

## **Practice: Embodying Safety & Protection**

Gently close your eyes or keep them open with a soft, fixed gaze. Feel your feet on the ground beneath you.

Begin to scan from the crown of your head, down through your face, jaw, neck, and shoulders. Stop to notice any points of tension along the way. Any areas of tension you notice just take a simple movement into that area (if in your neck, gently turn it side to side, lean into one side and then the next). If it's the jaw, open and close your mouth a few times.

Move down now through your arms and into your hands. Open and close your hands. Stretch the fingers. Bend and open your arms.

Move up to your upper back and then chest, rolling your shoulders back and then closing in by rolling them forward.

Scan along the length of your spine and then across to the front of your belly. Continue to scan for any areas of tension. Stop to notice any tense areas and take some gentle movement once again into any areas of tension that you notice.

Continue to scan now through the lower half of your body. Move into your seat just a bit and then to your legs. Bend and straighten each leg.

Move to your feet. Again, noticing any points of tension and attending to these through gentle movement.

Take a deep breath in through your nose and exhale out through your mouth and now begin to move in a way that allows your body to soften and gently close in. Maybe your upper body folds a bit. Maybe your head rests in your hands. Maybe your arms hug across your body or your hands rest on your heart. However your body wishes to take a break now and soften. Whatever it wishes to feel safe and soothed in this moment.

Rest here in ease for a few moments, knowing now what it feels like inside to consciously close in and feel protected right in this moment.

What do you notice the most in sensation?

What do you notice the most in feeling?

Are there any images that come to mind?

Are there any thoughts that come to mind?