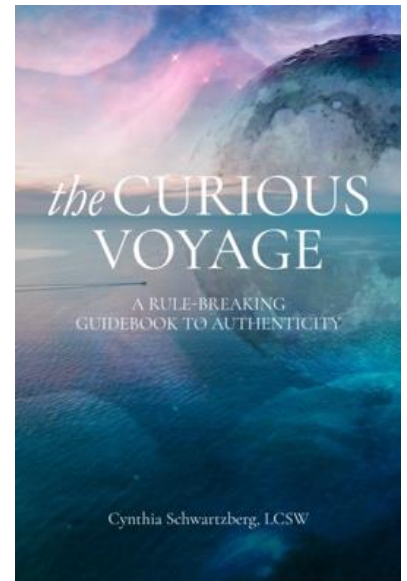


## From Chapter One: **Self-Spotting: Hearing the Body**

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This can benefit you to shift from automatic pilot to awareness. It also can help when wanting to release pain in your body. \*

1. Take a moment to scan your body from the top of your head to the tips of your toes.
2. Find a spot in your body where you feel calm, grounded, and/ or connected to your environment and/or inner self. See what that feels like. Spend some time feeling it, notice what it feels like in your muscles, on your skin, and what the smells are around you as you focus on it. Breathe into it. Feel it.
3. Now, gently open your eyes and look around to find someplace that your eyes can relax as you keep feeling this calm, grounded, connected experience.
4. Keeping focusing and noticing.
5. Shift your body to expand into the feeling of being grounded and connected. You may want to tap your hands or feet or stretch a little or maybe rub your hands on the surface you are sitting on to really feel what it is you are connected with.
6. Relax and get into a position that will ensure your comfort and help you feel more relaxed. Get comfortable.
7. Sense/think/say to yourself: *I am here, I am present.*
8. Now, gently let your mind drift to a spot in your body that feels some tension/distress. Focus your attention there, without judgment or expectations. Notice this spot in your body as if you are saying: *"Hello, I hear you. I see you."*
9. Try getting to know this spot. Does it have a color, a sound, a tone, a texture? If you could sense it like a part of you, speak to it: *"Hello, \_\_\_\_\_. What is it you want to show me?"* Keep your eyes on that calm, grounded spot you found in Step 2, as you connect with curiosity.
10. Let your mind wander and go wherever it needs to go. Now and then, check in with your calm, grounded spot and the part of you that had the tension. Keep doing this for a while.
11. Focus on your breath. Is it shallow or deep? Feel what it is like to breathe in through your nose, then out through your mouth— with your exhale lasting a little longer than your inhale. If you are breathing comfortably through your nose, that is great. Keep going. Stay curious without forcing anything.
12. Remain curious—questioning and discovering whatever is happening and coming up.
13. Stay with it for as long as you like.
14. When you are ready to end, scan your body again and notice if there is a difference between the tension you started with and now. Is there a difference in how you feel toward the spot that was tense?
15. Take all the time you need, and remember it is something to explore without judgment and expectations.
16. You are in a state of curiosity and wonder—a desire to hear from the stress part like a long-lost friend that has returned home.
17. Maybe ask this body part of yours to write or draw for you. Get to know it and what it may want to tell you. Be creative as you discover something new—or not. Remember, there are no expectations. Whatever comes up is exactly what comes up.



*\*The author of this exercise does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this article for yourself, which is your constitutional right, the author assumes no responsibility for your actions. This is copyright material and not to be reproduced, distributed or transmitted without permission from the author.*