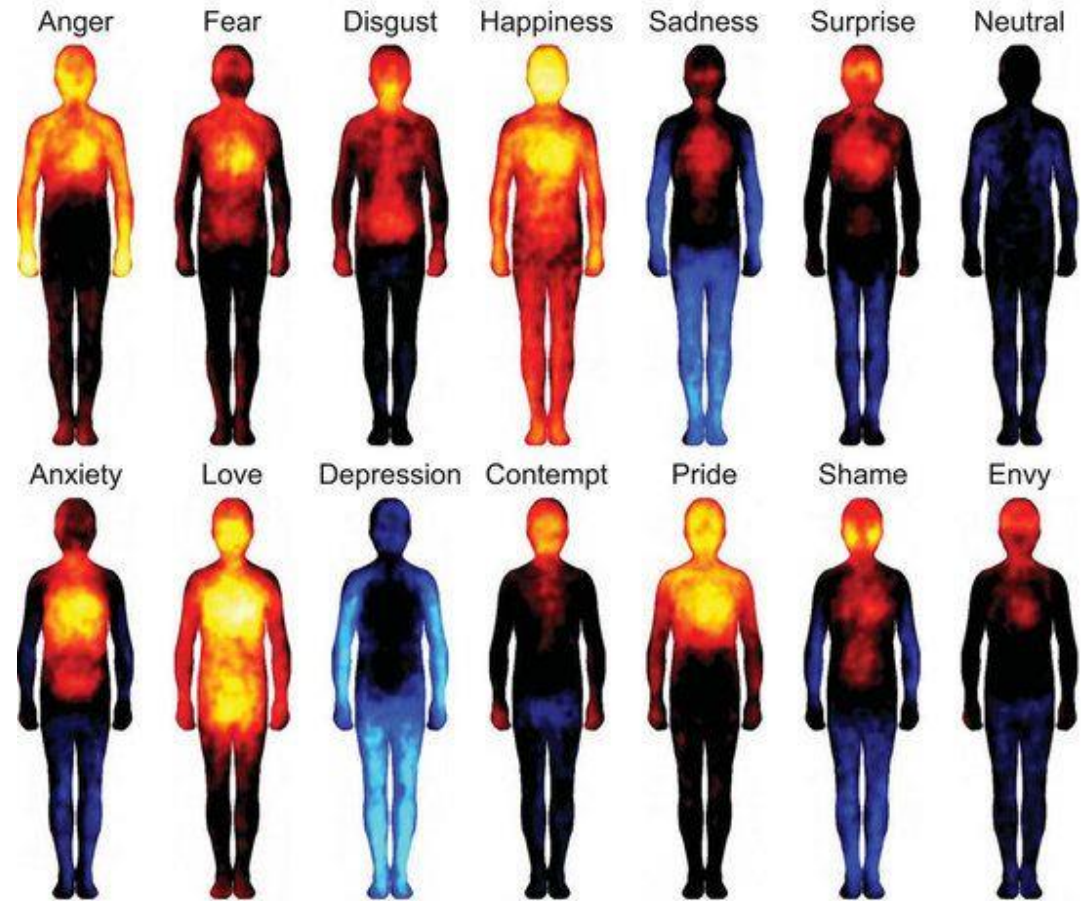
