Musings Movement

October 2026 Notes

We Shall Winnow

Gayle shared this term, winnow, in conversation when I told her that, along with radical self-care as part of my healing, I found myself sorting. Separating items into three piles: still valuable, no longer nourishing, uncertain. Not quite KonMari. Not Swedish Death Cleaning. Instead, my own process, as all decluttering should be individually curated.

Gayle, too, in her own winnow-status. Her reasons different than mine. And we wondered how many others are finding themselves in this space.

For October, we offer the opportunity to winnow as one, winnow together, winnow.

Simply winnow.



Image Credit: Angel Balashev

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The Movement
Kundalini

The Movement: Kundalini

From Sanskrit, Kundalini means “coiled” or “spiral.” Think of sleeping serpent. The goal in Kundalini leans into awakening or activating through meditation, breathwork (pranayama), or yoga. In this awakening, we allow energy to rise through the spine and pass through all seven chakras.

Try Kundalini in any of the following poses:

1. Easy Pose (Sukhasana): cross-legged sit.
2. Cat-Cow Pose (Bitlasana Marjaryasana).
3. Frog Pose (Mandukasana).
4. Camel Pose: (Ustrasan).



Image Credit: Rai Singh Uriarte

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The Musings
Body Winnowing

Read: "Combustion" by Sara Eliza Johnson

***Writing Prompt*:** Move through your body as you might a space you wish to winnow.

- Name what is there.
- Curate categories of sorting (like keep, gift, pause).
- Shift into one thing outside of your body that might interrupt your sorting and influence a body response, such as Sara shows in the line: "The moment the bomb explodes."
- Move into the body response and write.



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The Movement
Breathing Winnow

The Movement: Winnow Breathwork

Winnow = same root from the word “wind.”

Early versions of winnow, wheat from chaft (nourishing from what coud go).

Tossing the grain to the air, wind removing the chaft, the grain falling to the ground to grow.

We can treat the act of winnowing through our breath.

Try this with Haiku breath:

1. The Haiku form is all about winnowing down to just a few syllables.
2. Breathe in for five.
3. Hold your breath for seven.
4. Exhale for five.
5. Fill our body with wind and world.
6. Hold the world.
7. Release the world.



Image Credit: Sia Zhang

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The Musings
Haiku

Explore: Alan Pelaez Lopez's poem "Zapotec Crossers (or, Haiku I Write Post-PTSD Nightmares)

***Writing Prompt*:** Writing Haiku is an attempt to reach the beautiful kernel. Often regarding nature (though it need not).

Exploring Lopez's poem, you can use dreams as a starting place for your Haiku.

Find a big experience and see if you can winnow the event down to a few syllables.

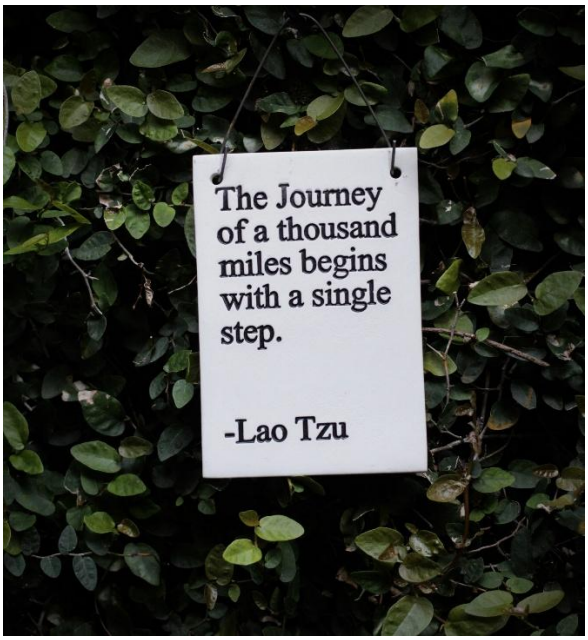


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The Movement
Gather and Release

The Movement: Gather and Release

Move your body as if you're gathering.

- Gather peaches or stars or love or rest.

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- Move however this gathering feels right with your body.

<u>Release what you've gathered.</u>

- You might release a star one-by-one.
- You might blow love into the world or towards another.
- You might place peaches into a basket.
- Move however this releasing feels right with your body.

<u>Combine the movements you've created.</u>

- Gather and release.
- Gather.
- Release.
- As you gather, inhale.
- As you release, exhale.

