

Hello, I'm going to guide you through a process called orienting and then if it feels right for you you might move into a second step where we notice our bodies and then where we respond with a movement which might be called attunement in some way.

This first practice that we're going to do called orienting it comes out of something called somatic experiencing with Peter Levine and it's really a practice of simply noticing where we are which is a really important part of noticing if we're safe and okay in the present moment and just going to simply start by with our eyes open or you could use your ears if you have any visual impairments we're gonna slowly move our neck and our eyes around the room and I'm gonna see if I can take in and notice different colors or textures and just see what might be calling towards me and a helpful part of this process to remember is to see if you can go as slowly as you can and sometimes this feels weird to me I'm like oh I'm going very slow but often we're moving pretty fast throughout the day so we're gonna see if we can really slow down this movement so I'm gonna start on one side and I'm gonna look behind me and I'm gonna notice different colors and textures slowly gonna move my eyes around and as I do this I'm also feeling my feet on the ground and I'm sensing the chair supporting my back you see if you can kind of name inside your mind like what you're seeing like my conversation in my head is like oh look there's some orange wheels and I see a green fabric oh I think I kind of like that yellow shade I'm noticing over there and then I'm gonna look behind me too and as I'm doing this my whole body is sensing oh yeah is this safe for me in this room there any threats right now I'm feeling pretty good this chair feels good I know it's behind me I see a friendly person over to this side that's you might even feel you're hearing me and sensing me and you know it might take a moment to notice how this feels to hear my voice or to see me here with you and then a final step might be to ask or to notice you know what do you if you see anything or did you hear anything that you kind of noticed liking there's something about it that felt good to be with and just see if you can kind of be with that for a moment so I'm noticing a sticker that has some pink on it that my eyes and that's our orienting practice you might do a second part where we were not just looking around us but we're starting to notice even more and so if you want to join me for that you can and so I just named I noticed a sticker that my eyes something about it kind of likes and what I'm gonna do now is just ask my body hey body what is it like how does that feel on the inside when you see that sticker like what what is letting me know that I actually like that for example I see kind of like ugly piece of tape on the ground and I look at that and I kind of I'm like well there's kind of a constriction or something and he's just like man I don't really like that something in my body kind of lets me know but when I look over here and I see this pink shade well it's also the shape of a flower and it reminds me of a place I've been I just noticed something kind of relaxes in my in my chest area so I'm just taking a moment just to tune into that and so I'm curious what sensations and letting you know what you want to look at right now and there's a third step if you want to do it which is we're gonna we started tuning into body like oh what what happens inside when I notice that and so as you've been starting to kind of look around and slow down there might be all kinds of sensations happening sometimes I notice a few sensations like as I was looking at the sticker I was like oh yeah my heart feels kind of warmer and more relaxed but I also I think I had a little too much coffee today and my feet are a little fidgety and I feel my hands kind of want to move around and there's energy happening and so let's just respond to what's happening in your body is your body tired does it want to lean back in your chair are you maybe feeling a little grumpy and then you want to stomp your feet for a moment or push down on your chair maybe you your body says oh I'm waking up and I need to do a little stretch or maybe you noticed oh the shirt I'm wearing this sweater the sweater is scratchy actually I don't want the sweater I'm just gonna take that part of the sweater off see if you can support body something I like to do that I find supportive is I'll just put a hand on my heart and on my leg and just kind of welcome myself here and so you there's no wrong or right way to respond to body it

might be you want movement it might be you need a little stillness or support but just seeing what feels right for you in this moment okay thanks for joining me as we land into the space we're in as we sense one another as we sense ourselves and respond kindly to the needs of our bodies and ourselves