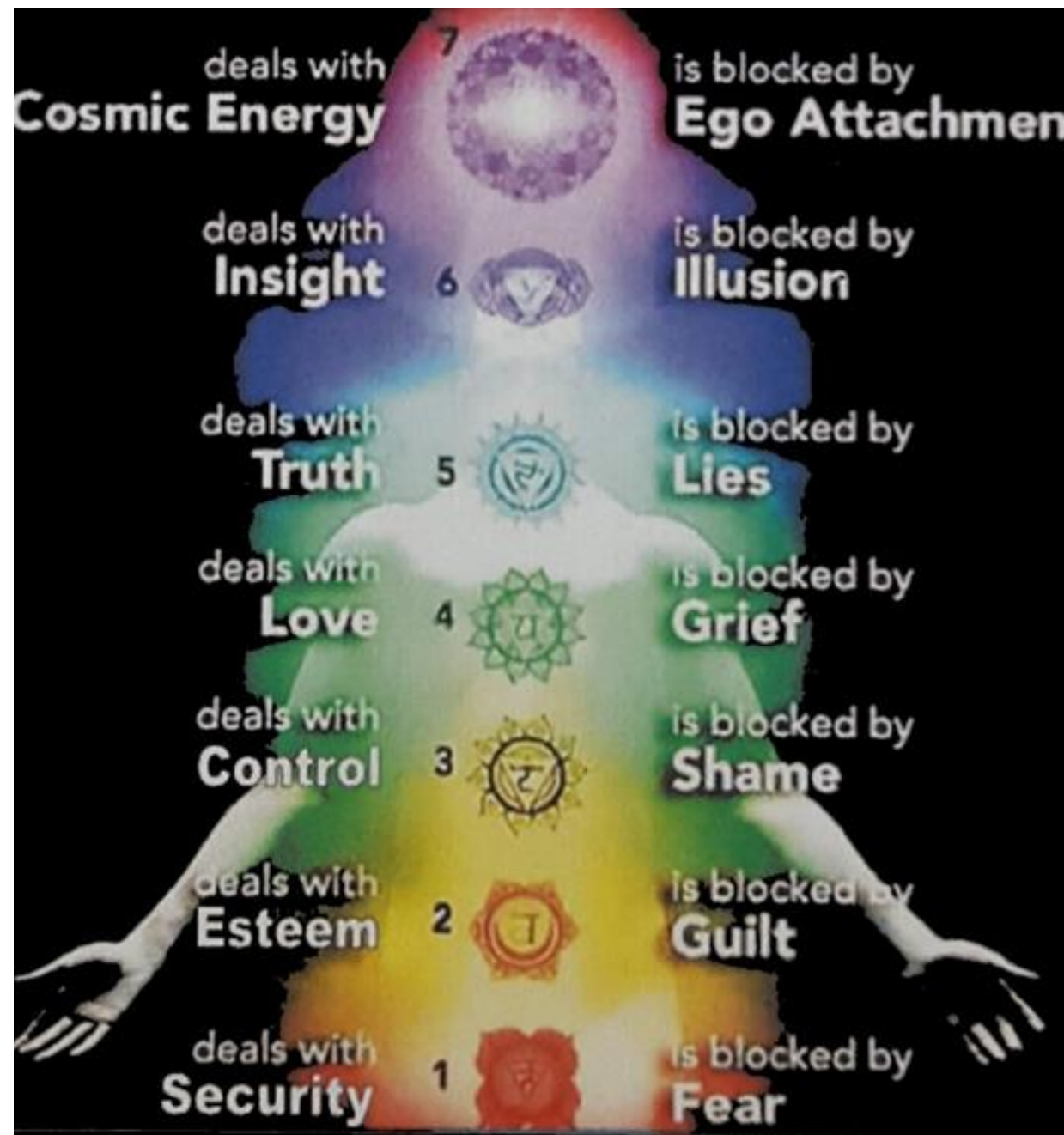


