

Self Blessing Lesson Plan PDF

Take a few breaths wherever you are right now and notice where you are in contact with the ground (floor), the seat of your chair, and perhaps the back of your chair. Can you balance your weight between your right and left sides (right foot, left foot; left buttock, right buttock; shoulders)? Soften your belly and breath down into the support of your chair. As you ground downwards, does your spine elongate? Breathe, relax, notice. Are you tense or relaxed? Full of vim and vigor, or lethargic? Feel your breath in your soft belly; in your rib cage; in your nostrils. Can you watch your breath without changing its rhythm? Can you rest in any pauses that arise as your breath turns from an inhalation to an exhalation or to an inhalation? This quick body scan is a form of self blessing. You can nourish your nervous system anywhere.

If you have a little more time, try giving yourself an energy shower:

- Close your eyes.
- Rub your hands together briskly until your palms feel warm.
- Separate them very slightly and notice any tingling or energy in and between your hands.
- Turn your palms towards your face and bring them slowly towards yourself, without touching your skin. Feel!
- Then bring the heels of your hands to your brow in a gesture of self-blessing, resting your fingers gently on top of your head. Enjoy the shower of healing energy!
- Finish by gently massaging your scalp, face, ears, and shoulders....

Now how do you feel? This is a very effective centering technique for your own practice or in a chair yoga class. My male students were enthusiastic about the energy shower and massage. They were also pleased that I had put the Rhododendron photo above on my latest flier advertising our class times. Real men love flowers!