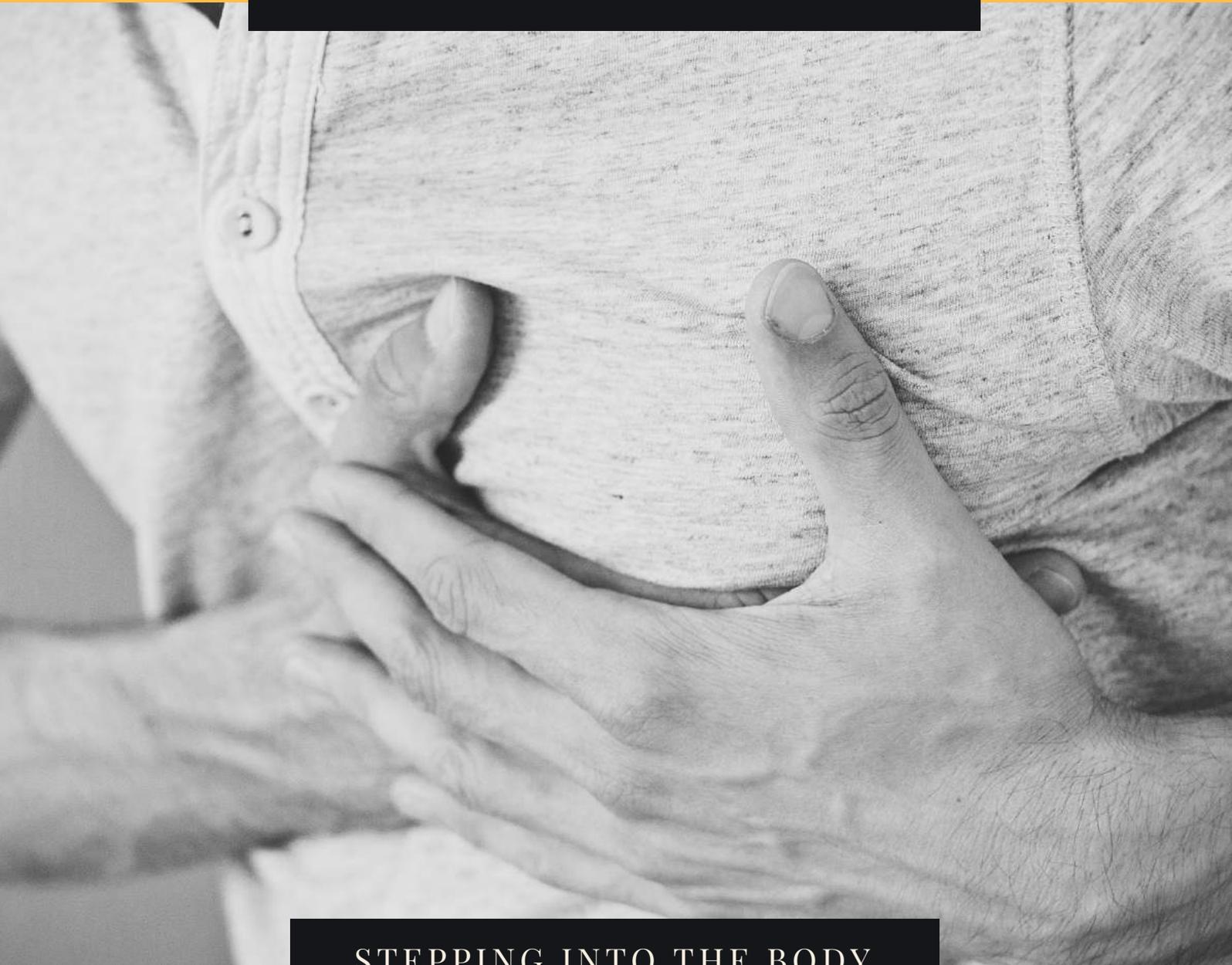


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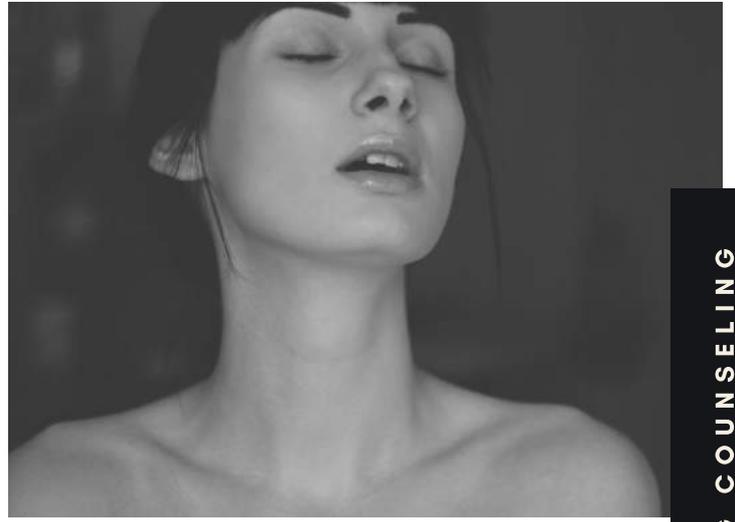
BODY CONNECTION

NUDE-THINKING COUNSELING



STEPPING INTO THE BODY

a few exercises to help you create a greater mind-body connection



CONSCIOUSNESS

Not so long ago I had this very funny conversation where I automatically included the head as part of the body. To my surprise, I got a very confused and bewildered response to that remark. What seemed so factual to me was not at all black & white for the other. So I had to backtrack. For many people there is a real disconnect between the head and the rest of the body. The fact that we carry our brain, our computer, in our heads has made it get a bad reputation. We like to use it for practical things; to learn, to make money and all of those things. When it comes to feeling alive, experiencing pleasure, diving into emotions/feelings we are more likely to refer to all of that being housed in our body. Clients tell me 'when I put on music and just let myself go and dance then I am so connected to my body. I am simply unaware of anything. My mind is quiet and all I do is feel.'

Here is a confession... I kinda like bursting bubbles. I take way too much pleasure in it. So let me state the obvious: if you can feel it then your brain is involved. It is simple biology. Your nervous system needs your brain to process its information. This is especially true when feelings are physical. But even emotions are processed to be identified. Consciousness is a word often used in spiritual and therapeutic environments. It is a state where the mind and body are connected without having to get to that very active and focused state of high function. It requires a quiet mind, an open and inquisitive mindset. Observing all that is being felt, being touched, or its opposite. It is free of purpose. There is no goal. There is no 'doing it right or wrong'. There is simply listening to the body.

