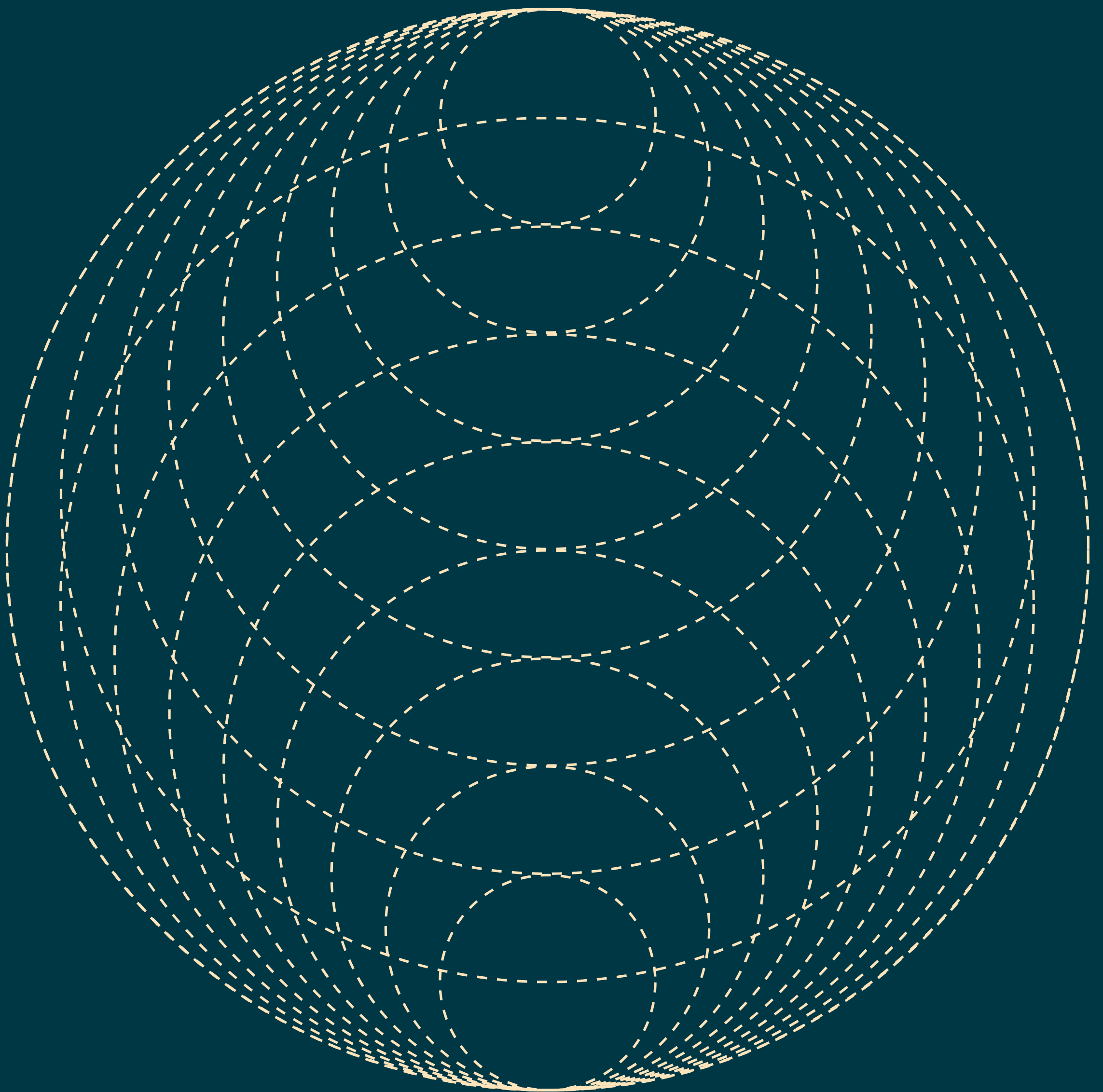


a small PDF with

Somatic & Embodiment *Practices*



**FINDING YOUR WAY: EXPAND YOUR REPERTOIRE BY
GOING BEYOND YOUR MIND INTO THE WISDOM OF
YOUR BODY.**

1. Daily Pies Practice

P.I.E.S. is an easy mindfulness method that is realistic for the day-to-day and builds your capacity to pause and bring awareness to your needs. It is about checking in and reflecting on how your body and mind respond to stressors.

Find a quiet space where you will not be disturbed. Sit comfortably in an alert posture and tune into your breath.

Now, do the PIES check-in :

Physical

How is my body?

Where do I feel tension/tiredness?

What does my body need at this moment?

Intellectual

What has been on my mind? Do I feel challenged/stimulated intellectually?

Emotional

What feelings/emotions can I identify in myself right now? What do I need to process this feeling?

Spiritual

Do I feel at peace? Do I feel connected to myself, others, nature or God? Does my life feel meaningful?

Journal the answers as they come up. Write without judgment or a need to change whatever comes to mind. Be curious. This is not a once-and-for-all description of you; it's just a point in time.

What do you notice during the practice?

What can you learn about your physical, intellectual, emotional and spiritual needs?

Challenge yourself and make time for this check-in AT LEAST once a day.

You can better practice intentional self-care by bringing awareness to your current physical, intellectual, emotional, and spiritual state.

2. Feelings

The Guest house – Rumi

*This being human is a guest house.
Every morning, a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.*

Practice Allowing

Often, we try to control or change our feelings, as if it is wrong for us to feel a certain way.

