



"That inner voice has both gentleness and clarity. So to get to authenticity, you really keep going down to the bone, to the honesty, and the inevitability of something."

- Meredith Monk

FEEL INTO IT

Exercise: An introduction, The Poetic Body in the World (three exercises to feel deeply)

You can do these exercises one after the other or at different times, try to dive into them and explore them fully.

WHAT YOU'LL NEED: One fruit (to be eaten), a glass filled with water, a blindfold. A notebook or sheet of paper and pen.

After each of the explorations take 10 minutes to write in a stream of consciousness manner (anything and everything that comes to mind, sensations and or emotions, even random words. It does not have "to make sense")

1. Close your eyes and feel your heartbeat. You can do this by placing your fingers on your throat, or on your wrist, or by placing your hand on your chest. Feel your breath too. Get a sense of the pace and rhythm of your heart. Eat the fruit at the pace of your heartbeat. Explore how it is, what it feels like, to eat this fruit at the pace of your heartbeat. (Take as long as needed)
2. Play a song that you love on repeat. Grab the glass filled with water. Dance holding the glass of water in your hand. Explore dancing without letting the water spill. So, dance to the fluidity of the water, make your movements smooth and soft, continuous, and subtle but deep, and dance with the glad of water. (Repeat the song at least 3 or 4 times).
3. Step out of your room. Put on a blindfold making sure you cannot see and enter your bedroom. Explore all your bedroom through all other senses except sight. Touch, smell, hear, taste, as if you were there for the same time. Allow yourself to discover this new way of knowing and perceiving your space and belongings. (Take your time, set an alarm for 15 - 20 minutes and don't stop before the alarm goes off).
4. Feel free to record yourself as you explore and then watch yourself. Only do this if the presence of the camera won't interfere with your experience being full and devoted. If so, do not record yourself! 😊