



Orienting, Stabilizing, & Attuning (OSA)

The purpose of Orienting is to give your nervous system the information that the outside of you, (your environment, the world) is safe.

We can orient through several ways

- Movement
 - Swaying and rocking to bring body to your awareness
- Senses:
 - Visually scan the horizon and all around you 360 degrees
 - Auditory listen for sounds near and far
 - Touch: notice what your body is making contact with (chair, floor, temperature of air, clothing)
- Time & Space
 - Remind yourself of current date and current age (come to NOW on the timeline)
 - Where are you on the planet
 - Use 4 compass directions (east where sun rises, west where sun sets, north and south)
 - Notice that the sun always rises and sets without you having to do anything
 - Notice what is in each direction near and far (backyard, street, city center, mountains, ocean, etc)
 - Notice above you and below you
 - Settle into gravity

Stabilizing is a lifelong practice using the natural world, manmade structures, and/or our own physical bodies

- Is there a bone, muscle, or other part of the body that feels stable
- Could you use a tree, mountain, boulder, or body of water to help you feel stable
- Is there a stable structure that helps you feel stable in your body

Attuning is checking in to notice what sensation your body is experiencing only after orienting and stabilizing

- Notice any qualities of sensation
- It's not important to make meaning here (the why) rather simply to notice and be with sensation in the smallest doable bits
- If the being with the sensation gets too much, back away to something more stable