

BodyLearning

LIFE ENERGY FITNESS

with Michael J. Gelb

Ageless POWER

GET YOUR ENERGY
FLOWING



AGELESS POWER

Benefits of this practice:

1. Balance & harmonize your main energy pathways. Give yourself the equivalent of a good acupuncture treatment.
2. Harmonize your personal energy with the energy of the universe.
3. Deepen & enliven the flows generated by harmonizing with the energy of the universe.
4. Connect & balance the energy flow between the right & left sides of your body.
5. Connect & balance the energy flow between your mind, body and emotions.
6. Balance & integrate the energy of Heaven & Earth.

In a study published in the New England Journal of Medicine, researchers concluded that playing chess or bridge, learning a new language or a musical instrument, were among the most effective ways for adults to strengthen their brains and prevent dementia. Further study suggests that it takes about 15 minutes a day of learning something new and challenging to keep your brain in good shape as you age.

We also know that exercise is, as 88 year old gerontologist and marathoner Walter Bortz M.D. emphasizes, "a 30 year age offset." Regular exercise prevents depression, elevates mood, stimulates circulation and oxygenates your brain and body.

What if you could learn something new and challenging - a form of gentle exercise "from the inside out" - that took about 15 minutes to practice once you learned it? And, what if every time you practiced it you could learn something new about the subtleties of the movements?

Well, that's why I've named this form AGELESS POWER!

We also know that stress is a major cause of many of the ailments associated with aging, and this practice is a remarkably effective way to calm and organize the nervous system, release stress and allow life energy to flow.

I've been interested in the most effective ways to promote healthy aging since the beginning of my career, but now, more than 40 years later, it's personal! This form is one of the core practices that I do every day and that's why I'm sharing it with you in the *BodyLearning: Life Energy Fitness* classes.

STAND EASE



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You can remember the subtle components of The Basic Standing Posture with the acronym STAND EASE.

Begin in the Basic Standing Posture.

Smile: Begin with a subtle smile.

Tongue: Gently place the tip of your tongue on your upper palate, just behind your teeth.

Align: Align your body around the vertical axis. That's another way of saying "stand at your full stature."

Natural: If you look at young children or aboriginal people from any culture who haven't been corrupted by so-called civilization you'll notice that they are upright and aligned around the vertical axis in a natural, easy way.

Distribute: With your feet about shoulder-width apart, sense the feeling of your feet on the floor. Distribute your weight evenly between your feet, and between the ball, heel, and inner and outer parts of each foot.

Exhale: Exhalation encourages relaxation and stress release.

Aware: Awaken and expand your awareness. Attune to everything within and around you.

Soften: Soften your eyes and your belly. Feel the weight of your shoulders and your jaw, and you'll notice that they soften too. Maintain your alignment, and let everything be soft.

Expand: Allow your energy and presence to expand. (As you practice STAND EASE over time, you may begin to notice an effortless and enjoyable sense of buoyancy and energetic expansion.)

1. MERIDIAN HARMONY FLOW

What's the most efficient way to balance and harmonize my main energy pathways? i.e., How can I give myself the equivalent of a good acupuncture treatment?

Begin in the basic stance.

Bring awareness to the tips of each finger and feel the connection with each corresponding toe.

Allow the hip nest and knees to fold to reach the fingers toward the toes.

As you unfold and your arms flow out in front of you, draw the energy from the earth up the surface of the back of your body.

When your arms reach shoulder height and the fingers point up to the sky the energy will be at the apex point on the crown of your head.

Then as you bend again draw the energy of heaven down the front surface of your body all the way back to your feet.

Inhale on the way up and exhale on the way down.

Bring your attention to the coordination of the flow of energy, the bending and stretching and your breath cycle.



2. VITRUVIAN CIRCLE

What's the best way to harmonize my personal energy with the energy of the universe?

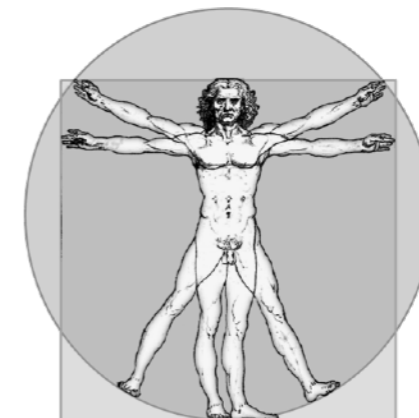
Begin in a wider version of the basic stance. Lengthen your spine as you slowly fold at your hip nests and let the knees bend. As you squat, your hands circle down and around in front of your body, as you gather the energy of the earth.

