Vedas: 1500 b.c. – 1000 b.c

Unblock via yoga, posture, breathing practices, meditation

Crown: awareness (violet/white)

3rd eye: intuition (indigo)

Throat: communication (blue)

Heart: love (green)

Solar plexus: power, self-esteem, self-confidence (yellow)

Sacral: Sexuality (orange)

Root: grounding, identity, stability (red) (tree pose, mountain)

A strong mind supports one’s values

I have repressed, repressed, repressed and now I am seeking a more mature Emotional Bowel Movement routine.

My neck bruise, directly over my voice box. Was that from Esme hanging around my neck? Parallels with my knee injury last spring which catalyzed my workman like dedication to stretching. The pain directed my effort to get my body back. It worked and I got better, but then I ditched the stretching and doubled down on my zombie trotting and pushups.

02/24/2021

Have NOT been humming or breathing… need to get on this!!!

02/22/2021

Do you believe that leisure sitting will really kill you?

02/14/2021

Belly has slimmed considerably from a year ago.

02/10/2021

Common terms describing holding stress in the body.

He makes me sick to my stomach.

My boss is a pain in the neck.

My co-worker gives me a headache.

[Nathaniel Branden](http://www.nathanielbranden.com/), the founder of The Psychology of [Self-Esteem](https://www.psychologytoday.com/us/basics/self-esteem), insists that we must accept all our feelings without censorship; we should never disown, deny or repress any part of our experience. He points out that to deny our feelings is to keep ourselves in a perpetual state of internal conflict. The more you distance yourself from your feelings, the more disempowered and out of touch with your true self.

Anger in Lower BACK

If you sit on frustration, the lower back is a common place for storing repressed anger. For relief, learn to constructively articulate frustration and address conflicts with others in the moment. Sounds simple? Believe me, it’s not. **Learning to harness the power of anger and turn it into a creative force is key to living a dynamic and rewarding life. Strive to convert anger into assertion, express it constructively, not destructively. You’ll be rewarded with a surge in**[**confidence**](https://www.psychologytoday.com/us/basics/confidence)**, energy and healthier relationships.**

**Stomach-intestines:** The more you can express the fear in words, the less of a hold it will have on your body.

Heart and Chest: hurt

Headaches: loss of control

Neck/shoulders tension: responsibilities and burdens

Fatigue: resentments: Resentment stresses your entire body and does more damage to you than the people you resent. Blaming others, playing the victim, reliving the events–these are the empty calories of self-expression. Resentments keep you from living in the moment and experiencing the benefits of being present. When you focus on those who wronged you, you are giving them free real estate in your head. Instead, try to focus on [forgiveness](https://www.psychologytoday.com/us/basics/forgiveness), or at the very least, moving on. Strive for more fulfilling relationships, add a healthy dose of self-care, and you’ll feel years younger in no time.

**8. Breathing Difficulties: Anxiety**

Breathing difficulties, a [panic attack](https://www.psychologytoday.com/us/conditions/panic-attack) that leaves you gasping for air, a suffocating feeling when [anxious](https://www.psychologytoday.com/us/basics/anxiety). These are the symptoms I’ve noticed in folks who are repressing great sadness. They don’t want to cry and avoid [mourning](https://www.psychologytoday.com/us/conditions/bereavement) heartbreaking events. Instead, they choose to repress sadness, move on and focus on something else. But restricting tears is a lot like holding your breath. When you finally cry, it comes gushing out; equal parts pain and relief. Freeing bottled-up sadness is like sucking in a dose of fresh oxygen. It’s refreshing and liberating!

Oppressed people are not allowed to have a voice. If you grew up in an oppressive atmosphere, speaking your mind or expressing your needs was dangerous. You also carry around a harsh [inner critic](https://www.psychologytoday.com/us/basics/self-talk). As a result, as an adult you tend to withhold feelings. When you have the impulse to speak up, you resort to your childhood tendency to silence yourself and repress your voice. This clash between the impulse to speak and the impulse to withhold causes much tension and often manifests in throat and voice problems. In therapy, I’ve found that journal writing is a great way to expose your inner critic and start talking back to it. Also reading poetry out loud (poetry has a profound connection to the [unconscious](https://www.psychologytoday.com/us/basics/unconscious)) is a way of gaining confidence in your voice. Hopefully, you will soon realize you have the right to be heard.

Time and patience are key to recovery. Surround yourself with friends who understand that.

Reach out to friends, find support groups or twelve-step programs, seek comfort in prayer, [meditation](https://www.psychologytoday.com/us/basics/meditation), or [philosophy](https://www.psychologytoday.com/us/basics/philosophy)—whatever brings you peace of mind. Instead of longing for a miracle, create one.

Take a break

Learn from it

Create

Move on

02/05/2021

**Strength in stillness.**

**Strength in silence.**

Groundedness on path.

01/30/2021

2020 recalibrated our trajectory. Reset our key relationships. Reaffirmed our sense of health and well-being. Found a more grounded place to move from. I’d been floating and fliting and searching for a new foundation and now I’d found one. More solid and optimistic than the last one. More life affirming. Better equipped to navigate the toxic messaging that floats on the wind all around.

Performance is ego.

Stretching—pain, dwelling in pain. Somehow it releases something. Tension. Soreness. Endorphines.

01/28/2021

**YOGA**: to join, to unite

01/19/2021

Guitar playing felt amazing today! Body opening up!

01/15/2021- THE IDES!!!

What is the connection between depression and the bodies inflammatory response?

01/13/2021- ordered OMT reference

Osteopathy:

“Wellness” – the body contains all elements to maintain health if properly stimulated.

Osteopathic Manipulative Medicine (OMM); Osteopathic Manipulative treatment(OMT)

* Relieve pain
* Restore range of motion
* Enhance body’s capacity to heal.
* What are the Osteopathic ideas on bodily energy, i.e. qi
* Long nerves connect spine to organs
* Detecting abnormal texture of skin and sort tissue a diagnosis can be made an manipulative treatment can be employed to return the nerces and noral structures to their natural, healthy state, allowing the blood to flow freely.

Still — Able

Balance breeds balance

Pain leads the way

Yoga seeks to build strength, awareness and harmony in the body and the mind

As the ancient writers have said, it is the vital force or [prana](https://en.wikipedia.org/wiki/Prana) which is spread over both the macrocosm, the entire Universe, and the microcosm, the human body... The atom is contained in both of these. Prana is life-energy responsible for the phenomena of terrestrial life and for life on other planets in the universe. Prana in its universal aspect is immaterial. But in the human body, Prana creates a fine biochemical substance which works in the whole organism and is the main agent of activity in the nervous system and in the brain. The brain is alive only because of Prana..

* Breathing: PRANAYAMA
* Pursed lip
  + Relax neck and shoulders
  + In through nose
  + Out through pursed lips
* Diaphragmatic
  + Lie on back knees slightly bent
  + One hand- upper chest; one hand below rib cage
  + Inhale through nose feel stomach pressing into hand
  + Exhale pursed lips
* Breath Focus
  + Sit or lie
  + Awareness of breaths
  + Alternate normal and deep breath, notice how each breath enters, exits
  + One hand below belly
  + Let out loud sigh with each exhale
  + Combine with imagery, words for renewing in; inhale peach and calm; exhale tension and anxiety.
* Lion’s breath
* Alternate nostril breathing
* Equal breathing: in and out equal length
* Resonant or coherent breathing
  + 5 full breaths / minute
  + In: 5 count; out: 5 count
* Sitali
  + Breath in though rolled tongue; out though nose.
* Deep breathing
  + Elbows slightly back to open chest
  + In through nose
  + Out through nose
* Humming Bee Brearh
  + 1st fingers on tragus ear cartilage
  + Exhale w/ fingers gently press
  + Keep mouth closed make loud humming sound.

