

Travel and connect through the various edges. Edges of the knee-caps, edges around the spine.

Shift from the feet, the torso, the shoulders, the fingers, collar bones.

Find the edges of the inside of the thighs.

Find the edges of the little fingers through the edges of the heels.

Play with the sequences of the body, keep playing through the various edges. Play with multiple edges. Reach to all the edges in the skin.

Find all the edges in the throat, the back of the head, the ears. And compress these edges into space. Notice where in space you're pressing the edges of the skin. Be really specific as to where the edge is and where it's pressing into space. Pay attention to the effect in the rest of the body.

Play with the various kinds of pressures exercised. Notice the effect in the rest of the body and the distance between parts of the body.

Allow the jaws to soften, breathing to take place.

Perhaps a sudden release of the pressure will allow for a shift in space. Perhaps the pressure can be very temporary, or longer. The release can be longer or shorter duration too.

Perhaps a pressure and a release can overlap.

Release the effort, don't force it. Be specific: how do I release the whole skin, all at once?

Take the release and catches a little smaller. Stay specific.

Perhaps pressure in knee cap, hair bone, third lumbar, solar plexus. The release can have a different kind of volume or length. It comes from a place of pressure. From the release comes a new place of pressure.

Find that we can also release anti-gravity or any other direction upside down, changing our perspective of the world.