

Explore the body-pieces

After the 5-senses reality discovery and body scan, choose at maximum three parts to explore further. If there are more objecting body/mind pieces shelf the rest for later to not overwhelm yourself.

Step 1 – Find out how it feels

- what does it feel like?
- what sensations and emotions are present?

Step 2 – Find the location

- really pinpoint where it is happening.

Step 3 – Embody it

- if that part of the body could move, how would that look like?
- move your body on the way that body part wants to move

Step 4 – Give it a voice

- if the body part could speak what would it say?
- what is it that you want?
- what is your purpose?

Recognise that this piece of your body is alive. It has its own desires, reasons for existence and consciousness.