Another biological fact is that smelling, tasting, hearing and seeing all take place in the head. So if you disregard the head as part of your body, disregard it when you work on fully connecting with the body, then you are limiting yourself.

And yes, there is energy and vibes out there in the non-physical. But we are physical beings (for the most part), living on a likewise planet. So this is the realm in which we can explore what we refer to as 'reality'. I am not telling you there is nothing but the body, I am simply telling you that the body is your entire physical form and that your head is by no means limiting you in experiencing your body.

So I know that many of you are getting restless on your seats by now. You want to get down to some experiencing of the body. Here are a few ways that may well get you on your way to an easier connection with it.

GET PHYSICAL

Here is one of the ways that you can start becoming more aware of your body. It is quite simple, but it does take some practice and an open mind. Which I know you have, so you can do this.

Take an hour to do some form of rigorous exercise. Go to the gym, for a run, take a bike ride, walking, gardening, yoga, dancing, have sex, play with your kids, whatever is a natural thing to do in your life. Make sure you really go for it. No holding back, get the body active, the blood flowing. Then find a quiet place to sit (make sure to have a drink of water) and notice. Notice your breathing and how it moves through your body. Notice the places in and on your body you can feel without touching them and those you can not. Please stay away from labels. This is not an exercise with a 'right' or 'wrong' way to do it. There is just this thing called noticing. Or perhaps you prefer it being called 'gathering information'.