- Cross-cultural study mapping how emotions show up in the body





Wholeness and well-being is a practice

- “what fires together wires together”
- “where attention goes, neurons flow” (and life force)
- Subtle yoga: combines touch, movement, breath, vibrations of voice, affirmation
- We are all localized vibrations of the Divine





Grounding in Gratitude

- Sit comfortably with feet grounded on the floor.
- Expand arms out to the sides with every inhale.
- With every exhale, place hands to a different region of the body and say the associated gratitude phrase:

Inhale	Exhale	Say with Exhale
Arms down by sides of chair	Hands on thighs	I am rooted in gratitude
Arms slightly higher than sides of chair	Hands below the navel	I am balanced in gratitude
Arms just below a T	Hands to solar plexus	I am empowered in gratitude
Arms to a T	Hands to heart	I feel gratitude
Arms just above a T	Hands to throat	I speak gratitude
Arms to a Y	Hands to eyebrows	I see gratitude
Arms above your head	Hands to top of head	I am gratitude

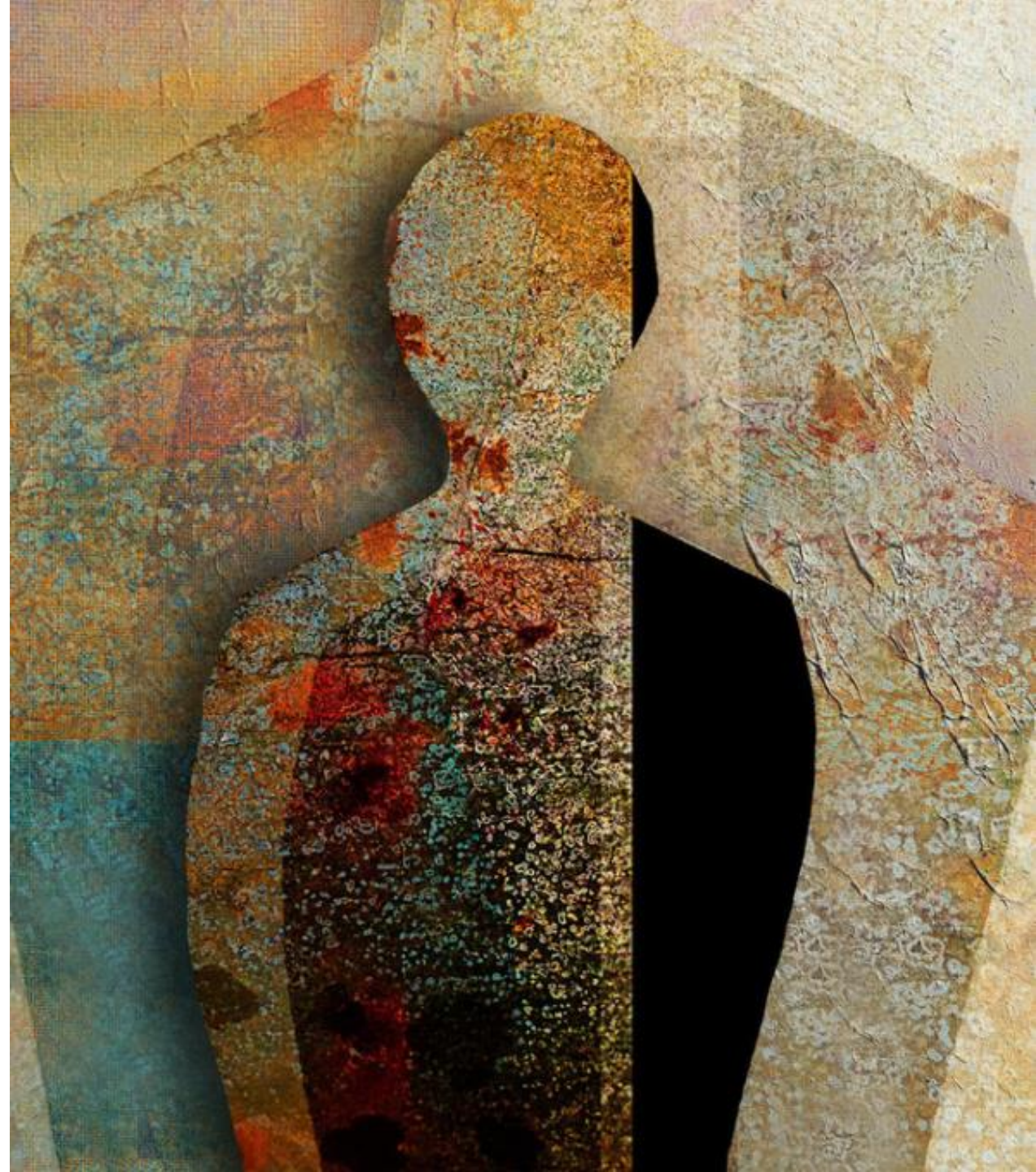
The Welcoming Prayer

Healing the “issues in the tissues”
without story

Feel and sink into what you are experiencing
this moment in your body.

“Welcome” what you are experiencing this
moment in your body as an opportunity to
consent to the Divine Indwelling.

Let go by saying “I let go of my desire for
security, affection, control and embrace this
moment as it is.”



The primacy of the body as the receiver and transformer of all the energies that pass through it



Healing and transformation of negativity & wounds
(second conscious shock)



New and finer energies *and* perceptions



Move and purify stagnant energy and crystallization
(e.g., prostrations, Movements, yoga, dance, walking, housecleaning,
Welcoming Prayer, body work)

Emotions & The Body

Homework

- 1. Posture*
- 2. Welcoming Prayer*
- 3. Self-remember*



*How do I include my body
in my spiritual practice?*

