

MAKING FRIENDS WITH YOUR BODY



1. Finding Comfort:

Start by finding a comfortable position that feels safe and relaxing for you. This could be sitting in a cozy chair, lying down, or even standing. Choose what feels best for you. Find a safe room as well with quiet.

2. Set a Gentle Timer:

Set a timer for three to five minutes.

3. Soft Focus:

Gently close your eyes or find a comfortable spot to look at.

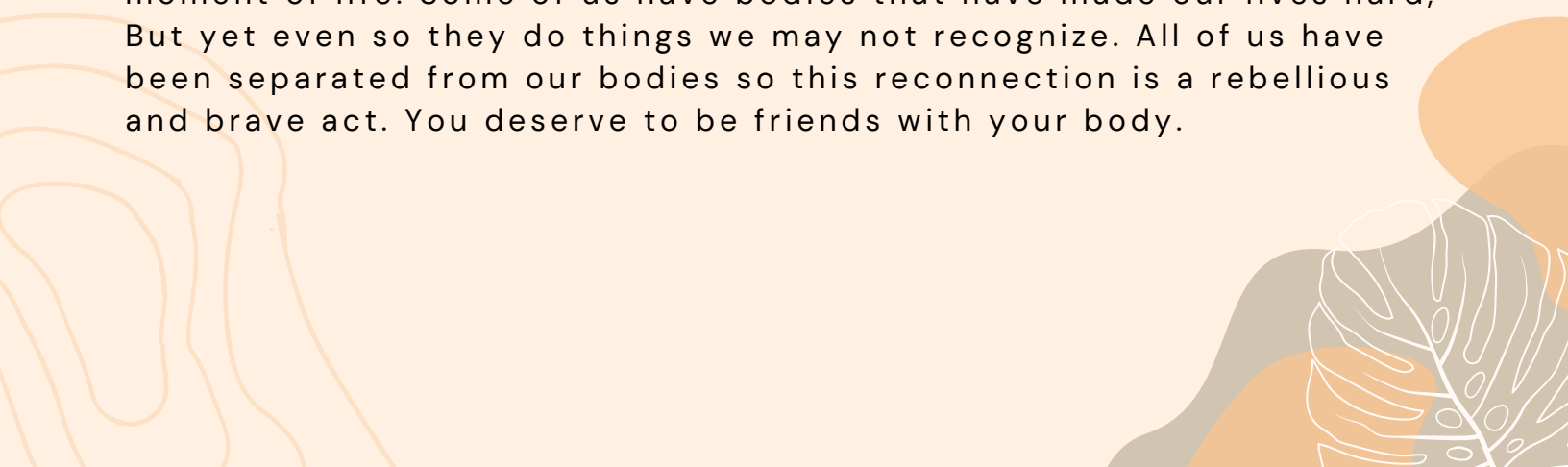
4. Kind Check-In:

Take a moment to kindly check in with yourself as you would a friend you've missed. Ask, "How am I doing or feeling right now?"

5. Awareness on Body Sensations:

Shift your focus to your body. What draws your attention? If you feel pain try to offer some kindness. You can focus on a neutral part of your body without pain if that feels good. Try and adopt a feeling of kindness and openness toward your body like you would a good friend. If you feel the need at any time to open your eyes or stop, that's ok.

6. Your Body as a friend: Your body is your companion in every moment of life. Some of us have bodies that have made our lives hard, But yet even so they do things we may not recognize. All of us have been separated from our bodies so this reconnection is a rebellious and brave act. You deserve to be friends with your body.



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7. Focus on a Comfortable Sensation:

Find a place in your body that feels neutral or comfortable. It might be the feeling of your breath, the sensation in your palms, or the contact of your feet with the ground. Let your attention rest there, noticing any changes or movements.

8. Gently Return When Distracted:

If your mind wanders or gets caught in other thoughts or sensations, gently bring your focus back to that comfortable spot. It's okay if your attention drifts; just kindly guide it back.

9. Celebrate Each Return:

Every time you bring your attention back, acknowledge it as a small victory. It's a moment of reconnecting with yourself and your body. If it strays to pain offer kindness.

10. Reflect and Wish Well:

When your timer signals the end, take a moment to feel thankful for this time you've spent with yourself. If you wish, quietly hope that others find peace and friendship within themselves and their bodies too.

This practice is designed to be a gentle, nurturing experience, allowing you to build a sense of safety and kindness towards yourself. It's a way to create a peaceful space in your day, honoring both your mind and body with compassion and care.

This exercise was inspired and is loosely based on an article I read in tricycle magazine called Making Friends with Yourself

By Kate Johnson