



December 2025 Notes

Comfort & Joy

What's on your small list of comfort and joy?

We gathered our senses and ourselves and curated this little list for you:

Touch – puppy hugs, weighted blankets, wrapping into cozy

Sight – nature, museums, happy memories, photos

Smell – candles/incense, oils, flowers, fresh cut grass, rain, bread

Taste – favorite tea, favorite food

Sound – rain, storm, song, frogs, crickets

Connections & Intersections with friends

Hobbies

Meditation

Silence

Gentle Movement

Journaling

Yoga

Books

Films

Gel Pens



The Movement

Supine Bridge with Side Reach

This combo movement helps alleviate stiffness in the upper back and core through a gentle twist.

The Movement: Supine Bridge with Side Reach

1. Lie flat on your back, knees bent, heels on floor.
2. Keep arms by your sides, palms down and tuck your tailbone slightly as you lift your hips. Your body should form a straight line from shoulders to knees.
3. Keep your core tight.
4. Holding the bridge position, reach one arm overhead and across your torso.
5. Return.

6. Repeat on the other side.



The Musings Bridges

Writing Prompt: Bridges. Bridges span waters, sometimes troubled waters. They can hide trolls. They offer us modes of transportation, access to goods, links to communities, and reduce travel costs. They improve social cohesion and enhance safety. A bridge also incorporates exercise (like we just did), a partial denture (restoring appearance).

Write about a bridge, real or otherwise, and how it serves or has served you or your character.

Try not to use the word bridge but find images and language to describe it instead. Look for ways the bridge might have incited joy, support, connection, or comfort in a specific situation or experience.



The Movement

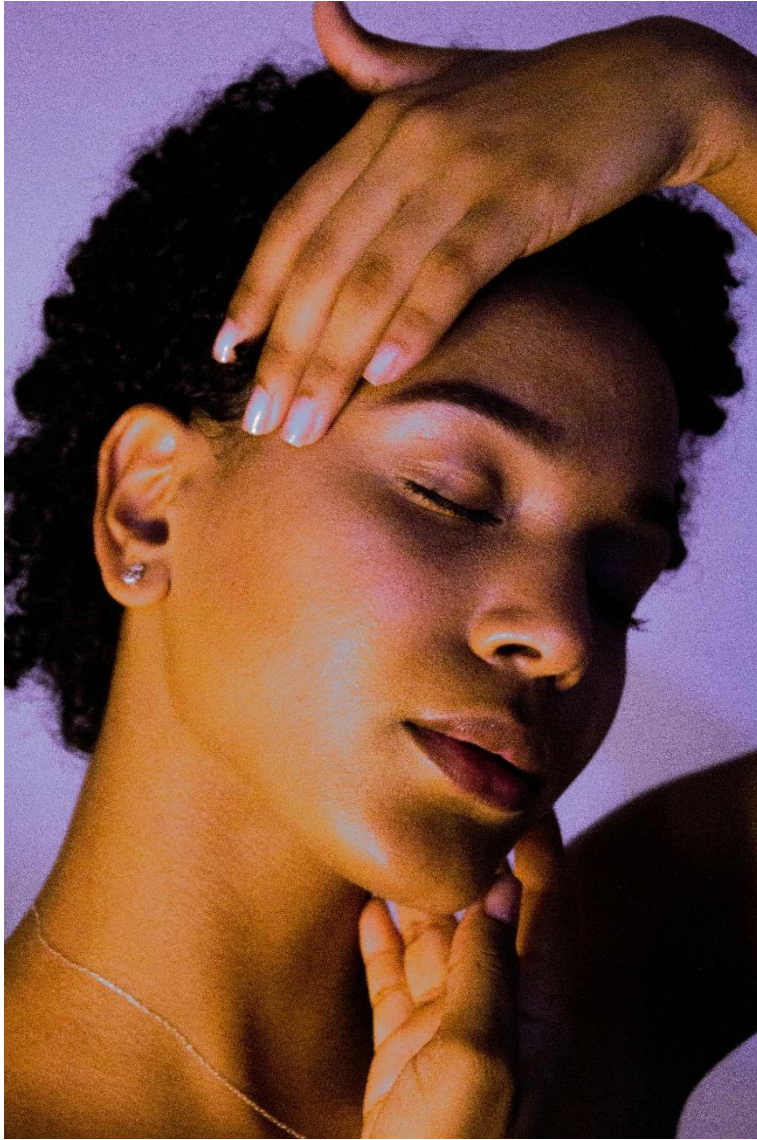
Ear Massage

The Movement: Ear massage, also known as auriculotherapy, stimulates the vagus nerve, the parasympathetic system, and helps relieve stress.

