



Body Skills Training

1. Awareness of Body-Sensation

Allow yourself to become aware of an inner **sensation** in your body

- with interest and curiosity
- with compassion and acceptance

Sensation is in the here and now (not history, tales of former times, nor futures envisaged) and it changes and moves on, like the wind, the waves

- and now... and now...

Note that the level of sensation is not the level of feelings and emotions, nor the level of thinking, belief, association or images.

- Practice just staying with / returning to the level of **body – sensation**.

2. Expanding Body-Sensation

When you have become really skillful at staying on the level of body-sensation, you can add more flexibility and practice the skill of expanding body-sensation at will:

i) Allow yourself to become aware of an inner sensation in your body

- with interest and curiosity
- with compassion and acceptance

ii) Then allow the body-sensation to expand and to attract an image / a sound / a smell / a thought / a symbol / a feeling:

- allow more complexity to what emerges
- allow movement to other levels (visual, symbolic, emotional, etc)

iii) Then stop the process, take a deep breath, and return to observing your breath at the level of body-sensation.

2b. Notice which areas of expansion you tend to go to (eg images, or thoughts, or feelings). After a while, when you are comfortable with your skill of expanding a body-sensation into that area, practice inviting the expansion into another, less familiar, area...

Note that it is important to allow only the amount of expansion than feels creative, comfortable, manageable and interesting. If you allow a sensation to expand and it gets **high-jacked** by too intense a feeling, **stop (!)** and **go back** to the level of body-sensation. Return to expanding body-sensations another time.