

## **Practice: Brain-Based Interoceptive Awareness (IA) with Touch**

1. Sit with your eyes closed and register the pace of your breath. Now check in with the temperature of your inhalation and then your exhalation. Is it hot, warm, cold, cool, or neutral? You can use a hand underneath your nose to determine the temperature.
2. Now attempt to register the temperature of your body. Notice that different areas of your body may register varying temperatures. You can place a hand on these areas if that helps you to register the temperature. Do a little scan with touch and notice the differences in different areas.
3. Place your hand on your heart. Can you feel your heartbeat? This may be difficult to feel. If so, just imagine how many beats your heart makes per minute? How it changes. Now stand up and take a deep breath with your arms raised overhead. As you exhale, allow your arms to swing down along your side. Do this a few times and then sit back down, close your eyes, place your hand back on the area of your heart, and again register the change you can feel in your heartbeat and in your breath. Notice in what way(s) it has changed.
4. Now we'll use deeper imagination, as if we can journey inside the body. Like you had a scope and could see inside. Can you imagine the inner workings of your stomach and intestinal tract? It may not seem pleasant to imagine this, but imagining this is another way to get to know your body. Can you feel or imagine if there is any movement happening inside your stomach? Is there any pain or discomfort? Does your stomach feel full or empty? Can you hear any sounds it may be making right now?
5. This next step requires even deeper imagination: Can you imagine how your blood flows? See if you can imagine the flow starting in the center of your body and extending outward into all regions of your body—your arms, legs, hands, and feet—and returning to your heart. Imagining your blood flowing freely throughout your veins and arteries each time you breathe in and out. Allow yourself to be immersed in this deep imagination of the internal workings of your body and to connect to a whole new curiosity about it, like an investigator of your internal system.
6. Slowly come back to grounding in your feet, your spine, and your seat. Take your time in coming back.