At the bottom of the movement, your wrists cross.

Now rise up by pushing down through your Bubbling Spring points, unfolding the hips and knees as your arms open and extend to connect with the infinite creative energy of the universe.

You'll get the most benefit by coordinating the arm & body movements so that at the bottom the arms are at their lowest point and at the top the arms are at their highest. As you squat, you are compressing all the joints of your body, consolidating the energy in the core of your being. As you open out like a blossoming flower, you allow the energy to expand through every cell and all your joints.

This harmonious pulsing of your whole being from center to periphery and beyond brings your body, mind, and spirit into balance.



3. REVERSE VITRUVIAN CIRCLE

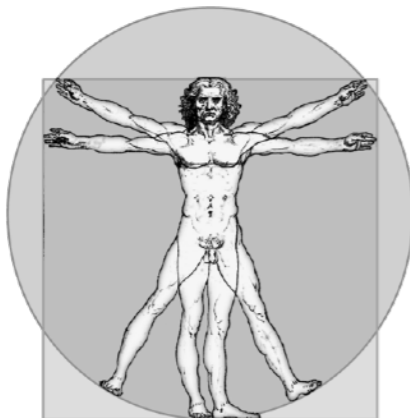
How can I deepen & enliven the flows generated in the Vitruvian Circle?

In the Reverse Vitruvian Circle, your lower body moves in the same manner as in the previous practice but this time, as your body blossoms up and out your arms extend, palms up, to the side and in front of your torso.

Then as you fold the hips and knees the arms align parallel with the ground at shoulder height and then the palms gently turn downward as you sink toward the ground and draw the arms down along the left and right channels.

Once again, the most important element of the practice is to coordinate the movement of body, hands and breath.

This movement generates a soothing, rhythmic pulsing of all the joints of the body and creates a sense of harmony between the energy of your personal self and the universe.



4. ROLLING CLOUD HANDS

How can I connect and balance the energy flow between the right and left sides of my body?

Begin in a comfortable wider version of the basic standing posture.

Gently and rhythmically begin shifting your weight from side to side maintaining an upright poise throughout (i.e., avoid wobbling). In the beginning you can shift your weight 70/30 and then slowly progress to 80/20, 90/10 and eventually to 100/0.

Once you're comfortable shifting your weight back and forth you can add the hands. Begin with your weight 50/50 and place your right hand palm down at chest level, left hand palm up at the lower center, as though you are holding a beach ball. As you shift your weight to the right your right arm falls to the right side of the body and the left hand rises and rotates to keep the palms in alignment around the ball.

As you shift toward the left, the left hand rise to chest level palm down and the right hand moves to the lower center palm up. And then as you shift to the left the left hand falls to the left side and the right hand rises and the palm turns to maintain the alignment around the ball

Continue alternating sides and allowing the hands to change levels until you find a comfortable rhythm. You'll discover that your hands are describing a lateral figure eight, or infinity symbol. Allow the hands to move like clouds passing in the sky.

Continue moving slowly between the left and right positions, just as clouds drift slowly. Keep the soles of your feet in full contact with the floor throughout the movement. Allow your breathing to slow down and become more rhythmic, so that it is in harmony with your movements.



5. THREE TREASURES PUMP

How can I connect and balance the energy flow between my mind, body and emotions?

Begin in the basic stance with your palms facing one another at the level of your lower center. Envision tennis ball size spheres of energy resting in your hip and shoulder nests. Expand the spheres and shift your weight slightly to the left so that your arms extend at chest level.

Then compress the spheres as you shift your weight back to the basic stance and allow your palms to float up and rotate in so that they are facing your point of perception (a.k.a. Third Eye). Then expand all 4 spheres as you shift the weight to the right and the arms extend out at chest level.

Complete the first cycle by returning to the basic stance and compressing the spheres to draw your hands back to the starting position.

Then, do another cycle in the opposite direction. As your hands move at heart level you can affirm a sense of compassion, when your palms face your point of perception you may invoke the energy of wisdom and when the palms are at the level of the lower center affirm the sense of trust that emerges when we feel supported by the energy of the earth.





6. BALANCE HEAVEN & EARTH

How can I balance and integrate the energy of Heaven and Earth?

Begin in a wider version of the basic stance with your toes pointing out at a comfortable angle.

