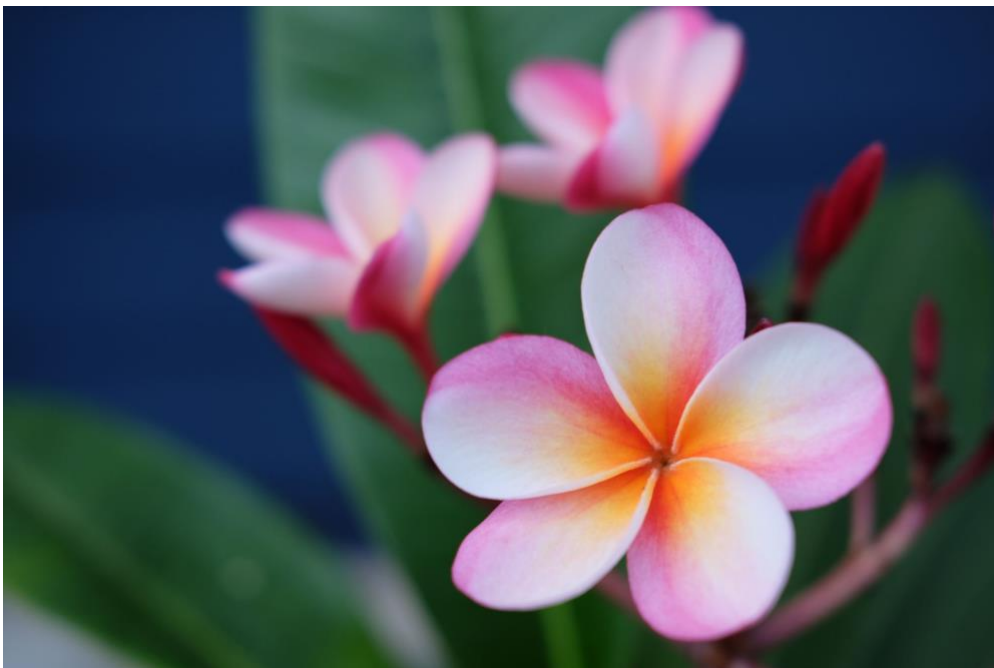


Well Now Course Autumn 2020

Lesson 1 Notes on Deep Connection

Many people find focused body awareness useful for quieting the thinking mind. This can be as simple as focusing in on physical sensations when you hold a hot drink. Or a cold drink! What can you feel: the heat or cool sensation in your palm, the smooth of the handle against the pad of your right thumb? What can you see: patterns on the mug, a swirl of milk, steam rising? Can you smell anything? Can you hear anything inside the room? Outside the room? Dropping into the moment like this for even a short time supports healing because it helps us act from a place of body/mind connection.



Changes that happen over time when we practice body awareness practices, and other routes to deep connection, support our learning, foster compassion for ourselves and others, and help us heal. In case you're new to this sort of thing, the important part of the process is in noticing how you feel rather than 'ticking off' the activity. You might be surprised by just how long 30 seconds can be! Also for newcomers, if you feel spacy or agitated by tuning into your body this could be because you're experiencing emotions stored in the past. If this happens I recommend stopping the exercise you're

trying and spending a few moments with the grounding exercise until it feels like your nervous system is in everyday mode again.

There are lots of grounding exercises. I like the 5-4-3 one I describe below because it's easy to remember and very effective.

By this, I mean it helps us orientate ourselves to the present. It's something to try if you are coping with anxiety, overwhelming grief, shame or any intense emotional state that feels too much. It's a great all-rounder - or do I mean an all-grounder?



5-4-3 Simple Grounding Exercise

- Be still for a moment.
- What 5 things can you feel? Be as specific as you can. For instance, I can feel my woolly socks on the sole of my feet where they rest on my slippers. I can feel the smooth plastic frame of my glasses on the bridge of my nose and on my cheeks under both eyes. I can feel the hard wooden frame of the chair on my mid back.
- What 4 things of the same colour can you see? I can see blue in a coaster. A blue pen box. A blue book spine. The sky.
- What 3 things can you hear? I can hear my breath, traffic, the wind in the trees. You can do 3 close and 3 far if you like.
- That's it. How do you feel now?

Here's a few resources you might like to explore, selected loosely as 'a body scan' collection.

[10-Minute Guided Meditation for Beginners to Clear Thoughts](#)

[A Meditation for Black Women](#)

[20 minutes Body Scan Meditation Video with Images and Without Music](#)

[Lots of free mindfulness audio clips here](#)