

4-Resource body grounding to resource yourself before doing inner work, or when stressed

Resource #1: Your body

Taking time to get comfortable...and sensing your first resource: your whole body

Sensing yourself here in the room...the air, the light, the temperature, how that lands in your body

Then as you sense through your body, taking note of any part of it that feels OK now...

Sensing your feet and what they are resting on, your legs, your seat...sensing what you are sitting on and how it is there for you...

Sensing your hands, arms, back, neck, head...

Sensing the whole inner area of your body: your throat...chest...stomach...belly...it's OK to acknowledge anything that doesn't feel good, then taking in anything that does feel OK or even good, how that lands in your now...taking that in as a resource, savoring it, letting it be the ground of your awareness

Resource #2: Nature and the natural world

Next, taking in the resources of the natural world that are here for you...there may be things you can see out of your window...or just imagining what is out there that makes you smile...trees, birds, sun, sky, stars, animals, the ocean, the mountains, your garden...sensing how this lands in your body now...taking time to savor these things as a resource that is there *for you*...

Resource #3: Other people

And next, taking in the resource of other people...thinking of people who make you smile, who inspire you, or love you, or support you...sensing how that sits in you now...savoring the feeling of all the people who are there *for you*...

Resource #4: Spirit

Then sensing any way that spirit, some bigger energy, is there *for you* as a resource...all of these resources ultimately come from that bigger energy, but we can sometimes sense it, itself...if you do sense something bigger now, that is there *for you*, taking time to sense how that lands in you now...

Then take your time to enjoy any sense of spaciousness or peace or contentment that has come from taking in all these resources that are here *for you*...

And if you want to continue to do inner work, when you are ready, you can invite what wants your awareness now...staying aware of these positive resources as a container for whatever comes...

Or if you have a specific issue in mind, you can invite what wants to come about that issue... And, staying aware of the resourced feelings in your body, begin to describe what comes...

2020 Emily Agnew

www.sustainablysensitive.com

with appreciation to Glenn Fleisch, upon whose Wholebody Focusing work this is based