Wim Hof: breathing guru (Marcus Recommendation)

1. Get comfortable
2. 30-40 deep breaths (deep, but quickish, powerful)
3. Breath deeply, let air out hold until need to breath
4. Big breath in hold 15 seconds.
5. Cycle through 3-4 times

* Poses: ASANA
* What is Kyengar yoga?
* Meditation:

CONCEPTS:

* Muscle energy PNF in PT
* Biomechanics- exercise physiologists
* [Rib-raising, manipulation](https://hal.bim.msu.edu/CMEonLine/Autonomic/Sympathetic/Treatment/RibRaising/start.html)

*Magnified dreams*

Dreams of manifestation in image form of the energies of the organs of the body in conflict with each other. This organ wants this, this organ wants that. The brain is one of those organs.

The ground of being and the organs

Muscloskeletal

*The Pocket Manual of OMT*

Yoga writings

Pete Egoscue

Rong Mei Lu’s book about bone health

12/19/2020

Costocondritis/heart chakra very tight the last short week or so. Last two days pain/discomfort motivated me to get stretching again. Feeling rewarded. Need to keep it up!

Ultimately stretching and breathing will replace my dependency on THC to find a daily flow.

After smoking a joint I am compelled to hum from my low throat and chest, centering vibration of breath release around the tender/sore rib/sternum/back area.

Body feeling stretched and balanced; agile and connected.

In stretching and meditation we try and slow things down and lean towards that time that is no time, an enduring state of being. That high level of concentration that takes you “out” of yourself by grounding and settling yourself so deep “in” yourself. The Catharsis of sports. Physical activity. Movement. Strain. Stretching. Exertion. Effort.

01/14/2021

The subtle body. Yoga helps you access the subtle body and work on the stresses and tensions there in. Writing helps you access the subtle mind and work out the stresses and tensions there in. Yoga and writing have become symbiotic for me, each other informing the other, each on giving the other form and purpose.

01/06/2021

**Meditation**:

1. repeated word— sense or non-sense.
2. Repeated topical word to coalese imagination and intellect around a particular theme or set of interrelated themes.

Indolence creates certain kinds of weakness, but so does diligence.

Ground, connect, extend

* Activate (stretch, massages)
* Hold firm, against resistance

Write, sunbathe, luxuriate, dine, design, dream, imagine, play

01/04/2020

Practicing strength.

Practicing breath control.

Calming to breath.

Calming to work through what you need to get to the work that you need to do.

Making small changes where need be.

Chasing the dragon with improving practices.

My life, a sort of Nordic hope ode.

Big, bold, loving of the day.

Strong, expanding.

Letting the glow flow straight through you.

01/03/2020

Lower back feeling good. Working on hip to low back connection.

Making progress with sternum and directly behind back tightness.

**OPEN – SETTLE -- STAND**

12/10/2020

Stress:

* Disorganized body stress: YOGA
* Disorganized stuff/information stress: digital reordering, system establishing
* Eliminate unnecessary environmental stressors (we only have so much wherewithal)

11/24/2020

*Twisting Wind Angel*

Arms out straight, twisting, engaging Costochondritis. (05/12/2020- Costochondritis has been resolved for months now, but lets not forget what a big fucking, uncomfortable deal that was!!! So uncomfortable, a very concrete expression of your anxiety and dragged with weight.

11/09/2020

D.O. expert in bones, joints, soft tissues (ligaments, tendons)

Osteopathy: research and practice: Andrew Taylor Still

*Osteopathy:*

Ideas of spiritualism(1867)

“Burned over district” in upstate New York(1840s)

Millerism, Mormonism, Spiritualism, Swedenborg 1688-1772

Andrew Still MD, DO 1828-1917

* Attended baker university
* Company F of Cass County
* Home Guard of the Mission calvary (Union)- defacto surgeon
* After civil war, wife and 3 children and an a adopted child died of spinal meninghitis (1864)
* Concludes orthodox medical practices were frequently ineffectual and sometimes harmful. i.e. arsenic, castor oil, whisky, opium.
* Came to believe that disease caused by disordered musculoskeletal system.
  + The Philosophy and Mechanical Principles of Osteopathy
    - 1) a person is a unit of body, spirit, emotion
    - 2) the body is capable of self-regulatory, health maintenance
    - 3) structure and function are interrelated
    - 4) Rational treatment is built upon body unit, self-regulation and structure/function relationship.
  + Muscle Energy
  + Counterstrain
  + Myofascial or neuromuscular release
  + Ligamentories articular release
  + Osteoarticular adjustments
* Discoverable organic laws of the body
  + Mechanical principles
  + Molecular activities
  + Metabolic processes
* Body can recover from displacements, disorganizations, derangements and the consequent diseases.
* Equilibrium of flow.
* He desecrated graves of Native Americans by removing remains and dissecting them.
* Ideas of spiritualism(1867)
  + “Burned over district” in upstate New York(1840s)
  + Millerism, Mormonism, Spiritualism, Swedenborg 1688-1772
  + Spirit Rappings popular song from 1853
  + Timothy Pope Master Energy practitioner.

11/14/2020

Retching at the inflection point where we stretch beyond our moribund form.

11/13/2020

**Core Link**:

* connection between the base of the skull and the sacrum or coccyx via the dura mater.
* “Central Tendon”: A Fascial String that runs through the body from the base of the skull to the pelvic floor, but is located anterior to the spinal column in the superficial and deeper-lying fascial layers of the body and does not include the dura mater.

11/11/2020

Chakras are an abstraction. They represent a connection to different processes of our body. We do not understand how these processes work, but we do have some idea of what they are. We have obfuscated the complexity allowing use our intention as our interface.

**Attention is the interface**

11/06/2020

1. Become grounded and centered by the Tide in the stillness of Primary Respiration.
2. Allow transmutation of unresolved patterns freeing our awareness of Eternity with the movement of creation.
3. Spiritual tools for maintaining neutralization
4. Spiritual anatomy and chakra system: functional centers: the interface between the Tidal body and Physical body through the endocrine system
5. Present to health in self and patient

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Gland** | **Secretion** | **Governing** |
| Base/Root (**Muladhara**) | Adrenal Cortex | Epinephrine, Actions | Survival (am) |
| Sacral(**Svadisthana**) | Ovaries/testicles | Ostrogen/testosterone | Development (feel) |
| Stomach, navel, solar plexus (**Manipura**) | Pancreas | Insulin | Metabolism (do) |
| Heart (**Anahata**) | Thymus, throat | Thyroxine | immunity (love) |
| Throat(**Vishuddha**) |  |  | (speak) |
| Brow(**Ajna**) | Pituitary | Somatotraphin | Growth (see) |
| Crown(**Sahsrara)** | Pineal | Melatonin | Body Rhythm (know) |

Purpose balancing meditative mantras,

Mudras, asanas, food, crystals, essential oils.

