

Embodiment for Well-Being

Residing more in the body or increasing the felt sense of the body is an immediate way of relieving mental stress and also cultivates the following feelings among others:

- Calmness and relaxation
- Trust and assuredness
- Vitality and aliveness
- Mastery and efficacy
- Enjoyment and playfulness

Having a greater sense of physical presence increases one's sense of mattering and occupying a place in the world. It is an important aspect of living to the fullest. It counters visiting feelings of loneliness, emptiness, and worthlessness. The following are ways of cultivating awareness of the body, certain ones of which will be easier for each person:

- Noticing how the breath animates the body with its regular expansion and contraction. Sensing how the body is breathed and how the breath engages the entire torso.
- Grounding through the feet when standing and bottom while sitting. Sensing the support of the chair and the pull of gravity downward. Surrendering holding and tensing.
- Sensing your uprightness-- the countering force to the grounding-- that enables you to stand and sit up. Sensing your posture, the pull of your crown upward, and the length of the neck.
- Sensing the use of the body as you move through activities. Noticing which muscles and bones are used. Sensing the richness and density of the body.
- Noticing which parts of the body feel pleasant and placing your awareness there.
- For parts that feel discomfort, breathing in awareness to them and breathing out spaciousness.
- Seeing how much of the body you can sense. This is a wonderful use of excess mental power that brings relief in the moment and greater body awareness in the long run.
- Starting to notice how your body responds to different people, situations, sounds, and sights.
- Seeing how relaxed and good you can feel in your body no matter what the situation. Asking "How good can I feel right now?" and enjoying the feeling.
- Find what other forms of body awareness appeal to you, such as noticing the skin as it contacts other surfaces, sensing the relaxation in your face, feeling your feet in your shoes, or other locations and types of body awareness you discover.