



# Practice of Goodness of Being a Body

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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?**

