

Story XXVIII / Ep. 29

BECOMING HUMAN SERIES

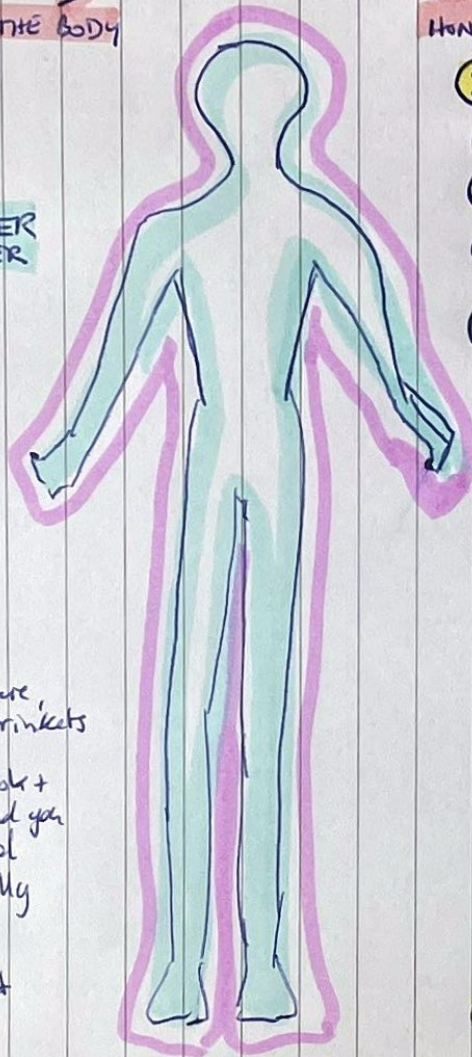
V Realm of the Flesh

→ Megan Watterson
"Nasty Magdalene Revealed"

IDENTIFYING AS ONLY BEING A BODY, FORGETTING THE SOUL
→ lustful living, being present in the body, savouring
IT'S ABOUT BALANCE

RECLAIMING THE BODY

HONOURING THE SOUL



1 EXERCISE "YOUR BODY"

- a Choose one part of your body that you especially like
- b write out everything connected to the WHY you like this about yourself
- c choose time for yourself + make it about 20 minutes
- d choose one sense you want to focus on: touch, scent, visual, auditory, taste
- e create one experience all about this sense
 - eg. TOUCH: go out into nature, collect things from nature, hold + experience the trinkets you find
 - feel them, smell them, look + listen to the sounds around you
 - eg. TASTE: cook your favourite meal + relish it, slowly + mindfully
- f GROUNDING: go out and whenever your curious about the ground you're walking on, try out GOING BAREFOOT

2 EXERCISE "DUO"

- a grab your favourite person
- b find a spot in nature
- c one of you closes their eyes (or gets blindfolded)
- d the other guides the one that is blindfolded according to their whim:
 - slow + mindful
 - give them little treasures you find, let them feel them, see them, smell them
 - eg. leaves, stones, feathers, bushes, grass, pinecones
 - let them use their senses + let them try to describe what they feel, how they feel, what the experience
 - make it an adventure: battle of total mindfulness, presence + awareness
- e Swap spots

3 EXERCISE "BODY SCAN BODY MOVES"

- a find 20-30 mins. in a quiet spot for yourself
- b lay down or sit down, make it comfortable
- c listen either to a previous episode "body scan" or find one on the internet or do it yourself in silence
- d YET FEEL WHAT YOU NEED. THIS TIME IT'S NOT ABOUT STAYING STILL, IT'S ABOUT FEELING WHAT IT IS YOU NEED RIGHT NOW
 - you arrive at the neck + you want to roll your head to ease tension?
 - you arrive at the feet + you want to circle the ankles or flexing toes?
 - you arrive at the spine + you want to make movements to release muscle tension?

TALK ABOUT WHAT THIS EXPERIENCE DID FOR YOU IF IT OPENED UP A FRESH TAKE ON YOUR BODY'S ABILITIES

GIVE IN TO ALL + ANY CRAVING FOR MOVEMENT!
HONOUR SOUL + BODY

DOCUMENT YOUR EXPERIENCES & HOW THEY IMPACT YOU