Waking up feeling good. Still have tightness in mid-back up into shoulders. Realized yesterday that I haven’t had the old “have to get out for a run” feeling lately. My yoga seems to be burning through my pent up energy. **What is “pent up” energy**? How do we understand potential energy in the human body? Belly to chest breathing and single nostril breathing have both been really good! What are these body shimmers of energy.

What are body “shimmers”, “tingles”?

10/30/2020

Chakra: if we block our feelings or do not speak our truth we may be unconsciously impeding our healthy energy flow.

**CHAKRAS**

===================================================================

Lam | Base or Root | base of spine | MULADHARA | “I exist” | pink/red

I am safe. I am safe on Earth. I am safe on my path.

=====================================================================================

Vam | Sacral | lower abdomen | SVADISTTHA | “I desire” | orange

I am connected to my community. I am connected to my family. My sensual sexuality serves as fuel to my creative endeavors.

==================================================================================

Ram | Solar Plexus | upper abdomen | MANIPURA | “I control” | yellow

I trust my intuition and guidance, and follow it wherever is leads me without question or hesitation. Wisdom

=====================================================================================

Yam | Heart | heart/center chest | Anahata | “I love” | green

I am a divine expression of unconditional love. I truly love myself. Love is all that I am and ever will be. Unconditional love of source is my birthright. I am compassion without feeling sorry, or bad myself. I forgive. I keep perspective. I keep grounded.

=====================================================================================

Ham | Throat | throat | Vishuddha | “I express” | blue

I speak my truth feely and openly, being honest with myself and others. I am safe. Safe to express myself truthfully. My honesty attracts what I need on my path. Power.

====================================================================================

Sham | Third eye | forehead | Ajna | “I am the witness” | indigo

Aum / om

I am connected with celestial love that runs through my vessel and life. I trust my inner wisdom and have total clarity on my path.

====================================================================================

Om | Crown | top o’ head | Sahasrara | “I am that I am” | purple/white

Ah / Sohan

Release, listen

**Meditation Hand Formations.**

* Index to thumb: GYAN MUDRA => root chakra, “seal of knowledge”
* Middle to thumb: SHUNI MUDRA => “seal of patience”
* Ring to thumb: PRITHVI MUNDRA => root- primal instincts, “seal of earth”
* Ring under thumb: SURYA MUDRA => “seal of fire”
* Ring, pinky to thumb: PRANA MUDRA => “seal of life”
* Right hand over left\*: DHYANA MUDRA => “seal of meditation”

\*(palms up, right in left, thumbs create triangle)

I am transmitting/ releasing anything that doesn’t serve my highest purpose and my path today.

10/28/2020

Costochondritis on my Mind

* Comfortable quiet position
* Sit and let tension release from hips
* Sit tall
* Asana practice
* Sucasina => neutral
* Give self permission to feel.

10/23/2020

Sobriety- my piety, my variety of virtuous pagan. You ever read Beowolf? Its Christian, but all biblical references are to theOld Testement.

Rest, stretching, meditating, writing, gifts of the IDES

Enhanced sobriety will improve my concentration, give me better stamina, better health in general, better temperament, more easily regulated emotional landscape, more wherewithal for everything.

When it is hard I will do something indulgent like watch a Chinese drama in the middle of the day of\r something or just read Hemingway or write poetry.

Morning mediation and stretching. Do it!!

Yes, sure, get cardio, but get your body stretching. Release the tension and strain. What are you releasing here. Why does stretching feel so good. Why does Massage and being touched feel so good. How do we keep these sensors open and receptive and lively and life embracing? How do we maintain a sustained sense of well-being and mental-emotional balance.

10/05/2020

CROWN - understanding, consciousness: “I know”

3rd EYE - intuition: “I see”

THROAT – communication, creativity, healing: “I speak”

HEART – love, home, balance, flexibility: “I love”

SOLAR – energy, higher self: “I do”

SACRAL – intimacy, emotions, boundaries, addiction, trust: “I feel”

ROOT – sex, grounding: “I am”

**Recipes:**

**Diet and Habits:**

Life habits built mindfully in tandem with my life partner.

* **Vegetarian diet**
* **Rooted movement**
* **Moderate sweets and alcohol**

I’ve discovered that if I eat and drink indiscriminantly I can pack on the pounds pretty quickly, but if I go easy on the liquid calories-- alcohol, sugary drinks and chose to eat lots of greens, my weight drops like a stone. Why do we eat-- I have been feeling pretty ambivalent about food lately.

Uncle Ari’s Ginger-Turmeric Elixer “Ginger gets you out of your seat, Turmeric keeps you on your feet”

* 16 oz water
* 4 shakes ginger
* 4 shakes turmeric
* 1/8 tsp salt
* 2 tsp honey

1. Simmer ginger turnmeric and honey
2. Chill
3. Add lemon
4. Serve over ice

03/30/2020

I have a hunch that my caffeine consumption amplifies my anxiety.

The 5 good addictions:

* Rest
* Play
* Food
* Water
* Air

**Make the girls your yoga**

Root | roll | connect | extend

Root -- solid, lengthening and strengthening of feet and ankles and calves

Roll -- gently

Flexibility is strength.

Extension => ex -- tension

Strength builds silently and in stillness.

Silent stretching instills strength

Flat and heavy on and in feet.

The [Alexander Technique](#ALEXANDER), Yoga, Feldenkrais, Egoscue, Pilates, T-tap, Aerobics, body weight workouts, calisthenics, general athletic stretching, massage, acupressure, tai qi, the various martial arts, circus arts, dance, body control philosophies.

Stretching has changed my life.

It has connected my body to my intellect—my body to my mind.

isometric contraction

**Types of Stretching**

There are various stretching techniques, but three main methods have proven effective.

1. STATIC STRETCHING

Static stretching is the most practiced stretching method. Because its purpose is to maintain the body in good physical form, static stretching is more appropriate for beginners and people who are not very active.

Static stretching relies on basic stretch-ing movements and muscle contractions. These exercises, performed slowly over time, help you discover your deep (postur-al) muscles. They allow you to work your entire body while increasing awareness of your flexibility.

Muscles are lengthened using bending, extending, or twisting positions. These stretches must be done slowly so that the antagonistic muscles are not stimulated. Once you are comfortable in a stretched position, you hold the position for about 15 to 20 seconds to relax, lengthen, and oxygenate the muscle fibers.

2. DYNAMIC STRETCHING

Dynamic stretching is often recommended in athletic training programs. It increases energy and power because it acts on the elasticity of muscles and tendons. It relies on swinging movements done with a certain amount of speed. The technique consists of swinging the legs or arms in a specific direction in a controlled manner without bouncing or jerky movements. The agonist muscle contracts rapidly, which lengthens the antagonist muscle, thereby stretching it.

3. PNF STRETCHING

PNF stands for proprioceptive neuromuscular facilitation. The PNF stretching technique is widely used in reeducation therapy. PNF stretching involves four steps:

1. Gradually stretch a muscle to its maximum.
2. Perform an isometric contraction for about 15 to 20 seconds (while still in the lengthened position).
3. Relax the muscle for about 5 seconds.
4. Restretch that same muscle for about 30 seconds.

Read more about [*Delavier's Stretching Anatomy*](http://www.humankinetics.com/products/all-products/Teaching-Children-Gymnastics-3rd-Edition) by Frederic Delavier, Jean-Pierre Clemenceau, Michael Gundill.

