The Internal Eco-System:



Connecting to the Felt Sense of the body

1.Connect to the feet touching the ground and the senses .

2.What can you notice in the body internally in terms of sensations, energy, emotion and externally in terms of the the sensations on the skin and the senses

3.Experiment with narrowing and widening the attention to focus on one area such as the feet touching the ground or the breath or a specific emotion and expanding the attention to focus on the whole body

4.Begin to get a direct experience and sense of aliveness. What does aliveness feel like in this moment?

5.Direct the attention away from the story or the interpretation and towards the sense of vibrancy of sensing the body as being alive

6.Offer a sense of kindness and compassion and gently encourage the mind to engage with this felt expression

7. Observe internally and externally with the same attitude of awareness recognising both the internal and external eco-system