

Conscious Embodiment by Wendy Palmer

Basic Practice

◆ *Breath*

- ◆ Use your imagination to enliven this practice. Energy follows attention, so see if you can make paying attention to your breath interesting. Suggestions try colors, shapes, spiral motion or auditory breath.

◆ *Field*

- ◆ An idea of presence, a field or the feeling of heat emanating from your body. Imagine that your field surrounds you like a bubble. Pay attention to behind, above and below. These are the most unfamiliar directions to relate to. If you find this challenging, try walking backwards, or standing with your back against a wall or a tree.

◆ *Gravity*

- ◆ The quality of gravity in your body. The weight in your jaw, arms and pelvis or feet. Notice if you are holding in any of these places, and see if you can drop under the tension.

◆ *Quality*

- ◆ Your chosen quality as an inquiry. What would it be like if there were more ___ in my being. See if you can leave room for the not knowing.

WORKING WITH CENTERS

Goal is unification, centers interact and inform each other

- ◆ Hara (belly) – The seat of spiritual confidence, the center of your body, the action center.
- ◆ Heart – The center for feeling and emotion. A strong Hara allows us to open our heart.
- ◆ Head – Available for perception and intellect.

These are only suggestions. Feel free to use just one or all of the practices and be sure to make them your own.

Many Blessings & Practice, Practice, Practice