Sink your body toward the ground by bending your knees while keeping your spine upright and your head top aiming straight to heaven.

As you sink down push your palms down and guide the energy through your legs and out the soles of your feet and also guide it along the extension of your central axis into the earth.

From this 3-pronged earth connection rise up and draw the energy from the earth up through your central and left and right channels all the way up to heaven.

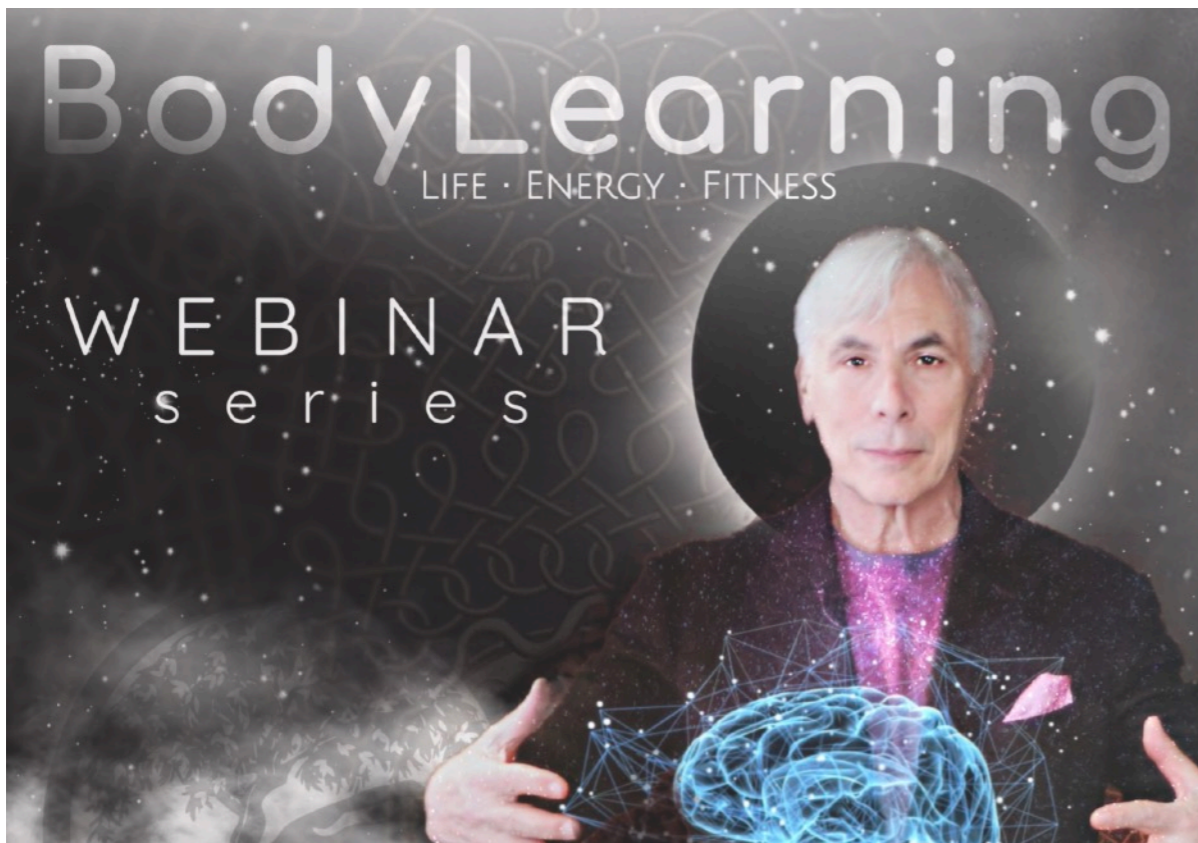
Coordinate the upward and downward movements of the body and arms with the inhale on the way up and the exhale on the way down.

Bring special attention to the wonderful moment when the inhale becomes the exhale and when the exhale becomes the inhale.

This practice integrates all the flows generated in the previous 5 movements and connects you with the harmony of heaven and earth.



Complete the Ageless Power Practice by returning to the basic standing posture and nourishing your chi.



For more information on this, and other classes taught by Michael J. Gelb, please visit

MichaelGelb.com

Deep gratitude to Robert Tangora, my teacher & friend for introducing me to the elements of Ageless Power.

Special thanks to the amazing Genius Mastery Team:
Deborah Domanski, Miguel Gonzalez Jr., Jon Miller, and Jamie Most.

GENIUS MASTERY
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