

PRACTICE OF GOODNESS OF BEING A BODY

To practice the goodness of being a body, we must create **safety** and a **positive connection** with our body.

- Start by **slowing down**.
- **Acknowledge** this body is your home.
- When you notice fear, anger, or sadness is rising up in you, slow down to **notice the sensation** – *your bodily experience of energy in motion*, or what we call *emotions*.
- As you practice being at home in your body and believe that your body is good, you learn from your physical sensations and work *with* them, not against them.

By slowing down, you create more space to be curious with the sensation.

Breathe into this sensation and ask:

- **What does this _____ want me to know?** (for example: *tightness in my chest, knot in my stomach, feeling frozen, tears welling up in my eyes, clenched fist, heat in my face, etc.*)
- **What is it telling me?**

