

RECONNECTING WITH YOUR BODY

Sensations

Do either one of these exercises daily for five to ten minutes each day.

In the shower direct the shower head (a pulsing shower head is best) at a specific part of your body such as your arm. Pay attention to the sensation on your arm and say "this is my arm. Welcome back to me arm. Thank you". Repeat this everywhere all over your head and body.

Sitting or standing gently hit or firmly tap at a specific part of your body such as your arm. Pay attention to the sensation on your arm and say "this is my arm. Welcome back to me arm. Thank you". Repeat this everywhere all over your head and body.

If during any of these exercises you have memories or flashes of memories breathe deeply and let them float past you - imagine they are like leaves on a gently flowing stream. Acknowledge them, don't focus on them, and let them flow past you.