



Variations to expand and multiply ways to explore this journey

- Reverse the grello and caxixi in the opposite hands, sing on the side with the grello
- Sing on the side you are not playing the grello
- Click the grello starting on the “Ma” after the first step, so the clicks are “Ma-Ga-La”
- Play the caxixi playing on the syllables “La-Ga” instead of “Ma-La”
- Use different step patterns, different cycle lengths, with different number of click
- Repeat any of these, focusing in more deeply on a specific element, i.e. your voice, your step, the connection between your voice and your step, where you get distracted, impatient or frustrated, the rattle, gentleness of the grello click, the relationship between the grello and caxixi patterns, the spaces where there is no step, no rattle, no grello, or the spaces where none of those occur. Come up with your own focus

To stay connected and deepen your practice

Come practice with us! We have weekly and monthly TaKeTiNa offerings!

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Breathe



➤➤ Relax ☿☿



Take your time

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Self Practice guide



TaKeTiNa Meditation

Grello & Caxixi

A gateway to simultaneity and synchronicity



Things to remember that are helpful and conducive to deepening your practice:

- Proactively eliminate distractions and interruptions
- Proceed as slowly as it takes you to go deeply, to allow for autonomous movement, to fully integrate into your sensory motor awareness
- Any step can be as far as you go in any practice session, you don't have to do it all, and you are not missing out. Go deep, be with yourself and the now of what you are doing
- It's ok that it takes a while, it's ok if you are challenged, it is ok if you make mistakes, get lost, fall off rhythm, start over, over and over
- Be playful, curious, patient and compassionate with yourself
- Trust that with continued practice you will continue to go deeper, further
- There is no "wrong", there is no "failure" - there is only what it is; "Doing it right", "getting good at it", "messing it up" all have no meaning in this context of practice
- A nice, long shavasana at the end is an important and integral part of the practice, however far you go in manifesting these journeys

Find some time to be with yourself, free of distractions, when you are not going to be interrupted for about a half hour

1. Take the caxixi in the left hand and the grello in the right hand. Stand comfortably with feet shoulder width apart
2. Close your eyes & focus your attention inward, on your breathing, your body, your balance...
3. Begin speaking the syllables "Mu-San-Ga-La" with a relaxed, fully resonant voice in a slow steady tempo. Continue this for some time, breathe
4. Bring your attention to your feet, begin stepping on these syllables - two steps with the left foot on "Mu" and "San", then two steps on the right foot on "Ga" and "La"
5. Speak and step in this way for some time, going deeper into relaxed connection of the voice to step
6. Bring in the syllables "Ga-Ma-La" on each step, so that every step lands on "Ga" and the syllables are evenly spaced - take some time here
7. Listen to the "Ma-La" in the voice. Hear the first "Ma-La" in the voice, following the first step on the left foot, then accent those two syllables in the voice, then turn the right palm up on "Ma" and down on "La", then both hands together, then let just the left hand continues with the rattle
8. Repeat Step 8 with the second step on the left foot, then with the first step on the right foot, then with the second step on the right
9. Continue this for some time, breathe, listen to and feel your voice, your steps, the rattle...
10. Listen for the syllable "Ga" that coincides with the first step on the left foot. Begin to accent this "Ga" in the voice, then begin to point straight ahead, fully extending your arm on that syllable, and eventually bring it into a gentle click in the grello instead of the pointing
11. Continue in the same manner, Repeating Step 11 with the "La" following that click, and then repeat again with the "Ma" following that click
12. Continue this for some time, breathe, listen to and feel your voice, steps, rattle, grello...
13. Sing the syllables "Ga-Ma-La-Ga-Ma-La" on the side you click the grello, and activate your inner listening as you step on the right foot, as if hearing your singing echoed back to you
14. Improvise singing variations relating to the various elements of your rhythm, the sound and movements of your body, the steps, spaces, grello and caxixi, always singing while you step with the left, and evoking your inner listening to the echo as you step with the right
15. When you feel ready, gradually bring your voice inward, your steps smaller, the grello and caxixi softer, eventually arriving at stillness and silence...
16. Sit down or lie down and allow the rhythm to sink deeply inside. Notice what you are sensing, feeling, and relax for a few minutes. Reflect on your journey, consolidating any insights or learning.
17. Staying connected to this experience, go ahead and continue about your day relaxed, invigorated and grounded