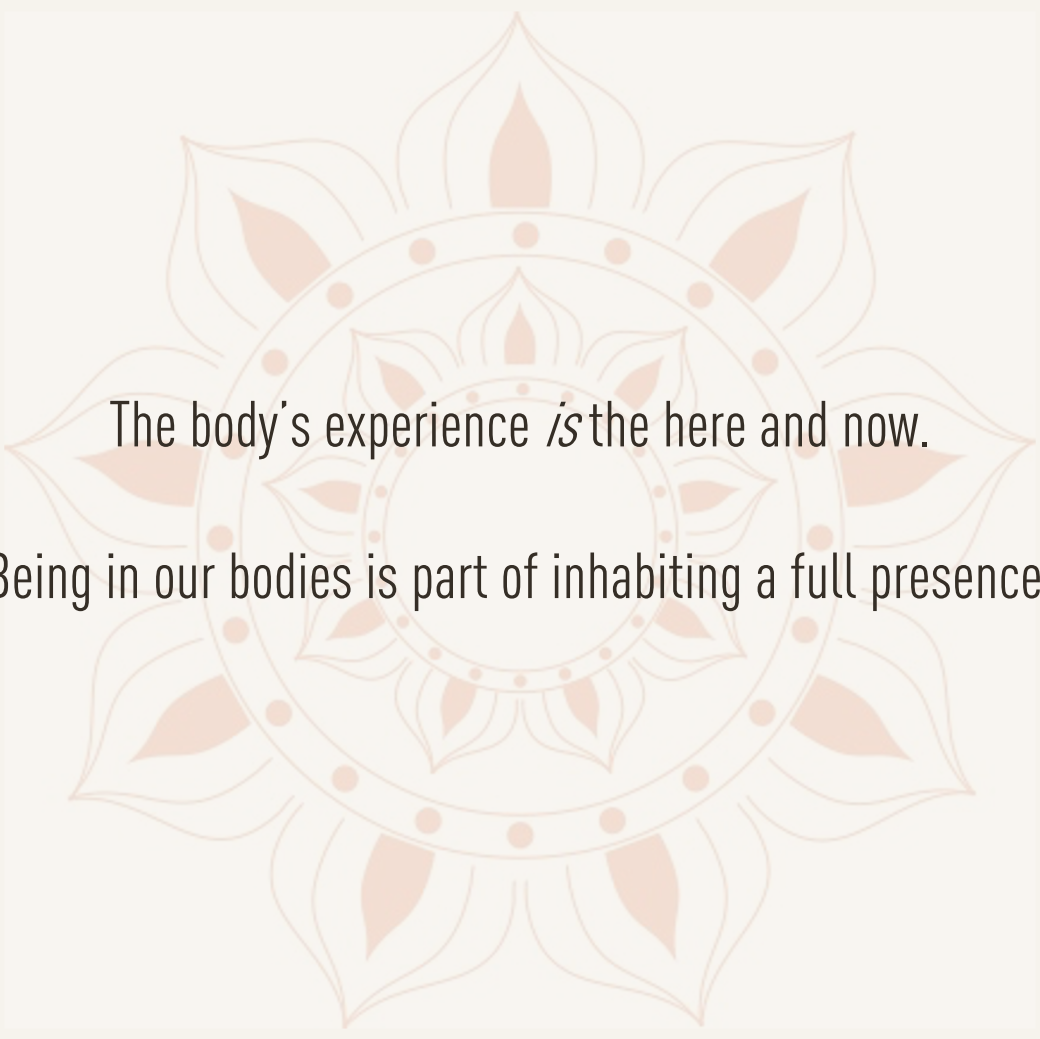


SESSION 2

Mindfulness of the Body: Reconnecting

Why is it so important to connect
with our bodies?



The body's experience *is* the here and now.
Being in our bodies is part of inhabiting a full presence.

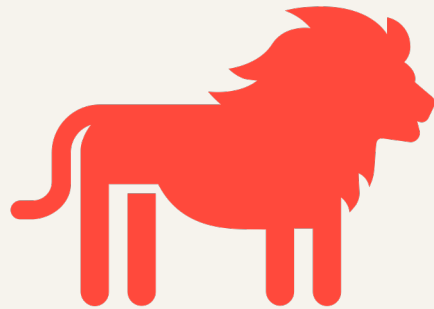


The domain of the body is an energetic substrata of all the other foundations of mindfulness – feelings, thoughts, and experiences.

These all arise through our physical senses of touch, sight, sound, taste, etc.

Why is it so challenging to stay
connected to our bodies?

evolutionary conditioning



Our survival instinct is to control things.

We relied on cognitive function, not physical prowess, to keep us safe.

We still take refuge in our mental control tower when we feel out of control.

human conditioning





Crown
Great White Light

Third Eye
Intuition / Wisdom

Throat
Communication / Expression

Heart
Love, warmth, connection

Solar plexus
Authentic power

Sacral
Creation

Root
Security

- Culture
- Technology
- Patriarchal religions

Tools for embodiment and
re-connecting with our bodies.

Breath



Sounds /
sensory