Here are some ways to massage your ears:

1. Gentle tugs.
2. Gentle lobe pulls.
3. Circular motion massaging.
4. Pinch or press.

More Details on Auriculotherapy.



The Musings Constraint

Writing Prompt: Play with constraint. Create a comfortable container. Thinking about the word “ear,” use only the vowels “e” and “a” as you write something. Allow your brain to laser focus so surprise can surface.



The Movement Seated Spinal Roll

The Movement: Seated (or Standing) Spinal Roll

1. Sit (chair or floor), knees bent, feet flat.
2. Hug and draw knees into chest. Either one at a time or simultaneously.

3. Tuck chin into chest.
4. Round from pelvis to ribs, creating a c-shape with your body.
5. Hold and exhale.
6. Release and repeat.

Variations on the Spinal Roll



The Musings Roll & Flow

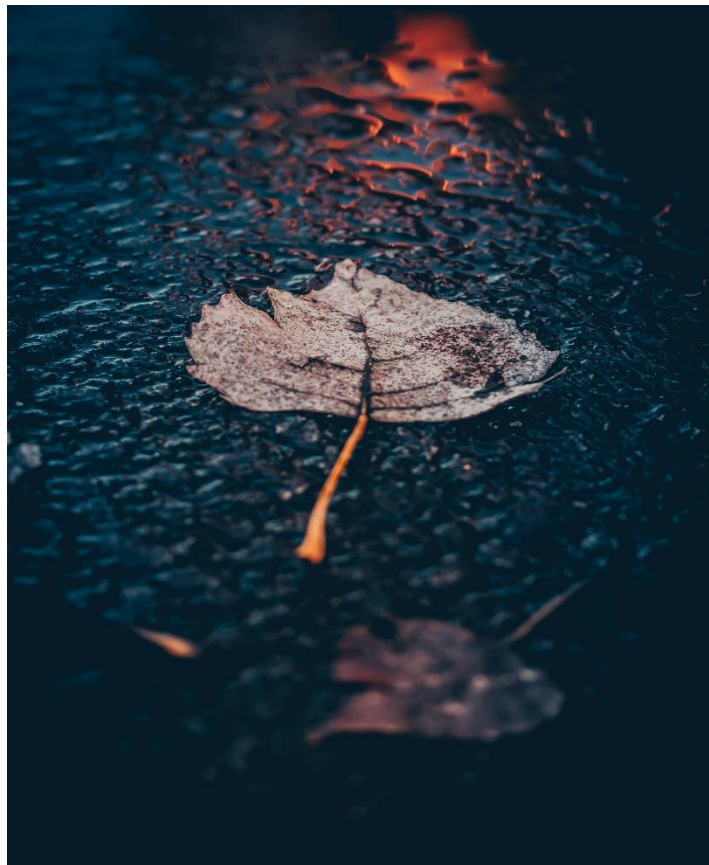
Writing Prompt: Roll and flow.

Going with the Flow can mean so much: acceptance, adaptability, staying relaxed, maintaining an easy-going attitude, resisting resistance, releasing control, cooperation, letting go, remaining in harmony.

Write about a time for you or your character when something was “rained out” and change needed to happen.

Try to stay close to the visceral responses of narrator/character as they adapt (or not) to this change.

Did they end up finding joy, a giggle, some comfort and trust through this change?



~

The Movement

Child-Like Joy

The Movement: Do what little kids do naturally when they are excited and joyful. Squeeze your hands into fists and vibrate your body like a child in excitement.



The Musings

Joy is made to be...

Don't Hesitate
by Mary Oliver

If you suddenly and unexpectedly feel joy,
don't hesitate. Give in to it. There are plenty
of lives and whole towns destroyed or about
to be. We are not wise, and not very often
kind. And much can never be redeemed.
Still, life has some possibility left. Perhaps this
is its way of fighting back, that sometimes

something happens better than all the riches or power in the world. It could be anything, but very likely you notice it in the instant when love begins. Anyway, that's often the case. Anyway, whatever it is, don't be afraid of its plenty. Joy is not made to be a crumb.

Writing Prompt: Use the last line as inspiration for your writing: Joy is made to be.....



Next Class

Date/Time: Tuesday, Jan 13th, 2025, at 10 am PST / 11 am MST / 12 pm CST / 1 pm EST.

Link:

<https://us06web.zoom.us/j/82984977207?pwd=OUJsb2xqQUwzQVdQeVdsNG9URG5pZz09>

Meeting ID: 829 8497 7207

Passcode: M&M

With much love, *Gayle & Rebecca*

Register Here