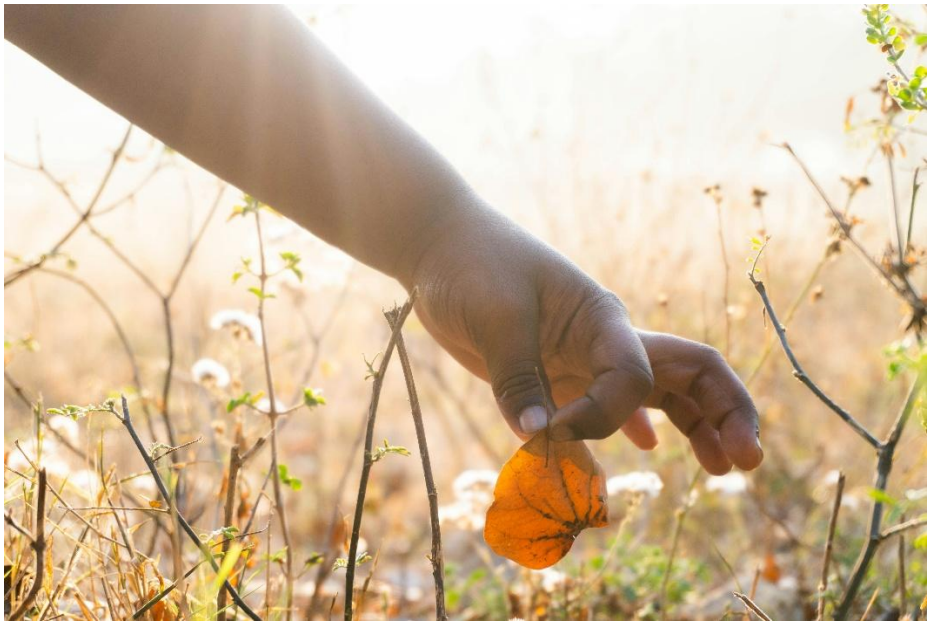


Image Credit: Thiru N.

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The Musings
Call and Respond

Read: "The Bottle Gatherer" by Matthew Sweeney

Writing Prompt: Use the format, call and response, question and answer, regarding your movements of gathering.

Considering conversing with the item you gathered: the star, the peach, love.

Or

Explore a question that you might need a year to answer.

Consider writing into the question and all the ways you could answer it and how a passing year might shift your response.

Or

Consider responding to the question during different timelines of your life.



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The Movement
Sift

The Movement: Another movement with separation is sifting.

Cup your hands.

Think of all that you hold.

Feel the weight.

What shape do all the things you hold take?

What color, texture, temperature?

Begin wiggling your feels in a way that feels good.

Wiggle in a way that creates space to slowly sift away what no longer serves.

Offer your fingers love.

What can you release?

What do you no longer need to hold?

Tighten and release your hands.

Take a deep breath and release.

Re-cup your hands and feel this new weight, the new color, the new scent.

What are you holding that feels good that will not be too heavy to carry?

Bring your hands together in gratitude for all that you've held and all you've released.

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Image Credit: Liana S.

The Musings
Winnow Your Writing Flow

Explore: "Bumper Crop" by Salima Rivera

Writing Prompt: Write nonstop for two minutes. Let the words flow. You can write about all that you hold, in your hands or heart or your closet.

Look at what you wrote.

Winnow it down into what seems most potent.

What word, phrase, syllable stands out?

What holds the most juice?

What carries life?

Circle the word or phrase.

This is your prompt for another minute.

Allow this nugget to grow into something new and nourishing.

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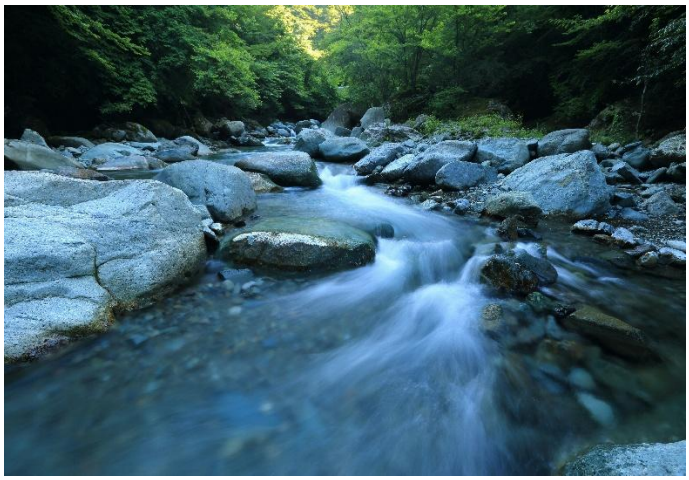


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Next Class

Date/Time: Monday, November 2nd, 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

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