**The Alexander Technique**

Overcoming debauched kineasthetia-- sharpening third eye / sixth sense -- kinesthetia-- awareness of body, both of tension and relaxation

Sort of like taking “lift with your legs” and extending it into a life organizing first principle.

Language and coding ALEXANDER qigong, yoga, running.

Alexander is the empty middle of it all

Working from abundance, working from a place of ease. Intense, but not tense.

Attention, tenuous, inspiration, intensity, intuition-- unified, harmonized, in tune, connected

There is a significant difference between collapsing, dysfunctional release (uncontrolled) and mindful, controlled, letting go, releasing and relaxation (Constructive rest)

Doing things in an Alexander way is engaging body and mind in a kinder, smarter, more considered way. This is possible because you are acting from a place of attentive ease.

Vulgar eyebrows

1. Rooted feet-- three points (big toe, little toe, heel)
2. Rooted legs-- three points (ankle, knee, pelvis-- surprisingly low)
3. Rooted head-- floating -- finding place in space

Move more consciously and more kindly (to your body and others).

Encouraging the Mind -- body connection

* Fingers make contact with the instrument, but the whole body is making the music.

Legs balanced on feet, torso balanced on and in pelvis, head hanging in air, lengthening and widening spine and back.

Frederick Matthias Alexander (1869–1955) was a [Shakespearean](https://en.wikipedia.org/wiki/Shakespearean) [orator](https://en.wikipedia.org/wiki/Orator) from [Tasmania](https://en.wikipedia.org/wiki/Tasmania), who developed voice loss during his unamplified performances. After doctors found no physical cause, Alexander reasoned that he was inadvertently damaging himself while speaking. He observed himself in multiple mirrors and saw that he was contracting his posture in preparation for any speech. He hypothesized that a habitual conditioned pattern (of pulling his head backwards and downwards) needlessly was disrupting the normal working of his total postural, breathing, and vocal processes.

While on a recital tour in [New Zealand](https://en.wikipedia.org/wiki/New_Zealand) (1895), he came to believe in the wider significance of improved carriage for overall physical functioning, although evidence from his own publications appears to indicate it happened less systematically and over a long period of time

Sessions include chair work – often in front of a mirror – during which the instructor will guide the student while the student stands, sits and walks, learning to move efficiently while maintaining a comfortable relationship between the head, neck and spine, and table work or [physical manipulation](https://en.wikipedia.org/wiki/Physical_manipulation).

Assists actors, voice coaches, musicians, covered by Aetna

Guided modelling with a highly skilled light hand contact is the primary tool for detecting and guiding the student into a more-coordinated state in movement and at rest during in-person lessons.

Exercise as a teaching tool is deliberately omitted because of a common mistaken assumption that there exists a "correct" position. There are only two specific procedures that are practiced by the student; the first is lying [semi-supine](https://en.wikipedia.org/wiki/Supine_position#Semi-supine). Resting in this way uses "mechanical advantage" as a means of redirecting long-term and short-term accumulated muscular tension into a more integrated and balanced state. This position is sometimes referred to as "constructive rest", or "the balanced resting state". It's also a specific time to practice Alexander's principle of [conscious](https://en.wikipedia.org/wiki/Conscious) "directing" without "doing". The second exercise is the "Whispered Ah", which is used to co-ordinate freer breathing and vocal production

Freedom, efficiency and patience are the prescribed values.

Proscribed are unnecessary effort, self-limiting habits, as well as mistaken perceptual conclusions about the nature of training and experimentation. Students are led to change their largely automatic routines that are interpreted by the teacher to currently or cumulatively be physically limiting, inefficient, or not in keeping with best "use" of themselves as a whole

This specialized hands-on skill also allows Alexander teachers to bring about a balanced working of the student's supportive musculature as it relates to gravity's downward pull from moment to moment.

The hands-on skill requires Alexander teachers to maintain in themselves from moment-to-moment their own improved psycho-physical co-ordination that the teacher is [communicating](https://en.wikipedia.org/wiki/Communicating) to the student.

A person's habitual neuro-muscular relation to gravity is habitually sensed internally as "normal," despite being inefficient

Renowned performers who have studied the Alexander Technique include: Dame Judi Dench, Sir Ben Kingsley, Julie Andrews, William Hurt, Jeremy Irons, James Earl Jones, Paul McCartney, Kelly McGillis, Lupita Nyong’o, Benedict Cumberbatch, Hilary Swank, Annette Bening, Patti Lupone, Paul Newman, Sting, Maggie Smith, Mary Steenburgen, Robin Williams, Joanne Woodward and Trisha Brown (choreographer).

Doing and concentration -- state of tensity (concetration, tenaciousness)

Tensity vs. intensity

One challenge with Alexander can be that once released people can feel very unstable without a developed support structure. Their dysfunctional, unaligned tension was the only thing that was holding them together. Makes me think of my caffeine, alcohol and THC ritual as I hustled my way through my sales career.

My answer to this is my barefoot running, yoga and qigong practices. This is my path to releasing my old self, body, being and simple settling into the present, accepting the forces that be, exciting the apocalyptic narrative, embracing the cycles, the seasons, the reel.

Head forward -- body gliding after it with balance.

06/06/2022

General feeling of opening, playing with girls in the evening, jumping on my bed, riding the stationary bike with Esme on my back, tossing Esme and catching her free and relaxed and balanced, whirling the girls around in my arms and on my shoulders and having the dizziness only marginally affect me. Lots of continued and nourishing settling—ankle pops and knee pops, drawing out tension (not dragging it out)

05/25/2022

Acknowledging that a big issue with my unsatisfactory conversation with my parents (caffeinated, cruising down the highway) was the fact that I had been lazily day drinking beer, feeling unexercised and beer blurry in algorithm land, pitying myself for being the exiled son whose well set up parents won’t fund his self-discovery. Even though I can’t get myself to ask. I want them to offer. I want to them to want to help me any way they can. But they are controlling with how they help. They are the carrot and the stick. They disapprove of my life and refuse, implicitly and explicitly not to fund it. The next morning I nearly call them to level with them how alienated I feel from them because their offer to loan me money is not forth coming and yes I am feeling lazy and entitled and abandoned. I think through my options and then empty out my 401k despite the potential 10% tax hit. Betsy is supportive of this when I tell her and suddenly our financial situation is much rosier and I am feeling more confident about my time line for getting my code on line and shaping my resume and portfolio and connect with my tech contacts. I am sober and settled and feel like some corner has been turned.

Anti-Alexander -- Too much beer recently. Saturday drinking with Dan. Sunday day drinking while I code and getting in a shitty mood when my mom and dad called me from the road -- unloading about the family reunion, the tornado in Gaylord. What climate change?

Anti-Alexander -- Losing temper with Helena and spanking her and then raising my hand again to threaten her compliance. A few nights later slapping the door after she throws her head back and whacks it against the sink right after I had warned her about that exact thing happening. A few weeks ago, a week ago(?), punching the fridge after inadequately committing to crouching down in front of it, trying to accommodate for betsy trying to get by in our tight kitchen, my left pinkly and ring finder knuckles bruising and swelling that evening and remaining tender into the next day and the next. (Tender is the night for a broke heart…*Beach House* playing as I write this)

The disassociation that comes between your body and your mind when you are drinking -- losing body awareness, control. It’s a flavor of comfort, but one achieved by deconstruction and disassociation instead if connection, control and integrity.

