**6 Week Course**

Exercise

Rebuilding the Connection between your Brain and your Body

Exercise

For the exercise last week you were using your mind to consider your future, and now for this next exercise you are going to begin the process of rebuilding the connections between your mind and your body, the pathways between your Neo Cortex and The Visceral parts of your brain by using a very simple body-based practice.

First find a place where you will not be disturbed for 10 minutes and get yourself comfortable.

When you are ready, allow your belly to soften and take a couple of nice deep breaths.

Now let your awareness begin to wander through your body. Notice what sensations you can actually feel in your body. This might be a physical sensation such as tightness or relaxation, warmth or coolness, or maybe numbness. Or perhaps your mind wanders off and you have to bring it back to the exercise.

 You can ask your-self “What is my body feeling right now?” and see if you can name these to yourself.

Examples might be:

“My hands feel warm”

“I am feeling heaviness in my eyes”

“I can feel where my legs touch the floor they are resting on”

“I am feeling tightness in my jaw”

“My shoulders are feeling weary”

If you are not familiar with this type of exercise is not unusual to need a little practice to grow the ability to identify and name individual sensations.

It is also common early on to have no awareness in one or more areas or for these to seem numb or disconnected. Once again you can simply name this as, for example *“My feet feel numb/disconnected”*

Anything and everything is fine, you are simply getting better acquainted with your life-long partner, your body.

Becoming aware of, and naming, your body’s physical sensations not only supports the integration of your mind and body and the Neo-Cortex and Visceral brain systems, but it also helps you to begin to shift any past issues that are holding you back.

Something else that happens is that when you are connecting to your body and your current environment you will be bringing yourself into the ‘Now’….and so this exercise is also a portal to the direct experiencing of Spiritual present moment awareness.

Reminder

Practice this exercise, once each day if you possibly can, and also begin to journal anything you are noticing and you will be creating a platform from which your Soul can finally shine...!