

# Relating to your body during meditation

There are three things to know as you practice any *somatic*, or body-focused, meditation:

1. **Always trust yourself.** Make any modifications or adjustments that help you feel safe. If your gut tells you do something differently, listen. This is part of developing a trusting relationship with yourself and your body.
2. Your body is does not begin or end at your skin. **You have an energetic body** that can be felt surrounding you, emanating and radiating outward. (Some people most easily tune into this energetic body through their heart-space or their hands.) Using *interoception*—that is, sensing our internal physical sensations (such as heart-beat, hunger, or tense muscles)—**we can tune into the full physical internal experience of our bodies.** In our practice, we open our awareness to all of this.
3. **Working with our body can bring up a myriad of emotions and memories.** You can invite a spirit of gentle curiosity, as this can teach you a great deal about yourself and your lived experience. But always remember reminder #1 up top: to trust and take care of yourself. The most important thing—always—is to be gentle with yourself.

for sneak peeks only ;)



If you ever start to feel ungrounded or unsafe, you can open your eyes and look at the room around you. Or, focus on the physical sensation of the floor or furniture underneath you, rising up to support you. Or, gently rub your arm or leg, reminding yourself that you are here for you.