**Direction** -- slow down drinking to a less compulsive level. There are many satisfying drinks that don’t contribute to the disassociation of mind and body in the way alcohol does. Relaxed and tense at the same time, relaxed and emotionally imbalanced at the same time -- no thank you. Stop.

No more canned performances (deadened habits), choosing to act (act up, act out, activate, react)

Tension released through breathing-- literally doing nothing, embracing nothing 空气

05/14/2022

I like the intentional rest that I did this week. Breaking mid-day to lie on the bed and just lie there or reading some of Paul Auster’s *The New York Times Trilogy*.

04/28/2022

Flipping feet up to the top of the door frame while hanging on the kitchen rope when showing Brian what you can do with the rope.

Redirecting errant ball from boy to man without looking while crossing the square.

Running – really good sprinting. Stride felt focused and controlled. Spontaneous down and back alley sprint while taking the recycling out.

Lacrosse balls on the wall.

Noticing and then balancing out asymmetrical clavicle

04/26/2022

To see, you have to look. You have to stop and think -- what’s the elogent solution here? Anti-Alexander, while opening my order of six lacrosse balls, I looked at the packaging and then looked directly past it, not computing that it was actually a mesh bag that could be reused to hold the balls. It was only after I snipped part of it with scissors that I realized my short-sightedness.

My penmenship continues to be erratic. Lighter and looser, but pretty wild and uncontrolled and inconsistent.

Am waking up today feeling better in my body than I had expected to feel 6 days into bringing Alexander into my process. The idea here is unity. Uniting body and mind, more deeply integrating body and mind. More deeply integrating writing and stretching.

I am an actor. Acting -- intention -- agency. Not just performing (duties, actions), not just rote, canned movement, engagement. Beginning from a point of attentive ease and engaging fully in the given, ever evolving context.

Helena climbing all over me as I try to stretch singing “Billy Goat, Billy Goat, Billy Goat” over and over again. I am a Hindu cow. Care -less. I do want her to leave but I release my getting tense about it. This will accomplish nothing. So, I skip the vain effort and jump right to the nothingness. In the nothing I remind my shoulders to relax, to settle, to be within myself, to be myself, me -- not just a slave to my programmatic reactions, but also to vacate myself as much as possible, returning to my center at the sub-orbital joint where my skull attaches to my neck, exactly below my ears, the height of my ears where my ears and tongue and nose and eyes and brain are all in tight commune. Where the seat of my third eye resides -- I can sense my whole body in this place, this is the command center, where all the tools for processing everything reside, where all good things reside and where you must do moment to moment battle with you unconstructive cache of NEN memories, impressions, reactions, ego moves.

How do we look? How do we see?

You’ve got to grow down to grow up.

04/26/2022

Never made it out on run. Did zen shiatzu in front of mirror and cried hard, ragged tears that gushed out of me like a suddenly broken open backed up rain trap.

Woke up feeling great. Tightness in left hip and low back and left shoulder but middle center back feeling much better. Tight right quad—used a rock held between thighs for relaxed myofascial release

04/25/2022

Woke feeling taller. More spontaneous movement, movement games and challenges

Root, connect, extend, relax, be (think, write, create, sing, code, plan, consider, learn)

Everyone thinks I have lost my mind -- Sky, David Brown, Dan Chainer, Gayle, Dave Eads, my family, Marcus. Maybe I had to lose my mind to get my body back.

Standing -- arms tingling, neck releasing, snapping sinews, squishy pops, creeping columns of tension, finding release at joints with pops, elastic separation, fluid, relaxing tissue.

Finding a relaxed, comforting sway. More inclined to spontaneous movement, playing with center of gravity, rooting from arms, abs, ankles, thighs, hip sockets, back, neck, heading floating up towards the clouds, finding ease easily, doing nothing in particular.

Beginning to recognize the nothing between us.

Beginning to get around the nen built up in my body, the nen built up in my mind.

More playful and creative while running, more relaxed. Releasing left hip, back, calf-- mid stride stretching, dervish running, backwards running, curb/balance beam running.

Making more of an effort to observe through breath, mind accompanying body with breath.

Operation Snatch Key -- took the $150 my mother gave me for the hotel room and went and bought weed with it up in Andersonville, walking past the boy clothes shop with the kinky short shorts and straps, Sodom and Gomorrah on your doorstep. Mystical drug shop on the corner. Walking through my neighborhood to buy drugs and look at gay clothes. Then I came home and did yoga and qigong and practiced the Alexander technique all day and smoked weed. In the evening I had a few beers and watched some basketball. This felt like a good productive day at the time.

Wonderful CONSTRUCTIVE REST/constructive rest -- heart chakra release, great lower spine pop. Neck felt amazing after constructive rest session

04/24/2022

Spontaneous moments of settling. Settling tension from base. Pushing down through hips and out calves.

What is tension? It is unconscious power. Necessary competing forces to keep us erect. Upright. “balanced”. The goal is lengthen, widen, settle, root, be. Take responsibility for your tension. Take responsibility for all those physic phantoms living rent free inside your body.

Alexander moments

Watching Adelaide and Madeline marching and chanting around the table in the pool area at the hotel where the hottub used to be before the pandemic with a hexagon on the floor, barefooted, balanced, engaged, so lightly balanced in the sea of gravity right between the earth and sky, unconsciously in ritual, conjuring life into the day, suffer the children to come, for this is the kingdom of heaven.

Owen Chainer leading us in a game -- casting his good natural energy out into the room, rooted, exuberated, flowing -- little light hops, rising on his toes, nearly floating off the floor.

My progress has come at a debit from my relationships I know. Alexander arrives and feels like the lynch pin of my practical practices. My development as a human being.

When running -- feeling light and limber, increased awareness of my body, stretching as I run, slightly changing my stride to address various points of tension. Releasing.

Incredible sense of gratitude and release. Feeling less reactionary-- we can slow it down, less pulled into other people’s trips and traps.

Not getting upset about betsy being upset and in a bad mood.

Surprising, relaxed, spinning Dervish run in the alley by McPherson and deciding that it was the Whirling P.O.W/scarecrow because I had my arms out like I had a restrictive pole securing my arms in an extended out position. And then seeing that flattened rat in the Alley between the school yard and Budacki’s and thinking about POWs eating rats in some jungle prison and Esme’s passion project about the good things about rats.

Barefoot Alexander: running to stand still

Slower, more relaxed poses without more awareness of next and feet and hips and head.

Neck releasing -- but more work is needed (still only 4 days in). Felt a significant neck and hip release doing the Mystical Scarecrow

Spontaneous wall stretch while running -- Carpenter’s Rule.

Getting in bed naked after a shower, getting under the covers and attempting to completely relax in the middle of the day.

More consciously trying to do things unconsciously -- sending direction

**Direction** -- slow down cannabis to a less compulsive rhythm.

Becoming more conscious of my tendency to bend neck down and forward when stretching or listening to people shorter than me.

Balloon ascent up the stairs -- head is a balloon floating up and ahead, body firmly, but freely following.

