

## Activity

### The Inner Sit Spot

People: This can be practiced individually, or as a group

Time: Approximately 45 minutes to read and practice the Activity, plus another 10 or 15 minutes to check in with a partner at the end.

Resources: This Activity and a room where yourself or the group can sit comfortably and not be disturbed for the duration.

### How Can This Help Us?

My friends who engage in Nature Connection have a practice they call the “Sit Spot.” In this practice, they simply sit for a period of time each day in Nature, observing the world around them to build a sense of connection and friendship with it. My belief is that a similar practice can help us to cultivate a relationship with our bodies’ aliveness and intelligence. By devoting time each day to offering the sensations that live and move in our bodies (much like animals do in a forest, or fish in a coral reef) our unconditional loving attention, we learn how to understand and relate to them in a good way. We get to know the patterns and motifs that are alive in us, and we develop a better sense of how our bodies are responding to — and making meaning of — our life experiences.

Lineage: My description of the Inner Sit Spot Activity is based on Eugene Gendlin’s “Focusing.”

### The Activity

- Find a comfortable position that you can be in for a little while.
- Remember to STOP this activity at any point if you feel uncomfortable or overwhelmed.
- When you first begin practicing the Inner Sit Spot, you may want to have someone read the following instructions out loud to you/ the group, so that you can just follow along.
- It is important that the reader speak SLOWLY, and that they give lots of pauses. Our bodies move at a slower pace than our brains, because they process information with tremendous complexity and nuance!
  - Help your body to relax by deepening your breath into your belly
  - Notice the feeling of your sit-bones/ feet on the chair/ floor
  - Imagine that your attention is like a lantern with a soft, warm glow
  - Imagine that that lantern moves slowly down into your body
  - It simply notices any sensations that are present, as it moves slowly through your whole body, like a groundskeeper surveying their domain
  - Its glow is very curious, and very welcoming
  - It doesn’t judge or evaluate any of the sensations that it meets; no sensation is “right” or “wrong,” “good” or “bad.” It simply acknowledges and welcomes whatever it finds.

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Eg. "There you are, tension in my belly. Welcome"

Eg. "There you are, fluttering in my heart. Welcome"

- If you notice any interpretations or judgments creeping into your mind, just shift your focus back to the welcoming warm feeling of the lantern. Let it hold your awareness.
- There might also be images that arise. Welcome and acknowledge them too. They are also part of the body's language.
- You might want to spend a little extra time with a particular sensation that you've noticed. You may want to ask it some questions about itself, to get a better sense of it.

Eg. "Do you have a shape?"

Eg. "Do you have a colour?"

Eg. "Do you have an emotion?"

- Remember to just accept and welcome whatever response the sensation gives you. It doesn't have to "make sense!"
- When you feel ready, let your body know that you are preparing to finish the exercise.
- Offer your body (and any of the sensations you've encountered) a feeling of gratitude from your heart. Let them know that you will come back another time.
- Slowly open your eyes and return to the room.

### To Finish

- Be sure to take at least a few minutes to transition back to regular consciousness by looking around the room and moving your body.
- It can be helpful to follow this Activity with 10-15 minutes of writing/journaling, and/or a conversation with a friend, to help to integrate your experiences.

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