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## Pushing away

Establish a good standing posture, with the feet a bit wider than the hips. Bend the knees and gather the arms in front of your body with the palms up. Now push slowly and powerfully forwards (but do not tense your muscles!), as if clearing the space around you. Feel that your lower back (opposite your navel) presses back as your hands press forwards; even your elbows feel like they are subtly pressing to the sides, opening space all around you. You can imagine pushing away people, situations, feelings, etc.; anything unwanted. Feel the space all round you becoming clear, unobstructed, open; feel how you can expand into that space.

After the push, separate your hands to the sides and bring them down, back, around and in to the starting position. This movement feels like gathering yourself together again for a new assertion, gathering the strength of the earth a bit like Embracing the Earth. Generally you will breathe out as you push.

Feeling the equal-and-opposite motion of hands and back is most important; this strengthens the kidneys.