Also notice if there are any temperature differences in/on your body. Are you sweating? Where and what does it feel like. Does your body have a smell and do you consider this to be your regular smell? Is there tension or relaxation in the body? Or is there both at the same time? Where is what? Excellent. Take your time and feel your way through. Be inquisitive. Curious. Repeat this practice a few times over the course of a few weeks and then notice if there are days where it is easier to notice and days where it may not. What is going on in your life on the days you find it a little harder?

Make this your own. Don't limit yourself to only noticing the things in the above list. All observation is welcome and interesting. They are your journey to getting to know your body on a different level. Beautiful!



MEDITATION

So now that you have practiced noticing, let's start waking the body up without needing to break a sweat. Here are 2 lovely practices to play with.

For both exercises get yourself comfortable in a quiet space. No interruptions. Perhaps some soothing music in the background. Make sure the temperature of the room is comfortable and that you have an empty bladder.

Breath

Start off with some slow deep breaths. Exhale through the mouth. When you feel that you have found a comfortable rhythm then start blowing that exhale on your body. Start with your fingers, the hand, move up the arm, switch to the other hand and repeat. If you feel like exploring some more then start with your legs, moving up from the feet. You could blow up, down and to the sides of your face. Your chest and belly are available too. The back of your body would require some help.

Throughout this breathing exercise you are noticing where the breath is felt, how far this feeling penetrates the skin, are there places where you feel less, or where you completely forgot to breathe. What was the quality of the feeling? And by that I mean if it tickled, soothed, felt sexy, etc.

Don't rush your way through this process. It is like taking a luxurious bath and you are washing yourself with this amazing breath mmmmm.

PS when I say sit down, I would generally advise that you sit on the floor or on a straight backed chair. This allows your vertebra to be upright. Now if you want to move, then do. This is not zen meditation. It is listening to your body, so if that asks you to move then please do.

Sound & vibration

You may want to try this variation on that same exercise. It may feel a little silly at first. And it is challenging, but you don't shy away from that, do you?

Start as before and breathe. Slowly finding a deep and relaxing tempo that suits you. This time make your exhale nasal (breathe out through the nose), and as you exhale you start humming from the throat. Letting the sound form by vibrating the vocal cords with your breath. Play a little with the volume and tone. When it sounds relaxed and fills your head with sound then you are ready to move on. Remember, this is not about tremendous volume, but about feeling the vibration and having the sound be all you focus on.

The hum will first be easily felt in the back of your mouth, perhaps even on your tongue. From there try and feel it in your cheeks. You may need to move your jaw a little and play with guiding the breath into your cheeks. Now come to the nose, the eyes, the entire face. Slowly move down into the throat. Try feeling the vibration of the hum in your chest. Go on a journey of discovery where this humming vibration can be moved to in your body. You may want to move your lips to certain places, open your mouth a bit. All fine. This is about filling your body with sound and vibration.

When you feel like you are done exploring then return to a silent breath and notice the body. Notice your thoughts. Notice when full silence returns and the vibration in the body is practically gone. Sit for as long as you like. Lie down even, whatever works best for you and your body's needs.

“THE ONLY THING
THAT’S KEEPING YOU
FROM GETTING WHAT
YOU WANT IS THE
STORY YOU KEEP
TELLING YOURSELF.”

TONY ROBBINS



MASSAGE

Is this the part where you bring in an extra pair of hands? Well, you could yes, but self-massage is just as effective. And as this will not be focused on technique or training it can be done by everyone.

Conscious massage can be done in bed, in the shower, on the bus, whatever. But perhaps you may want to shed some clothes which will probably influence your choice of location. You will need your hands, focus, and some oil if you like (natural oil like almond or coconut is super).

