



*This practice is a part of a three-part series that invites us to **Allow, Open & Listen** to our deep truths/aches and the natural world as we imagine and live into a more loving, just, and HUMAN way.*

Art, words, and invitation by Jonathon Stalls, Intrinsic Paths

Practice 1 of 3: {Allowing} Movement Forward

Moving bodies, cells, neurons, limbs, and eyes. Agency in simple movement.



Central Invitation:

Moving energy & breaking free from walls, artificial environments, stale patterns, oppressive negativity, and harmful self-talk. See [Ways of Walking: Breaking Free](#) for more spark and invitation.

Timing & Location:

At least 20-30 minutes. Unhurried. Right where you are.
Roads, sidewalks, parks, alleys, parking lots, front yards, shared yards.

Safety & Health:

If you will be near people, please have a mask and wear it when you are 6-10ft in distance.
Have water, comfortable shoes/clothing, and sun care.

Before You Go:

Pause and take a few deep breaths to begin a humble journey of letting yourself catch up to yourself...
less racing, less doing, less busy (in action and in mind).

Movement:

Begin to slowly move. Try not to go into rushing, timing, and step counts. With everything you have, try to be attentive to your movement, your breathing, and all that flows, moves, and calls out around you. Try not to let thoughts, tasks and planning take up too much space. Acknowledge (internally waving at your thoughts) and let go. Go back to movement. Go back to your breathing.

After roughly 20-minutes (again, try not to time yourself too much), notice what begins to clear, notice what feels more aligned, and notice what you have been able to release. While you may not be able to release things all the way, **honor any amount of movement that arises.**

Close:

Take one or two more deep breaths and commit to moving energy, moving your body, moving your thoughts, and moving with your blazing, beautiful human heart more and more in the days ahead.

Honor and thank your Body and the Earth.

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