

## *Fully Participating Is Knowing the Wholeness of Existence*

- Sit comfortably in cross-legged position.
- Fold the right leg back so that the foot is near the buttock, and the knee is resting on the floor.
- Bring both hands to the tops of the thighs (fingertips toward the inside of the thighs). Lean forward gradually, and as you do, let the hands lean into the thighs. Hold briefly, then gradually release as you straighten up.
- Move the hands about a hand's-width down the thighs, and again lean, hold, and release. Continue down the thighs, and then down the calves to the toes. Each time you lean in, the hands transmit only as much weight to the thighs or legs as they receive naturally from the movement of your body leaning forward. No pressing or muscular force is needed.
- Bring both hands to the abdomen, and brush them down the thighs and legs to the toes and off, three times.
- Maintaining the rhythm of the exercise, switch the leg positions so that your left leg is folded back, and your right leg is in front of you.
- Repeat the lean-hold-release down the thighs and legs, and brush three times.
- Return to sitting in cross-legged position, hands resting comfortably on your knees.