

MOVING IN STILLNESS

You are trained to be competent and responsible and to get involved with all is happening clinically.

When there are ongoing, unrelenting crises and you are carrying so many people's hopes and expectations it can be difficult to let go and relax. Then if your time off is not truly replenishing you go back on shift with the spiralling accumulation of tension, worry and exhaustion. Therefore it helps to employ an easy way to unite relaxed presence with your professional focussed attention to detail.

Firstly we focus on the breath as it comes in and goes out. We welcome and release the air, the vitalising resource of the world as it comes into us and is then released carrying away what we do not need.

Breathe in – absorb and replenish.

Breathe out – release the depleted air.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 3

As you breathe in imagine that all the fresh energy of the spring buds on the trees, the blossom, and the flowers in the forest is dissolving into the air that is entering your lungs and permeating every part of your body.

As you breathe out imagine that all the tiredness in your body, all the tension in your muscles, all the worry and mental busyness of managing your clinical responsibilities, and all the anxiety you hold for your family, friends, patients and for yourself is dissolving into the breath and flowing out of you to be dispersed in the wind and to dissolve in space.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 3

As we do this we spring-clean the contents of our body, voice and mind: fresh and refreshed. All that we experience, all the content of our mind, is constantly changing and yet we often feel we have to be in control, that we have to stabilise systems that are actually in flux. Between over-rigid control and hopeless giving up there is the middle way of staying present with the flow without either avoidantly climbing onto the bank of the river or being carried away by it.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 3

As the breath flows so does sensation, emotion, thought, memory – flowing on and on– new patterns are ceaselessly emerging so there is no need to hang on to what has already occurred.

You are here, you are present. You are this open awareness within which all experience comes and goes, arising and passing.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 3

Let it flow, do not interrupted the flow. There is nothing for you to do so simply remain open, relaxed and present as sights, sounds, smells, tastes, and textures reveal themselves and pass.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 3

This open presence is the ground of your being, always here, always available, yet often ignored and forgotten in the demands that new experiences seem to make.

The basis of our experience is our aliveness, our being-here-ness, our presence – it alone remains as everything else passes. Relax and look and see for yourself that the openness of awareness and the flow of experience arise together: they are not in opposition. The more we relax the more we see and know directly how they collaborate.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 3

We are here with the flow, here with the flow.

Now we focus into the flow and feel the importance of thoughts, plans, actions as we prepare to return to work. Work is our flowing in the wide river of the care home, the clinic, the hospital. Events arise and pass and we are present with them. Awareness is always open and relaxed even as it reveals the interdependent emergence of our patterning of body, voice and mind as it collaborates with the manifold patterns of our world.

Maintaining stillness, we allow movement to flow.