



*You are the prayer!*

**EXPLORING EMBODIED PRESENCE**

# You Are The Prayer—Orientation

## RESOURCES

BA in Dance/Dance Therapy

MA in Transpersonal Psychology

### **Leven Institute for Expressive Movement**

Modalities: *SomaSoul Somatic Therapy* and *Shake Your Soul*

<https://leveninstitute.com/what-is-somasoul/>

### **BioSpiritual Institute**

<https://biospiritual.org>



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## **Our bodies offer us an embodied experience of a connected Universe**

*Our bodies are more than just the physical biological systems that enable us to navigate our survival in the environments in which we find ourselves. They are our direct connection not only to our immediate surroundings but they also make our interaction with the entire Universe a possibility. They hold the energy of all our life experiences and contain the implicit potential of the next best step forward toward a life of fullness, authenticity and compassion.*

*In their connection to the Universe our bodies are our direct link to the Spirit that fills the Universe ( the Divine, the “More”, or whatever imperfect name one might give to That which is beyond us).*

—BioSpiritual.org



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## **Felt-knowing & Recognition of the Whole**

The human body has a unique way of felt-knowing which is different from thinking, analyzing, and reasoning. Your body spontaneously recognizes the whole of a situation, the whole of a relationship, the whole of an experience, together with a web of complex connections.



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## Definition of Interception\*

“Interoception is the perception of sensations from inside the body and includes the perception of physical sensations related to internal organ function such as heart beat, respiration, satiety, as well as the autonomic nervous system activity related to emotions...”

(Vaitl, 1996; Cameron, 2001; Craig, 2002; Barrett et al.)

**\*Link to relevant paper**



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## **Buds to Further Unfolding**

—“Ordinary” sensations, feelings, and emotions can be like a bud that’s waiting for the daylight of attention. Much meaning and possible healing can be in the “soil” beneath the bud.

—Another helpful metaphor is that of a door to an unexplored room.

—When we give loving attention (rather than pushing against or suppressing) a process of growth and healing can unfold, that has been described as “grace.”

—This can be a practice both for enriched daily living and for contemplative deepening.

—It can become a way of knowing self as living prayer.



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## For Today's Meditation

—Today's experience is simply give you a taste of working with felt-knowing and somatic processing.

—If you're familiar with working with this kind of process, today's experience will give an opportunity to practice.

—I'm purposely keeping it light and non-threatening today. Our bodies carry much that is waiting to open up and unfold. If anything challenging arises, for today, I recommend first, gently acknowledging it, then bringing compassion to it for a moment, and then as you feel ready, bring your awareness back to your breath and the guidance of my voice. Awareness of challenging inner content deserves further attention, but for today's brief experience we will simply gently acknowledge.



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## **Camera Considerations:**

*On or off according your personal discernment*

*Neuroscience speaks to and validates both options.*

*Camera off may be helpful to interoception;*

*camera on may be helpful to neuroception.*

## **Spatial/Movement Considerations:**

*You can remain in your chair, or whatever works best for you.*

## **Drawing / Journaling Considerations:**

*Whatever works best for you!*



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# A Guided Experience:

*From the Path of Reflection to the Path of Expression*

## PATH OF REFLECTION:

- Guided grounding/centering
- Listening Inward (Exploring interception and felt-knowing)
- “ABCs” (Awareness/Attention, Beholding/Befriending, Curiosity/Compassion)
- Alternatively, (from BioSpiritual Practice):
  - Noticing, Being With the Felt Sense, Nurturing,
- Allowing Impressions (Sensations, textures, images)



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## A Guided Experience:

*From the Path of Reflection to the Path of Expression*

### PATH OF EXPRESSION:

—Postures & gestures evoked (*Felt-knowing unfolding into movement*)

—Drawing to capture, anchor & expressed visually

*(Textures, images, memories or symbols)*

—Journal to anchor your experience: Was there new awareness? Did you experience any kind of shift?



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A scenic landscape featuring a large, bright yellow sun or moon in a blue sky. The foreground is filled with a field of purple and blue flowers, possibly lavender, with a path leading through them. The background shows rolling hills and a body of water under a clear sky.

**Group Sharing & Closing**

*As time allows.*

***Thank you!***