

EMBODIMENT EXERCISE

Noticing What Is Present

At any moment, whatever we are experiencing, only one of two things is happening: either we are *being with* what is, or we are *resisting* what is. *Being with* what is means we are letting ourselves have and feel our experience, just as it is right now.

- › In the moment, notice how you are sitting, standing, laying down, etc. Notice how your body feels. Make adjustments as required to feel comfortable.
- › Breathe deeply, use your physical and sensory body to centre yourself
- › Acknowledge what is:
 - When you are ready ask yourself: What is going on with me at this present moment.
 - With kindness notice and welcome your experience in this moment in time. Stay with what ever you are experiencing for a few moments
- › Gather in:
 - Focus all of your attention on your breathing. Experience each in breath and out breath as they follow one after the other. Feel your body gently come into alignment
- › Expanding Awareness:
 - Tune into and become aware of your thoughts, feelings and physical sensations
 - Ask yourself: What am I aware of in the moment? What is important about what I am noticing?
- › Journal your responses