



FELT SENSE



This breathing exercise helps you release tension and deepen your connection to your body's felt sense. By regularly dedicating time to this simple exercise, you foster a more intimate connection with your body's innate wisdom.

PRACTICE STEPS

1

Cleansing Breaths

Begin in a comfortable seated or lying down position. Take three deep, cleansing breaths, inhaling fully through your nose and exhaling through your mouth with an audible sigh, allowing everything to drop. As you inhale, notice the places in your body where tension is held. As you exhale, give yourself permission to release this held tension.

2

Observing Sensations

After your cleansing breaths, pause for a moment of stillness. This can last anywhere from 2 breaths to 20 minutes. Whatever feels right for your body. With gentle curiosity, notice any sensations present in your body. Pay attention to the subtleties of your bodily experiences without judgment.

3

Graduated Breaths

When you feel ready to end the practice, engage in five graduated breaths, starting with a normal breath and gradually elongating each inhale and exhale. Allow your breath to become slightly deeper and slower as you count off each subsequent breath up to five.

4

Reflecting

After completing the five graduated breaths, reflect on any changes in your body or mind. It's beneficial to acknowledge any shift, no matter how small, as it signifies the impact of your practice on your overall state of being.

Maintaining the Practice & Making it Really Work

Try to integrate this practice at least one to three times daily to familiarize yourself with your felt sense. Importantly, this exercise is not meant to be a strenuous endeavor. Approach it with what might be described as a 50% effort, one that feels mellow and sustainable. You will naturally delve deeper as you grow accustomed to the experience. The ease and consistency with which you engage in this practice is precisely what makes it profoundly transformative.