



LIVING THE SKILL 'CLEAR BODY'

1. Come present to your breath, to this moment, to this now.
2. Attune to a Presence within beyond your body, emotions and thoughts.
3. Breath into the loving neutrality of this inner Presence.
4. Identify what's present in your body as discomfort or disturbance.
5. Use visualization and creative imagination to come into the identified area in the body, as if you are a microscopic camera.
6. Describe any awarenesses, such as:
 - what is the texture?
 - what is the color, smell, taste, look, sound?
 - what is the sensation? (ex.: tight, spacious, etc.)
 - what is the message you receive in words, images, sensations, etc?
7. Stay in this space and, when possible and appropriate, allow movement to take place (for example: by breathing into it, listening to it, noticing any changes, by observing and listening to it, etc.)
8. If negative thoughts or feelings come up, you may use the skills of 'Clear Thinking' and 'Clear Feeling'.
9. Describe or journal any insights, messages and revelations you receive in the form of images, sensations, words heard inwardly, etc.
10. If you have time, repeat the process with another sensation or disturbance.
11. Thank your partner.

“Symptoms are the body’s mother-tongue.” John Brown

“To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.” Buddha

“I have chosen to be happy because it’s good for my health.” Voltaire