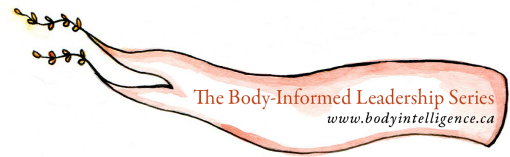


Guide



Staying With

People: Anyone in your group

Time: 10 - 15 minutes to read and reflect on this Guide

Resources: Yourself and this Guide

How Can This Help Us?

When developing a practice of noticing our body's sensations - what I call "Inner Tracking" - we may notice that some sensations are ambiguous, complex, or composed of several different sensations (and perhaps emotions too) all at once. This can be baffling to the logical Left-Brain, which tends to be our default method of information-processing in the West.

Left-Brain intelligence organizes neat and tidy chains of interlinking ideas; Body Intelligence, however, delivers many overlapping and inter-related elements all at once. In order to be able to "hear" and receive our body's intelligence, we must develop the ability to slow down our attention, keeping it focused on the arising sensations in our bodies without attempting to direct or interpret them.

I call this quality of patient, curious presence "Staying With." Staying With allows our sensations to unfold at their own pace, and in so doing to deliver precious information about our feelings, needs, motivations, and values. Staying With is a key practice that supports us to be in relationship with our Body's Intelligence.

How Do I Practice Staying With?

- For an in-depth practice of Staying With: try the Inner Sit Spot Activity.
- For a shorter practice: next time you're practicing Inner Tracking and you notice a sensation in your body, try giving it your friendly, curious attention for a minute or two. Notice if it shifts or changes (but it's ok if it doesn't).

Staying With Can be Tricky!

We tend to treat other people the same way we treat the sensations in our bodies. For example, if I have difficulty Staying With feelings of sadness in myself, I will likely avoid them or shut them down in others. By developing our ability to Stay With a range of sensations, we notice - and have the opportunity to evolve - whatever patterns and preferences we have internalized, and become available to a wider range of expression in ourselves and others.

The Body-Informed Leadership Series teaches the paradigms and practices that help us attune to, and be in conscious, skillful relationship with, our body's signals as a foundation for practicing healthy interconnection in our group cultures.

www.BodyIntelligence.ca