You know the drill... start by focusing on your breath. Find that regular tempo that suits you and allows your breath to be full. Full capacity in, full capacity out.

Slowly start giving your shoulders some firm squeezes. They should not be painful, but also not a stroke. This is grounding touch. Squeeze your neck, back of the head, top of the head, jaw, back to the shoulders. Down your arms, your sides, your chest and belly, your back (limited reach, so whatever is available), your bottom, and then down the legs. End the squeezing with your feet. Do you have your shoes on and cannot take them off? Pay extra attention to your ankles and press on your shoes so your feet get pressed into the soles of the shoe.

Good, come sitting up straight again and take a few breaths there. Switch on that curious mindset again. Get ready for some exploration.

Take your hand (start with the right) and hold it in front of you. Examine it. What does the skin look like (tight/loose, pores, colour), any veins showing, wrinkles, birth/age marks, what do your nails look like, what is the texture of your skin and nails. Use your left hand to feel, don't just rely on your eyes to notice. Can you feel the temperature (not exactly, just cold/warm) and dry/wet. Turn the hand over and repeat. Move slowly up the arm to the shoulder (a mirror can be used, but you can also rely on touch more in these places, especially the back of the arm). Then move over to the left hand and work your way up to the shoulder. Next start at the right foot, up the leg to the hip, move to the left foot and all the way to the left hip. Remember that your legs have 4 sides!

Are you still breathing? Make sure to keep a steady flow and to use lots of soft touch during this exercise.

Your head is next. Hair, scalp, face, neck, jaw, ears, the whole lot. If you are alone then lie down on your back and use the ground to create touch. Find a way to have each part of your back (not all of it at the same time) touch, rub, push against the ground. You can then move back to your mirror to use your eyes. Stop at the small of your back.

Move to the front again. Chest, breasts, nipples, sides, upper belly, lower belly. Keep your hands on that lower belly as you take another few breaths.

Slowly move your hands to your bottom. Really take your time to feel it. It is amazingly sensitive. Even though we sit on it a lot of the time. Where does your crack begin, can you feel your tailbone, how do the buttocks flow into the legs. If you feel some difficulty doing this then take it slow. Use a firmer hand so it does not resemble self pleasuring. Or draw the line here and come back to it some other time when it does feel right for you. No pressure.

Moving your hands to the front again it gets even more intimate. Feel the pubic bone. The groin. Remember to notice all the things mentioned above (skin, texture, temperature, etc). Then move to your vagina/penis & scrotum. Here especially I would recommend a mirror. Have a good look. We often know our partners sex better than our own. Now remember, you are playful, curious, and it may even feel sexy, but this is not masturbation. You are examining your body. Full awareness of every single detail. That is what you are after.

When you feel done then lie back and feel your body as a whole. Stay away from thoughts/opinions about it. Just feel fully aware of where your hands have been, what your eyes have seen, and what you have been feeding fully with your breath. Make sure to stay warm and comfortable. And enjoy.

Body Scan

Time to lie down and be guided. There are many body scans available. I will give you a few links here, but do find one you like. The benefit of a body scan is that a voice will guide you through relaxing your entire body in consciousness. Thereby allowing you to connect with your whole physical self without needing a lot of practice in the 'how to'. Just remember to stay awake and not over-think. Make sure you are warm and don't get distracted. Now go to it:

1. <https://www.youtube.com/watch?v=T0nuKBVQS7M>
2. <https://www.youtube.com/watch?v=QrFOPHD7E1E>
3. <https://www.youtube.com/watch?v=lt-PdYC8h98>



Final note

I hope these tips have given you a starting point to get more deeply connected with your entire body. For it is from a connected place that we can make even greater changes and improvements if that is our wish, or simply bask in the juiciness that is us.

Please visit my website www.nude-thinking.nl for more of my work and information on how to contact me. Many warm hugs, Georgina

PS Please respect the copyrights on this publication