Musings Movement

January 2026 Notes

Unstuck

If you're like us, you might be feeling stuck on larger things such as responding to the world's suffering or climate change or global violence.

You also might be experiencing stuckness with what feels like smaller things—writing, water intake, self-care.

Often, this "smaller" stuckness sometimes feels trivial when juxtaposed with the world around us.

We must remind ourselves that we live in the intersections between these worlds—the outer and inner worlds, the larger and smaller worlds.

We must attend to both if we want to help in any capacity.

The world needs our gifts for the common good.

©Musings & Movements, All Rights Reserved, 2025
Gayle Brandeis & Rebecca Evans

~

The Movement
Seated Kundalini Twist

Benefits: This movement can stimulate the nervous system, activate core muscles, and clear stuck energy. It also helps with emotional balance.

The Movement: Seated Kundalini Twist

1. Sit cross-legged (Sukhasana) with your spine tall and sit bones grounded.
2. Extend your arms out, parallel to the ground, palms down.
3. The Twist:
    - Inhale and rotate your upper body to the left. Keep your head in alignment with your torso. Place your right hand on your heart, keeping your left arm extended.
    - Exhale and rotate your upper body to the right. Exhale forcefully (or deep/long). Place your left hand on your heart, keeping your right arm extended.
4. Maintain rhythm (which helps with focus) as you move with your breath.
5. Continue for up to three minutes or longer.
6. When you finish, come to center and inhale deeply. Exhale and release.

©Musings & Movements, All Rights Reserved, 2025
Gayle Brandeis & Rebecca Evans

The Musings
Superpower

***Writing Prompt*:** Invent a new superpower for you or your character.

Write a scene during a moment you/your character discover(s) you/they have this superpower.

How does it “appear?”

What is you or your character’s response?

How do others respond?

©Musings & Movements, All Rights Reserved, 2025
Gayle Brandeis & Rebecca Evans

~

The Movement
Writer's Mudra

The Movement: In *On Being Stuck* by Laraine Herring, she offers several powerful practices. One of her exercises is the writer's mudra.

1. Hold one hand up. This represents your writing.
2. Hold your other hand up. This represents you.
3. Press your palms together.
4. Feel the union, the heat, the relationship, and the connection.
5. Rub your palms together and gather more heat.
6. Place palms over your eyes in a cupping way (not pressing). Think, clear vision and revision.
7. Bring your palms back together and create more heat.
8. Place your palms on your throat. Think, removing vocal obstacles by heat.
9. Bring your palms back together and create more heat.
10. Place your palms on lower belly. Think, center of being, center of energy.
11. Stay here and feel the heat of your writing and how it comes through you.
12. Send energy to your core.
13. Bring your palms back together and stay here for a moment in a final act of gratitude.

©Musings & Movements, All Rights Reserved, 2025
Gayle Brandeis & Rebecca Evans

The Musings
Relate to Your Block

***Writing Prompt*:** This is an adapted exercise from *On Being Stuck*.

Write down one thing that keeps you from writing.

Try to think of an internal block.

Ask the obstacle, *what do you need and how can I help?*

Be in relationship with the thing that blocks you.

©Musings & Movements, All Rights Reserved, 2025
Gayle Brandeis & Rebecca Evans

~

The Movement
Kundalini Squat & Shake

Benefits: This movement helps release stored and/or stuck emotions, fear, and anxiety. It also helps activate the parasympathetic nervous system, signaling to the brain (and the body) that it is safe to calm. It can improve circulation and activate the lymphatic system, helping the body release toxins.

The Movement: Kundalini Squat & Shake

1. Stand with feet hip-width apart.
2. Soften knees and allow your body to gently bounce. This allows the vibration to move through your body.
3. Hold arms above head and inhale deeply.
4. Exhale and “throw” your arms down, letting the moment to flow.
5. Shake all the way through to your elbows, wrists, and hands.
6. Repeat. Focus on rhythm and release.
7. Let your body freely move.
8. Continue for three minutes or longer.
9. When finished, return to your center and inhale deeply. Exhale and offer gratitude.

