



Sample Sensations



Begin touching your own skin, perhaps starting with your face, lips, or neck, and feel into the sensations that arise.

Speak your sensations and where you feel them out loud.

Slowly move throughout the rest of your body doing this practice.

Sample Sensations:

Heaviness
Expansiveness
Warmth
Champaign bubbles
Tingles
Numbness
Coolness
Vibration
Openness
Relaxation
Tightness
Movement
Rain drops
Warm honey spreading
Aliveness
Liquid flow
Energetic movement
Chills