4/20/2022

Discovered Alexander

Restricted and joyless ----------------------------------------------------------- joyful and free

Static -------------------------------------------------------------------------------- kinetic (exercise)

No work ----------------------------------------------------------------------- all work

Avoiding family ------------------------------------------------------------- consumed by family

Neurotic about food -------------------------------------------------------- pragmatic about food

**Stretches:**

**Head takes care of body, body will follow head.**

**Not trying to be gracefull, just trying to allow yourself to accept grace.**

**Relax body enough to be IN breathing**

**Wind – flowing air**

**Water – flowing water**

**Earth – active, engaged root**

**Fire – active engaged body**

**Rest + inspiration = respiration**

**Stretch Collection**

[**Why stretch**](#WHY_STRETCH) **|||||||||**

**Sketch, clarify, practice**

1. Child’s pose in sun
2. Helio’s embrace—expand, embrace, affirm, actively love, contract, consolidate,
3. Stand facing the sun
4. Warrior pose, arms extended rounded body posture—you are a vessel welcoming in the warmth and nourishment of the sun
5. Breath deeply and embrace the warmth offered by the sun and draw it close to you in an embrace. Embrace yourself.
6. Bend at the waist to extend embrace into a lower back, hip-stretching pose.
7. Repeat: this time when you are open wide, extend, stretch and think of a loved on living or deceased and think/pray affirming thoughts about them. Complete the embrace of that person and enjoy the warmth of their embrace in return.
8. There embraces combined with the stretching of my back and legs release some wonderful tears of love and anxiety release and guilt release.
9. Statue of Liberty
   1. Reaching up with arm, flat and heavy on feet. Rooted.
   2. Extending stretch through back, along spine, through hip and into same side leg, settle weight down through opposite foot, shift weight between feet. Extend by raising ffoot off the ground or on to toes, roll ankles for counter stretch
   3. “Hang” opposite leg
10. Holding Pole High
    1. Hold pole above head Moses still
    2. Release arms and feel weight throughout form
    3. Slowly lower poll and use as acupressure too on head, back, shoulder, chest, etc.
11. Forearm Floor Time
    1. Working from pushup position run through numerous stretches and extensions. Finding tension throughout body while gently building arm and upper body strength. Can optional incorporate full push ups at various arm widths as well as general planking.
    2. Hanging legs from hip
       1. With arms in pushup position extend leg outwards and hold
       2. “hang” leg from hip, bending spine and positioning leg to fine tightness, gently exploring with the guidance of gravity and body resistance the tightness and weakness in hip and leg connections.
12. Broken Ankle roll-- planted leg, roll foot outward and find good pressure exertion up leg and into back.
13. Forward Leaning Rail stretch, belly done, one leg extended back gently pulling back away from the pelvis.
    1. On leg planted, rooted at a perpendicular angle more or less to torso,
    2. Opposite leg straight back level to the ground, slight raised or lowered, but at extension
    3. Gently pull lifted leg back away from pelvis, stretching muscles and tendons to a nourishing extension, holding.
    4. Find a strength focusing position with arms, purchased against rail.
14. Standing shoulder leg lock with opposite raised arm
    1. Arm raised and shoulder locked through neck and down to hip on same side
    2. Other leg slightly extended with light toe support or comfortable elevation
15. Arms up standing-- ascension-- raising body sleeve, lifting, growing. Legs rooted to the ground.
16. Good settled, rooted pose with arms straight out (sort of a low Scarecrow)-- settle the weight of the world on your shoulders rooting your arms out at extension, settling into your legs and calves and ankles and feet and the floor below following gravity down like water following the line of an uneven incline.
17. Hanging leg into the tub and rolling back planted on right foot. Ended up getting sa lot of stiff tissue moving up and around my left hip and up my left side as well as movement in my shoulder blade and mid-back, and then had a few very nourishing pops in my right calf as I straighted up.
18. Door ways-- counter weight.
19. Leaning on to table and or rail
20. Acupressure balls-- under feet as well as rolling under knotted/sore areas
    1. Ball on door hook, leaning sternum into ball.
    2. Rock to the head – engage pressure points while trying to stay completely relaxed.
21. Slow roll and softening hang-- good low back stretch
    1. “grabbing” above hips
    2. Lengthening with rounded forward lean
    3. Slowly bowing forward (can combine with writing.
22. Wall Stretch -- facing wall, hands up (best boy)
    1. The carpenter’s rule -- progression of leaning to the right and left, finding right angles and other angles, connecting top to bottom, feeling atuned to the vertical plan up and down and the horizontal plane left and right, forward and back.
23. Mystical Scarecrow -- rooted, settling, arms light out, extended, relaxed to the left and the right. Focusing on feet triangles and leg triangles. Root -- Connect -- Extend -- Relax. Building another body. Restuffing self. Resulting in significant pops in legs and back. Bringing to mind negative triggers (broken parental relationships etc. and allowing the tension to release. Could combine this pose and calm reflection with the EMDR REM like eye movements, while releasing tension.
24. Widen -- Lengthen
    1. Frog on the floor
    2. Spread against wall
    3. Chicken wing against a door frame.
25. Writing stretches
    1. Standing, move slowly, tender extension, rolling forward to write on desk
    2. Felt pelvic socket shift back on left side (did that resolve some of the left hip/shoulder tension?)
    3. Rooting, right hand writing, left hand extended.
26. Standing neck release
    1. Shoulders sag, released, letting gravity widen and length my form
    2. Released neck, mindfully following creeping, releasing strain in body as you root down
    3. Hooks and sinkers -- shoulders releasing, feeling where the tension is and hanging against it.
27. Zombie Lawnchair
    1. Release neck and back and arms
    2. Arms lightly extended out before me
    3. Balancing on top of hip sockets -- connected to hips, actual top of legs
    4. Weight on heels
28. Floor rooting
    1. Siting with legs extended in front of me
    2. Neck released
    3. Arms lightly raised
    4. Rooting down with hip joints
    5. Rooting down with heels
29. Hurdler stretch
    1. Alternate leg bent under
    2. Reach forward with arms and hold
    3. Reach up with arms and hold
    4. Reach behind with arms and hold
30. Attentive Child’s Pose
    1. Sitting on legs and writing
    2. The slow rise, then nearly blacked out as the blood rushed out of my legs, then felt incredibly relaxed
31. The Pampered Writer
    1. Seated at table.
    2. Forehead resting on foam block
    3. Direction to release tension
    4. Massaging calves -- massaging/acupressure to point of pain, acknowledging it, but then just allowing it to float on.
32. Acupressure leans
    1. Leaning chest/sternum into something
       1. A wooden railing
       2. The foam roller
    2. Standing on lacrosse balls and sinking into them
       1. Deeply connect feet to neck/shoulder blades
    3. Wall rolling with two or more balls.
33. The Severed Head
    1. Root stand
    2. Relax head in a direction
    3. Relax into tension
    4. Breath-- just STOP yourself from NOT getting enough oxygen, water, activity, and rootedness. STOP it.
    5. Great connection with mid back -- Lateral Dorssi?
34. The prisoner
    1. Hands above head
    2. Direct muscles to relax as the twinge with strain
    3. Breath -- let the invisible fire work its magic
    4. Gently work out tension in wrists
    5. Root down Alexander style-- release.
35. The Chrysalis Quickening
    1. Hands down, one arm over the other at waist, rooted stand.
    2. Breath full and deep, right through your feet, your roots, like a tree
    3. Expel your unwanted tension out with your CO2 and your unproductive thoughts
    4. Release into attentive ease (neck released, settled on your firm physical foundation
    5. Fill yourself full of those most precious of elements—oxygen, intention, goodwill.
    6. Relax arm on top and slowly raise arms leading from the wrists above head
    7. At top of stretch reverse resting raising rolls of arms as you begin your decent

**Vertical Mod** (hips, back, shoulders, arms: extension, balance, gravity)

**Vertical Mod with railing** (hip and pelvis and groin, with leg lift extension focus)

**Vertical Mod with extension up** (pulling leg up and behind you and then hanging it from hip)

**Horizontal Mod** (on floor-- arms , core, )

**Head Stand Mod** (neck, shoulders, legs, balance)

**Incline Mod** (arms, ankles, feet)

Why stretch?