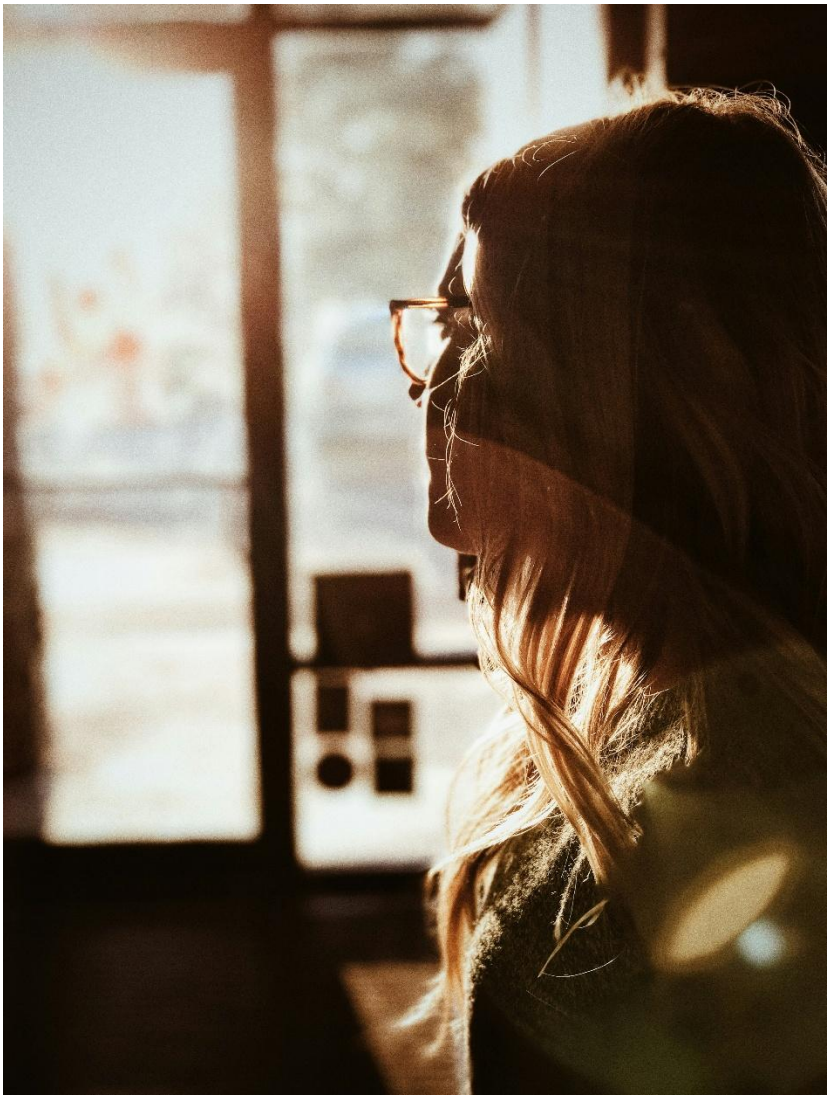
©Musings & Movements, All Rights Reserved, 2025
Gayle Brandeis & Rebecca Evans

The Musings
Thought Manifestation

Writing Prompt: Imagine you or your character manifests EVERYTHING they think.

Write about the moment they realize this is happening or an interesting time when they cannot control their thoughts and the situation escalates.

NOTE: Our thoughts and words are superpowers to help us become unstuck.



©Musings & Movements, All Rights Reserved, 2025
Gayle Brandeis & Rebecca Evans

~

The Movement
Shimmy

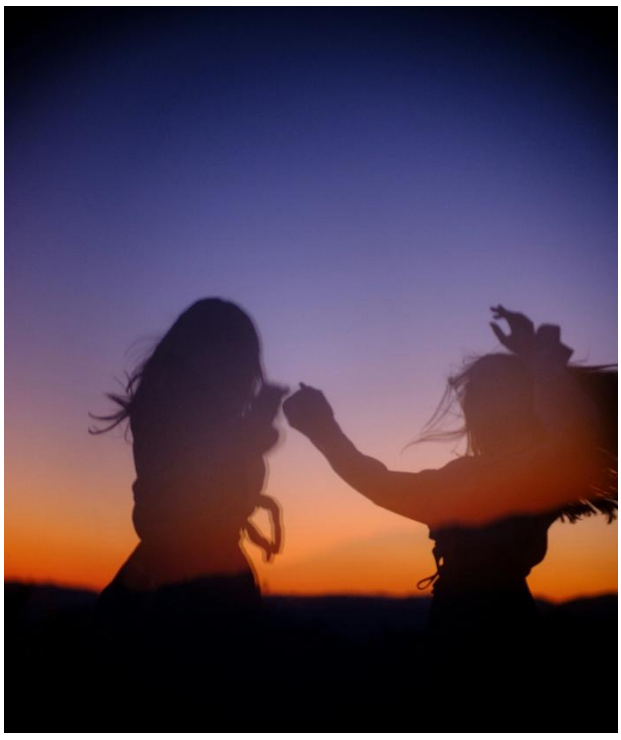
Shimmying is really a way to vibrate the body.

Vibration is one way we break through barriers. Think about the way sound vibration can break up kidney stones.

The Movement:

Shimmying has to do with your heels (who knew???)

1. Stand with feet hip-width apart.
2. Gently move your heels up and down.
3. Quickly increase speed, allowing the “shimmy” to travel up your body.
4. Move your body around.
5. Change your arm positions.
6. Go slower. Go faster.
7. After a few minutes, slow to a place of stillness.
8. Stay here and feel the vibration continue.



©Musings & Movements, All Rights Reserved, 2025
Gayle Brandeis & Rebecca Evans

The Musings
Breakthrough Moments

Writing Prompt: Think about the moment before a breakthrough.

What vibrations or surprises led to this breakthrough.

Write about what you or your character experienced in their body right before a breakthrough.

Or write about a future breakthrough.

~

Next Class

Date/Time: Tuesday, Feb 3rd, 2026, 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

©Musings & Movements, All Rights Reserved, 2025
Gayle Brandeis & Rebecca Evans