

Listen to Your Body

Rings bell.

Just begin to notice being here.

If possible, bring a curiosity to your patterns of noticing.

Is there a place that your attention goes first when you notice being here?

Even if that place is into your head and thoughts or out of here, it doesn't matter.

Just notice that it is a pattern, and what it is.

Long pause.

I would like to invite you to bring attention to some area of your body that calls your attention.

As you bring your attention there just notice what is there.

If you would like to, I would like you to welcome whatever is there.

Just allow it to be as big as it needs to be or as small or whatever it is.

No matter where your attention was called – even if it was into your thoughts in a judgement – just notice that.

Or if it was a tension somewhere, or the bottoms of your feet or your heart. Whatever it is, gently bring your attention there.

I would like to invite you bring in a sense of curiosity and allowing it to come right from that place in your body.

If that part of your body could speak in words, what is it saying?

If possible, just be surprised by what those words are.

Long pause.

Now I would like to invite you to notice where did you learn that?

Is there any way that was helpful?

What was it an answer to?

If possible, give yourself compassion.

Long pause.

Now I would like to invite you to connect with a resource.

It could be a resource of love or calming.

Maybe it is an image of someone you are sure you love – no conflict – or a pet, somewhere out in nature, or even a piece of music or art, or spiritual resource.

As you bring that up, notice that there is a shift.

If that is difficult for you, see if you can just bring a drop of love into your system.

In a moment, I'll ring the bell. You can take as long as you need.

Rings bell.