Stiffness : **Cousin Nina making fun of me for walking with a stick up my butt. Kind of a mincing stiff walk? Very weak as a younger child. Growing and long, but always lacking a lot of excess physical strength.**

* Connection between stiffness – physical stiffness and mental/psychological stiffness.
* Connection between stiffness and autism and spectrum like behavior – inflexibility.
* unresolved tension – someone trying to come out of someone.

Many people are very tense, defensive, cursed, caught, in pain, processing, in transit

Improve kinaesthetic awareness – more reliable sensory information

Alexander/qi gong inspired stretching/settling

* Head up and forward (spine hanging down)
* Neck released
* Settling shoulders down through hips and into feet.
* Greater awareness of body in space
* Greater awareness of moving appropriately and kindly through space (gravity is an ally)
* This is my space. This space is for me (a child’s mindset). I am this space.
* The realization that yes, holy shit, you can improve at stretching.

Focus on hips and opening shoulder/neck box, maintaining small muscles, core strength and balance without unnecessary strain or excessive mechanical repetition

Focus on *Flexibility is Strength*

Focus on *Slow Stretch, longer holds*

Focus on *Cord Pop* (building up of tension through focused stretching until I can crack my neck-- to release the tension? I feel like this is contributing to greater flexibility, but I am not totally sure. I do have some concerns that like cracking your knuckles it could have negative side-effects, but at least in the short term I have not noticed any negative side effects of doing the neck popping-- which I was doing so much just a few months ago, but have slowed down in recent weeks. It was weirding me out a little bit that I would do it-- subtly hopefully-- in public sometimes. It truly had become kind of a compulsion, but one that had improved my ability to casually and unconsciously find stretches even in a relatively relaxed standing position, building up enough tension for a neck-pop release (which again do we know that this is 100% productive or are we just developing some kind of weird nervous tick?)

Stressage: focus myofascial release

* Promote healing
* Release pain and stress
* Identify weakness and pain
* Connect body and mind
* Prayer

Seeking elements: sun, wind, rain, water (refreshment, positive, nourishing stimulation)

Meditating on elements

**barefoot running**

[running notes:](#RUNNING)

Feet -- **three point grip**-- base of big toe, base of pinky, heel-- strengthen, lengthen, expansion

This has been a key to my settling and transition to a new stage in my life.

Finding root.

12/20/2021

Barefoot camp -- foot camp

* Stretching
* Awareness
* Acurpressure balls
* Lowering mileage
* Stretch focused locomotion

danger

concentration

pain

sensation

grounding

strength

agility

calm

rhythm

courage

anticipation

judgement

meditation

thought interruption

The catharsis of running

The catharsis of stretching

03/30/2022

Barefoot running is going just about as good as it can be I feel.

Zero drop shoes.

Ran in the rain and felt great. Feet did not get all soggy with rain. Instead they felt fresh and quick and resilient-- seeking out and appreciating the good soft earth when concrete could momentarily be avoided.

12/06/2021

Feeling the most stretched out I have ever felt with significant movement and settling and opening in my hips shoulders and neck. Fingers and hands and feet and toes feel good as well!

10/24/2021

Neck and hip very tight

09/15/2021

7:45 a.m.

Happy Ides Campers!

Just as my left Achilles tightness was resolving itself, this crazy back flair-up has me suddenly questioning my entire health. It was precipitated by a day of slouching on the couch through the morning, ensconced like a royal millennial on the sofa. And then in the afternoon I had wedged myself into the workroom, feet up for circulation, but back and hips contorted out of align. A jog and a stretch mid-jog and then no stretching after and my back began to crumble. My hidden pain of coding quizzes.

But then the pain that it has produced is leading me into new levels of concentration and creativity with stretching. Finding new spots. And now the most obvious one of all. Stretching while I write. For the first time I find myself stretching while I write. I find a grinding purchase with my left buttocks and feel the pull up into my left shoulder blade. Leaning forward into my left leg which is supported by the toes of my left foot, consolidating a connection of toe, ankle, knee and then knee to hip at the point of contact with the chair. Again my body weight gently regulating the intensity of the contact, the extension. Really trying to rest into the resistance of the stretch. Feeling that strong, focused, support moment. Breathing into it. Subtly twisting into the tension. The twisting is mostly happening in my upper back, but I bounce the tension in my legs between my left and right hip, shifting my weight and slowly pulling back on the sinews running through my back. My left foot is higher than my right foot and my right foot is further back and I am upright at the key board and I sort of bow forward.

Then I think up the word stretch writing and I begin writing up a model to for this kind of writing, of what I mean, entail, etcetera.

I am feeling hopeful and positive and I want to write Becca a letter and thank her for her visit.

Coming back to the stretching and working-- starting to write my firs made from scratch app. Testing it and everything. Testing as we go stretching as we go!

RUNNING NOTES

06/06/2022

Ran 11.11 miles yesterday. Woke feeling really good today. Hungry. But Good. Hungry is good. Lengthen spine. Widen back. Ran relaxed, with an even effort. Worked in some curb running and barrier running, tried to keep it playful and focus on breathing – in through nose, out through mouth. Find the soreness and address it.

05/23/2022

Ran 40 miles this past week with longest run in a very long time snuck into the mix -- 9.5 mi. Made mistake of letting high mileage and not getting high ‘justify’ my increased beer consumption, which you know, you fucking know, has a corrosive effect on your confidence and focus.

05/16/2022

Feel like I am at a new very positive plateau with my running after running home from the party (1.7 miles 7:30 pace) and then getting some goods miles in the next day despite feeling hungover. And then a very easy relaxed 3.5 miles the next day. My baseline run now feels solidly three miles instead of 2, though I am still very much into the quick, short, efficient run-- keep the consistency, run to relax.

Have been stretching less, but am continuing to lowkey pursue the application of Alexander to my stretching, sitting, standing, typing, guitar playing, even sex!

04/25/2022

More playful and creative while running, more relaxed. Releasing left hip, back, calf-- mid stride stretching, dervish running, backwards running, curb/balance beam running.

Stretch writing-- this is a gift of the IDES.

