

## Developing a Caring Relationship with Your Body

(modified by Catherine Weiskopf from, *Rediscovering the Lost Body-Connection Within Christian Spirituality* pg. 37 and 38)

As you close your eyes take a few deep breath and begin to draw your attention inside your body . . . As you focus on your body **notice** if it is carrying any physical discomfort or uncomfortable emotions. Is there anything between you and feeling ok? . It could be hurriedness, anger, nervousness, or simple not being comfortable. Whatever may be between you and feeling ok notice the feeling. If you have more than one discomfort that seems to grab your attention focus on one. . . Notice how this emotion feels in your body. . . For the next minute **Notice** any pain, tightness, heaviness, or any other body sensation that seems to need some attention related to this emotion. . .

Staying inside your body, with this discomfort, this emotion. Now bring your instinct for compassion and affection to your own feelings. . . Instead of ignoring, pushing down or berating this feeling **Nurture it**. If this is difficult begin by remembering an instance of compassion you have shown others or an instance when compassion has been shown to you. It could be as simple as holding a crying child or soothing a scared animal. . . Bring that same sense of compassion to your own discomfort and **nurture** it. . . Acknowledge it, accept it and begin to listen. . . Allow this discomfort in your body, this feeling to speak and tell its story. . . It may speak with words, an image, a memory, or even another feeling. . . Whatever it says listen and receive its story in a non-judging **nurturing** way . . . Receive what comes and honor whatever unfolds for the next few minutes. . .

Now, after you have noticed and nurtured your feelings in your body, take a deep breath and listen once again and sense if there was any change in your feelings or discomfort. Recall how you felt when you began and how your body feels now. . . Recall how it felt to notice and nurture your feelings of discomfort and your emotions. . .

Finally, as we end, take a few moment to notice if it feels like there is unfinished business with this feeling. If you feel the story needs to unfold more, promise this discomfort you will return to it another time.