

BODY MEDITATION

Sitting in a quiet space, breathing, then noticing the body, then asking my body what it needs right now, or noticing if there is anything that it needs right now.

If there is anything it needs that you can do, then commit to doing it. Don't commit to something and not do it. I don't commit to anything more than a couple hours in the future.

There may be negotiations and compromise involved. But approach it just like I would a part who was in distress, but expecting the answers to not be verbal.

Also, asking if there is anything it wants you to know. And then being willing to hear whatever it has to say. If you're conflicted about your ability to do that, then preface by telling the body you are conflicted, or scared, or exhausted, or in a hurry.

If you need cooperation from the body, let it know what needs to happen, why, and how you are willing to get it's needs met as best you can.

Expect the subtle, odd, nonverbal, or surprisingly strong response. If you think you understand, tell the body what you think it's saying and ask if you're correct. Give some time for answers. Notice when (not if!) other parts try to derail the conversation.