Our practice is allowing our feelings without a need to change them, simply observing them as they flow through us.

Step 1 = Allow the feeling to be there.

Think of a recent experience that triggered an emotional response. Then, try to connect with that emotion again.

1. Locate the feeling in your body. Then, put your hand where you feel that feeling.
2. Now tap into your imagination – what color is the feeling? Does it change as you observe it?
3. What shape is the feeling? What texture? Is it hard or soft? Pointy or round.
4. If you are in a private place you can also make the sound of the feeling.
5. Keep breathing and observing. What do you notice when you allow the feeling to be?

3. Threshold practice

When we feel stuck and unable to decide, tapping into the body's wisdom through movement can help us get unstuck.

Find a doorway or threshold somewhere in your house.

Position yourself right underneath the threshold with one foot on either side. For example, if it is the doorway into your house, stand with one foot outside and the other inside.

Assign an option to each side of the doorway, e.g. outside represents "I act now" or "I take the job"; inside represents "I wait" or "I stay in my old job".

Now, take a moment to anchor into your body. Become aware of your feet on the floor, and notice that you are held and supported.

Take a few deep breaths, become aware of your body, where you are holding tension, the sensations that are present as you stand in the middle of the doorway.

Now, slowly step towards one side, e.g. into the room.

How does it feel to be there?

Did any new sensations come up?

Any tensions that weren't there before?

Do you feel more or less comfortable?

Does this feel constricting or expansive?

Step back to the middle. Take a few breaths to ground again. Now step to the other side i.e. outside.

How does it feel to be there?

Did any new sensations come up?

Any tensions that weren't there before?

Do you feel more or less comfortable?

Does this feel constricting or expansive?

Return to the center position; spend a moment or two here. Then, step away and find a quiet spot to reflect on your experience and if you gleaned useful information from your body regarding the decision you need to make.

4. “Head, Heart, Gut”-storming

This practice is a brilliant shortcut to ‘getting out of the mind and into the body’ when deciding.

Next time you feel stuck ... “head, heart, gut it.” You can do this alone or with a partner.

Step one - ask your head (your mind), “What do you want to do?”

Then, let your mind blabber about all the conceptual options, pros and cons, financial considerations, what other people will think, the unknowns and risks, etc.

Give the head its moment to flush the incessant spiralling thoughts. Those that have kept you stuck in the decision up until this point.

Then thank your head for its input, then ask it to step away.

Over to the heart.

Take a deep breath. Now, picture your heart rhythmically pumping inside your chest. The power and energy of your very life source. Feel it expanding and contracting in your chest. Become aware of how it is continuously beating, with no need for you to try to control it. Sense its innate wisdom, and then ask, “What do you want to do?”

Sit in silence, eyes closed, and tune in. What sensations do you feel around your heart? If it could speak, what would it say? What words or images come to mind? Say them out loud. Go with whatever arises. No judgment or editing allowed.

Whatever arises might make you embarrassed, shy, surprised, or humoured. These emotions offer useful information about what you truly desire. Thank your heart, and then move on to the gut.

Check in with your gut.

Return to your body and focus on the area around your navel. Notice any sensations there—maybe some rumbles, some softness or tension. Without needing to change anything, just rest your attention on your gut.

Then ask it, “What do you want to do?”

“Head, Heart, Gut”-storming (continued)

This is usually the instinctive, get-up-and-go response. It can be a bit of a ‘f*** it, let’s try this option’ reply. You might sense something like a finger poking you from the inside out. Or like a disc inside is flattening. You could have a feeling of emptiness. Follow whatever is there. Let words or images bubble up. See where it leads.

Practising finding these sensation words is an excellent way to move towards better-embodied self-awareness. Becoming more attuned on a granular level to what’s going on inside.

This has a more biological basis than you might think. The gut is referred to as the “second brain.” ...This gut-brain connection explains that “gut instinct” or “gut feeling” you call on when deciding something. It’s sending your brain a message, ‘Be careful,’ or ‘Yes I want that!’.

So, now that you have checked into all three wisdom centres you have more options.

Now that you have head-heart-gut-stormed, you have considered and “felt into” more alternatives. You have brought awareness to the full spectrum of what is at play and what might keep you stuck.

You’ve revealed those secret whisperings of your subconscious, allowing a voice to some more vulnerable concerns. Now, you can really weigh which of the routes seems the best to take, balancing your desires, fears, concerns, and more practical logistics.

Instead of staying stuck in your mind, you invited the whole of your “*bodymind*” into the conversation.

5. The 5, 4, 3, 2, 1 Practice

Connecting to your Senses

You can utilize this practice at any moment, in any location.

Because of this, this is a wonderful practice for those experiencing immediate anxiety.

If you're ever feeling overwhelmed or anxious, remember the **5, 4, 3, 2, 1 Practice**.

Start by taking a deep breath through your nose and out through your mouth.

Then, begin to identify five things you can see. Say them out loud if you need to.

Then, identify four things you can touch.

Then, identify three things you can hear, two things you smell, and one thing you can taste.

These practices are powerful ways to redirect mental energy to the present moment.

In other words, get out of your head!

STILL FINDING YOUR WAY?

JOIN OTHER WAYSFINDERS ON 23 JULY AT 3PM CEST
SOMATIC WAYSFINDING TASTER EXPERIENCE

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