



Sorry for the short notice cancellation of Musings & Movements tomorrow. Below are our notes for you. We are planning a special gathering at the end of the month and then back on track in August for our regular sessions.

July 2026 Notes

Interdependence

We play with language.

Independence.

Dependence.

Interdependence.

These words linger over one another.

Sometimes, they confuse us, leaving us uncertain, wondering what we really need.

What we really need is to be and stay human.

What we really need is one another.

For July, we bring you thoughts and twines of interdependence.

We gift you with reminders: we are interconnected in this continuous shared human experience.



The Movement Tree Pose

Explore Tree Pose in a variety of forms.

Shake your branches.

The key to create an impactful tree pose is through engaging your base leg to your “tree leg.” Try to squeeze your base leg into the “branch.”

Or try a “leaning tree” with wall or chair support.

Tree Pose Variations: <https://www.youtube.com/watch?v=BwVMlOVhgKQ>



The Musings Practice Telling it Slant

Writing Prompt: Write a line (or three) describing an important moment in you or your character's life.

Underline each verb and replace the verbs with nouns becoming verbs.

For example: He changed the light bulb.

What if we replace changed with the noun alchemy, turning alchemy into a verb: "He alchemied the lightbulb" instead?

Now, circle each noun and replace each noun with something completely new and fresh.

Returning to our lightbulb line: He alchemied the lightbulb.

Let's replace the light bulb with ocean's glass.

He alchemied the ocean's glass.

Lovely.

Keep going.



The Movement Heart “Massage”

Focus on interdependence within our own bodies.

We can forget how whole we are – the systems that make us whole.

Each cell functions as its own factory work.

Every organ works to stay a working organism.

One system of healing is the study of reflexology. Touching pressure points that can bring attention or healing to other parts of our body. Pressure points exist everywhere, but in reflexology, the focus is on the hands and feet.

The pressure point in our hand that relates to our heart.

The Movement: With your pointer, trace from the outside of your pinky down to the inner crease of our wrist. Give this little area gentle massage in circles or simply pressure.



The Musings Press a Button

Writing Prompt:

Press a button.

Like a doorbell.

Write about hearing a doorbell (inside or outside of you).

Imagine something or someone you'd like to have a conversation with.

Open the door.

Who or what is on the other side of that door?

Write.



The Movement Remembering Nature within You

The Movement: Move through the elements of nature – each movement representing the element.

Move your body like water, rain, ocean, earth, wind, fire.

Now, add breath to each of your elements: Breathe like water, rain, fire, earth, wind.

Now, add sound.

Now slow.

Now still.

Remember, you are the universe.



The Musings “Remember”

Remember by Joy Harjo

Remember the sky that you were born under,
know each of the star's stories.

Remember the moon, know who she is.

Remember the sun's birth at dawn, that is the
strongest point of time. Remember sundown
and the giving away to night.

Remember your birth, how your mother struggled
to give you form and breath. You are evidence of
her life, and her mother's, and hers.

Remember your father. He is your life, also.

Remember the earth whose skin you are:
red earth, black earth, yellow earth, white earth
brown earth, we are earth.

Remember the plants, trees, animal life who all have their
tribes, their families, their histories, too. Talk to them,
listen to them. They are alive poems.

Remember the wind. Remember her voice. She knows the
origin of this universe.

Remember you are all people and all people
are you.

Remember you are this universe and this
universe is you.

Remember all is in motion, is growing, is you.
Remember language comes from this.
Remember the dance language is, that life is.
Remember.

Joy's Poem: <https://poets.org/poem/remember-0>

Writing Prompt: Take the repetition, “remember,” from Joy Harjo’s poem and write about the way you’d like to remember all that you are connected to, built of, birthed from...



The Movement Breathe for Each Other

The minerals in our bodies were born from stars.
The hydrogen that we breathe likely comes from the big bang.
Breath is our interconnection – we breathe in the world, and each other, and give ourselves back out.

We are breathing in the very lung-life of dinosaurs, of Albert Einstein, of our ancestors.

The Movement: Ground into the earth (seating or standing) and imagine roots growing beneath your feet.

Think of this interconnectedness.

Think of the way trees talk.

Stretch down and into the web of interdependence.

Bring your awareness up through feet, legs, hips, booty, back, chest....reaching for the stars.

Breath in through your feet / earth energy – pull it up and into the stars.

Now reverse – breathing in the stars and giving yourself back to the earth below you.

Breathe in each other – exhale generosity and love.

Lovely web of interconnectedness.



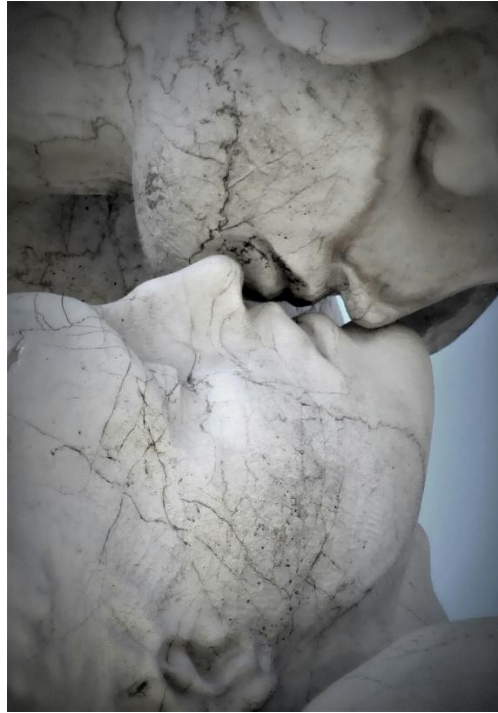
The Musings Laguna Pueblo Prayer

"I add my breath to your breath / that our days be long on the Earth, / that the days of our people may be long, / that we shall be as one person, / that we may finish our road together."

- Laguna Pueblo Prayer

Writing Prompt:

Use the first line "I add my breath to your breath" as your own first line and write.



Next Class

We Will Be Offering a Special In-Person/On-Line Class in Chicago TBA

Next On-Line Class: Tuesday, August 4th, 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*

Musings & Movement - No Class On-Line Tomorrow - But Here's Our Prompts and Movements