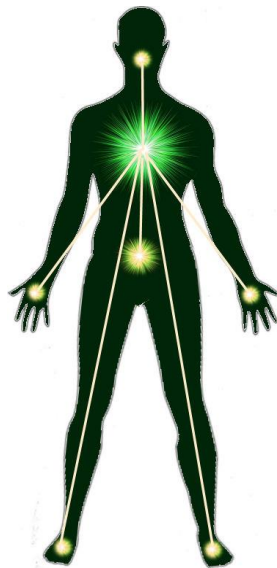


## Three brain integration-prelude, connecting with our body



**Seat or semi-recline in a comfortable position whilst maintaining hands and feet uncrossed and eyes open (not essential, but it will help with mind wandering).**

Focus on one foot. From the inside without looking at it sense your foot encased in the sock? The pressure as it rests on the floor, twiddle your toes and starting with the little toe spend a couple of seconds sensing it, move on to the next 2nd toe repeat the same with the middle toe fourth toe and big toe, finally, all the toes together. Some of them may be harder to connect with, but practice makes perfect.

Do the same for the foot to keep your mind engaged don't take longer than approx. 30 seconds

Move your attention to one of your hands, sense the pressure of it resting on your leg, and once more focus on the little finger and sense it, then the ring finger, middle finger forefinger thumb. Sense all the fingers together as one, sense the palm and the back of the hand. Sense the whole of the hand.

Now move to the other hand and repeat.

Briefly hold your attention on both hands and feet.

Move your focus to your chest and heart area and sense any nerve sensations from within your chest that you may have a direct experience from inside your chest area.

Move your attention to your tongue with your mouth closed your tongue tip will rest comfortably on the roof of the inside of the mouth sense it.

Change your focus to your lower abdomen below your belly button. Once more place your attention inside your lower abdomen, and internally sense the muscles, bladder, and lower back.

Come back to the chest and focus on the heart. Kinaesthetically sense your heart area as a bubble of watery energy or if you prefer a magnetic field of expanding force emanating outwards from your heart.

Now soften that heart energy partially you can do this by allowing a gentle smile to grow out of the corners of your mouth and eyes. ....Soften more.

Allow that soft heart energy to descend to your lower abdomen as you connect with the sensations within your lower abdomen and smile.

Go up to your tongue and add this awareness to your heart also, connect with your hands, and feet.

You will now have an overall sense starting with your heart of all the other periphery parts such as the tongue, lower abdomen, hands and feet, extend the softness of your smiling heart energy to them all.

As you rest here you will at some stage become aware of body tensions often around the neck, shoulders, upper, and, or, lower back although they could arise anywhere in your body.

Whilst staying focused on the soft quality of feeling that hopefully emanates from your heart, as well as the sensations from the feet, hands, tongue and lower abdomen. Acknowledge the discomfort/pain, tension in these other parts of your body, say to yourself addressing the tension "relax" and soften the area of discomfort and stay there till the tension is either gone or you go into a spontaneous little reverie.

Stay in this place for as long as you are comfortable and end by contemplating a desire to remember and connect to your heart, tongue, lower abdomen, hands, and feet throughout your day.