

Mini Whole body Focusing exercise

This exercise can be done at any time throughout the day. It is way of just taking a moment to say “hello” to yourself and lightly notice what is happening inside you.

- Do whatever you need to do to feel comfortable whether it is standing or sitting or lying down. Close you eyes and very gently bring your attention into your body and become aware of your body’s connection with the external world.
- Notice for instance, your feet in contact with the floor, the chair supporting your weight and the containment of the room. Let that feeling of being held come more into your consciousness. Allow yourself to really feel the support from the environment.
- Notice I that feeling of being held and supported begins to awaken more in your body. You may for instance, begin to sense a flow from the ground up through the whole body, right up to the neck and head.
- You may want to particularly notice your head and how it sits on top of the spine and how it may slightly move as it keeps readjusting itself in order to maintain your balance and gravitational space.
- You may also want to bring you attention to the whole area of your lungs and belly and particularly notice your breathing in that area. Simply notice the flow and direction of your breath and welcome whatever changes begin to happen inside.
- Now sense again the whole body from the feet right through to the top of the head. Welcome in your awareness a whole body sense of your self being present now, in this moment, a sense of being present that is separate from your thoughts and issues that may want your attention. A sense of simply being present, being “Me Here”.
- As you continue to sit in this sense of your won wholeness and Presence begin to open to whatever comes up for your attention. See if you can welcome whatever comes, even if it is uncomfortable or even painful, and allow it to be there just the way it is.
- As you continue to give this place all the breathing room it wants, notice how this place begins to feel heard. An awakening for sorts may begin to happen, perhaps the place expands or connects with other places. Words, images, shift or movements may begin spontaneously
- PAUSE - When you are ready you may want to invite your body to come to a resting place within the next few minute or so. And when it feels complete you may want to acknowledge and thank the body for what came.

From Focusing with Your Whole Body Addie van der Kooy & Kevin McEvenue