



April 2026 Notes

Showers

Rebecca's been padding through her backyard this month, trees in blossom, and surprises in her garden. How stable we might feel leaning against a trunk or pressing a cheek to bark.

Spring reminds us: Hope.

Reminds us that trees survive.

Reminds us to hold amazement and wonder.

For April, we soaked in showers—the way they refresh, rebirth, rejuvenate.

We hope you find sprinklings of beauty and love in your backyard, your windowsill, your life. We hope you hold onto small wonders and amazing moments.



Image Credit: Bruno Thethe



Li-Young Lee "From Blossoms"

**The Movement
Recorded Meditation**

The Movement: Recorded Meditation

Listen [Here](#)

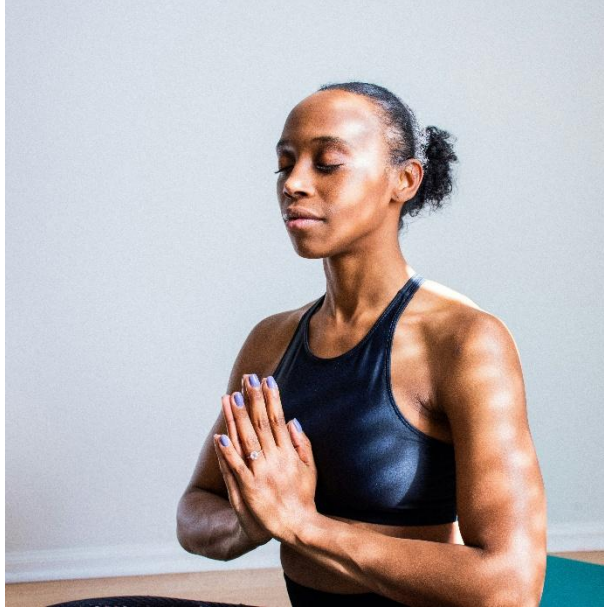


Image Credit: Madison Lavern

The Musings Brown Bag Joy

Writing Prompt: Using the opening line of Lee's poem, what joy could arrive in a brown paper bag?



Image Credit: Hansheng Zhao

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The Movement Tapping

Listen to: "Here Comes the Rain Again," by The Eurythmics

The Movement: Tapping

Tapping helps reduce anxiety and regulate the nervous system.

Tap softly, like rain, beginning at the top of your head, cascading gently down you/your body. Once finished, allow the reverberations continue to cascade down your body, rinsing away as much stress as possible.



Image Credit: Emiliano Vittoriosi

The Musings R.A.I.N.

Writing Prompt: Use the refrain “Falling on my head like a new emotion,” from “Here Comes the Rain Again.” Look for a new emotion.

Add the following PTSD coping technique to explore your new emotion, which is the acronym R.A.I.N.

Recognize
Allow/Acknowledge
Investigate/Inquire
Non-identification/Nurture



Image Credit: Lidya Nada



Billy Collins “Today”

**The Movement
Squat & Bloom Like a Goddess**

The Movement: Squat & Bloom Like a Goddess

1. Stand with legs wide, feet turned at a slight outward angle.
2. Keep knees aligned in direction of toes.
3. Squat and bring arms into cactus pose.
4. “Bloom” – returning to standing, knees slightly bent, feet turned outward.
5. Bring arms up and wide, fingers splayed, every part of your body opened and blooming.



Image Credit: Jingxi Lau

The Musings Shadow Release

Writing Prompt: Gather inspiration from the end of Collins' poem and write about the inhabitants of a snow globe or paperweight. What might happen if they were set free?



Image Credit: Pere F.



The Movement Make It Rain

The Movement: Make It Rain

1. Keeping your palms open, hands flat, and fingers together, slide your palms against each other, creating the sound of rain.
2. Or, this might feel like you're "sending out money".
3. Rubbing hands "resets the nervous system and helps increase circulation.
4. This also gathers heat.
5. Think about making it rain and what that might mean in so many ways, such as showering abundance upon yourself (or the world). Raining peace, love, value.

6. Pause.
7. Hold your hands prayer-like and notice the echo effect.
8. Place your hands on your heart and feel the warmth spread through your body.



Image Credit: Mohamed M.

The Musings Make It Rain

Writing Prompt: Start with the phrase “make it rain” and write from there.



Image Credit: Daria



Next Class

Date/Time: Tuesday, May 5th, 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](#)