

# **Listening for the present**

**25 minutes**

**For an audio version  
in English and Spanish**

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**Our episode today is about the cycles of time. And the gift of being here today.**

**We'll share a few exercises from our audio program that can ground us in our bodies and this very moment.**

**To start, we are going to stretch our spines in 6 different directions to warm up our bodies.**

**You can do these stretches sitting down, lying down, or standing.**

**Find a position that is most comfortable for you today.**

**If you are standing, bend your knees slightly and think about a string at the top of your head inviting your spine to grow upwards.**

**If you are sitting, imagine this string inviting you upwards as you ground your sit bones into the chair.**

**If you are lying in bed, think of the bed supporting and allowing you to expand horizontally from your head to your toes.**

**1) Now we are going to slowwwwwly beeeend our spine to the left.**

**If it feels good to you, reach your right hand up and curve it over your head to the left diagonally inviting your spine to curve to the left.**

**Breeeaaaaaathe into your side ribcage.**

**2) Switch sides.**

**3) Now we are going to curve our spine into a C shape from our nose to our pelvis by rolling our shoulders up and forward as we pull our belly buttons back making our back into the shape of a turtle shell.**

**Breathe into that back space.**

**4) Slowly open your chest, open your arms wide and lift your chest stretching up and out.**

**Breathe into your front body.**

**5) Remembering that we are long and tall and easeful, let's take our eyes and slowly turn to look to your right. Let your shoulders follow, twisting as far as is comfortable for you.**

**Breathe.**

**6) Sloooowly uncurl yourself to the center and let your eyes twist you to the left. Let your chin and shoulders and arms and ribcage twist with you.**

**Breathe.**



**If this felt good to you, try to add these stretches into your daily routines.**

**(If you are someone who struggles with back pain, it is helpful to let your spine move in all six directions multiple times a day.)**

**Now, we're going to connect our  
physical awareness to to our  
~ sense of memory ~**

**What were your sensory  
impressions at various  
chapters in your life?**

**What do you remember  
about being born?**

**Even if you don't literally  
remember, try to imagine  
what was around you.**

**What sounds, images, and  
sensations might you have  
experienced?**

**Close your eyes and take a  
moment. We welcome a  
poetic sense of memory.**

**What about when were 13?**

**What did you see?**

**What did your body feel like?**

**What words might you have heard?**

**What did you feel?**

**What were you eating?**

**What about when were 25?**

**What did your body feel like?**

**What were you seeing?**

**Touching?**

**Eating?**

**What were you feeling inside?**

**When you were (or for some of us, will be) 40?**

**What did your body feel like?**

**What were you seeing?**

**Touching?**

**Eating?**

**What were you feeling inside?**

**What about yesterday?**

**What sensations stand out?**

**What about right now?**

**What has been the defining  
touch, sound, taste of today?**

**How do you feel in your body?**



**What about tomorrow?**

**Do you have any wishes for tomorrow?**

**And long after we're gone...  
What do you imagine will be  
here?**

**What sounds**

**sights**

**sensations**

**feelings**

**This episode of the Silver Lining is created by Camila Cano-Flavia, Rachel Kauder Nalebuff, Caitlin Ryan O'Connell & Nicole Villamil. Music is by Coleman Zurkowski.**

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