* Letting self-fulling concentrate.
* Setting reasonable minimal time-- uncompromisingly hit that mark (and then ride the consistent momentum that that small commitment generates, we are creatures of momentum and rhythm, no?)
* Could use EARTH, WIND, FIRE, WATER model
  + EARTH
    - Grounded-- sitting or standing, body engaged. ROOTED
      * Engaging the body as well as the mind in my work.
      * Beseeching the wisdom of the organs.
      * Following the subtle body
      * Aware of pain
      * Balance
      * Understanding seasons
      * Draining, shifting
  + WIND -- oxygen, breath 空气
  + FIRE -- active, playful, released, spontaneous
  + WATER -- hydrated, fluid, nourishingly free and connected, amorously amorphous

PAIN

“There are no limits. There are plateaus, and you must not stay there; you must go beyond them. If it kills you, it kills you.”  Bruce Lee

04/02/2021

How serious is the pain—when you focus on the pain it becomes more intense, more serious. When the pain is peripheral it seems to be less serious.

Accumulative… accruing information.

Stretching has changed my life. It has connected my body to my intellect—my body to my mind.

Breathing

Breath/Sing

Loud breathing can be good because is further engages your senses by allowing you to hear your breath—

Feel it, sometimes see it, smell it, maybe even taste it.

10/01/2020

Practiced vocal exercises including HUMMING and CHANTING to release tension in my chest.

Should plunder YOUTUBE for more BREATHING and SINGING techniques

10/22/2020

Read up on singing technique and breathing techniques.

Your voice is your instrument, figure it out.

10/28/2020

Yoga with Adrienne

PRANAYAMA

Puraka: inhalation

Antara Kumbhaka: retention, full

Rechaka: Exhalation

Bahya Kumhaka: Retention, empty

Purah Kumbhaka: take in, return it. INDIVIDUAL energy to COSMIC energy

The seat of your soul is where inner meets outer.

01/22/2021

Who was that breathing Guru Marcus mentioned?

Why haven’t I been doing more concentrated breathing? I was for awhile and it was really feeling productive.

My breakthrough with attributing stretching time to writing time as being the same. The same impulse. The same value. The same necessity to balancing and connecting my body and my mind. I have made a religion or these activities. This has been a healthy decision for me as these practices have in fact made me a better, healthier, more pleasant, helpful, less convicted, more hopeful and optimistic person with improved moods, sleeping cycles, lower weight, drinking much less, smoking less pot, reading more, writing more letters, more connected to my wife and family, more settled on some of the big questions of life many of wife had been nagging at me through my maturing adulthood. Now, at 42 I am not afraid to settle. I am ready to settle into myself and simply be. No longer conflicted.

04/15/2022

Feeling the old anxiety in my chest as I attempt to push past. Running in the morning could help. Meditating in the morning. Stretching.

04/19/2022

All the oxygen sucked right out of the room. You gotta BYOO when the atmosphere gets inhospitable. Hot ear time. Stiffness. Slouching. Sipping. Lip biting.

**qi gong**

qi -- the subtle breath, the vital energy

gong -- skill cultivated with practice, working to stimulate the meridian system

breathing, relaxing, visualization, stretching, qigong meditation(constructive rest, visualized orders) and mindfulness, qigong massage and bone tapping (a primal uncle)

Cheerful indifference, relaxed alertness, squared attention.

Ba duan Qi gong

Pressing the heaves with two hands

Drawing the Bow String and letting the arrows fly

Separating Heaven and Earth

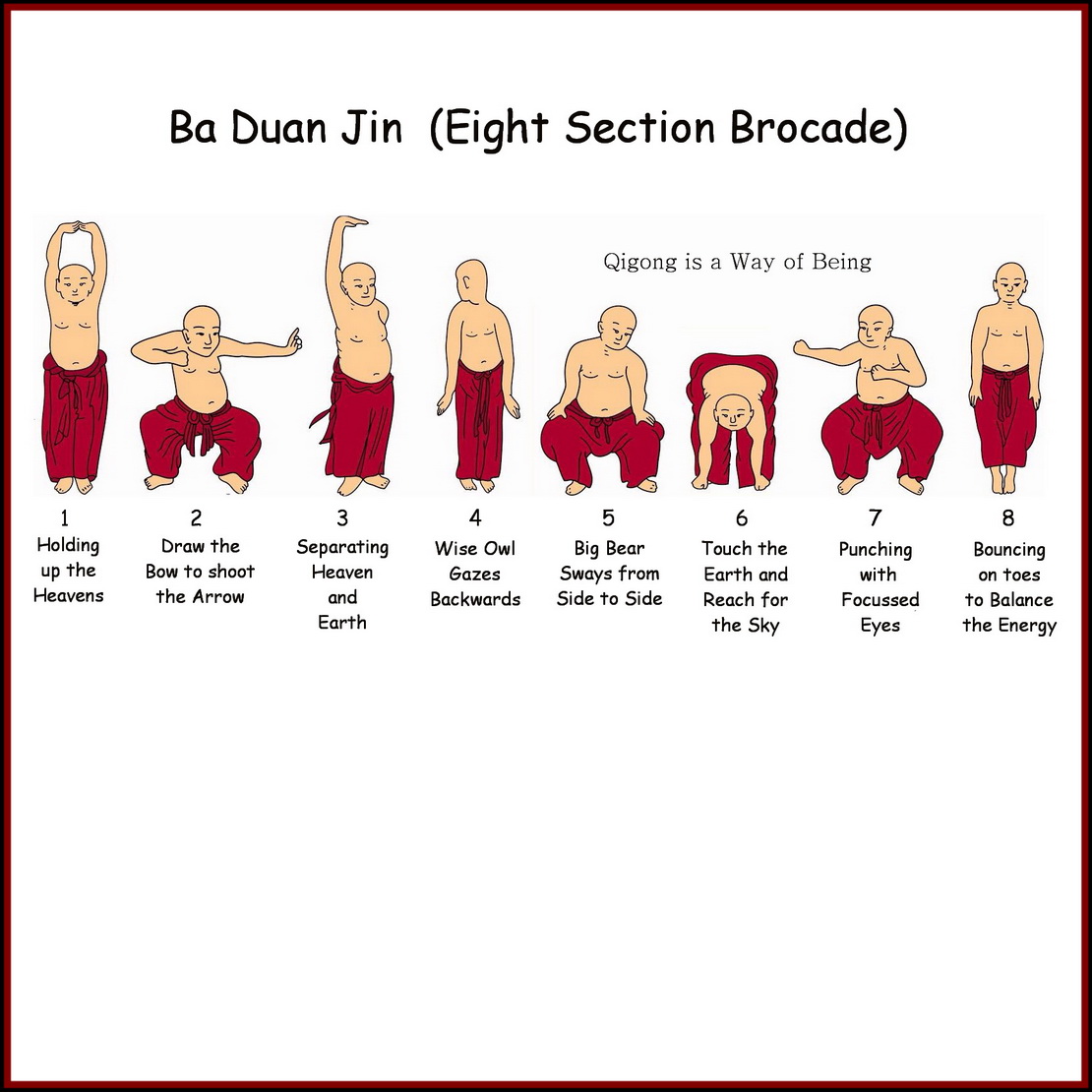
Wise Owl Gazes Backward

Punching with Angry Gaze

Bouncing on the toes

Big Bear Turns from side to side

Touching tows then bending backwards





“Spring Forest Qigong” Chunyi Lin (Grandmaster-- still living in MN) -- popular, “simplified” Qigong that can be done anywhere by anyone.

Posture -- health of spine is critical to releasing blocked energy-- better health, relaxes nervous system.

Breathing-- oxygenates cells, relaxes nervous system.

Tapping

* Body tap, starting at feet and working way up to neck and shoulders and head.
* Butterfly hug with tapping