

## Getting a felt sense – something love / dislike

Take a moment to come into your body by noticing your breathing. Just notice the breath going in and out....Allow your attention to sink down into your body, like water sinking into the earth.

Now bring to mind something that you would really like to be doing right now.. .... your favourite thing that you do just for you ... .... Bring to mind all about that particular thing... get a sense of what you see when you are doing it... what you hear... feel.... smell... ..

### Notice your body's reaction

Notice what physically happens...

Notice the body feel of that thing..... your sensations... the feeling quality... is it heavy or light.... Warm or cool... bubbly or still..... smooth... lumpy

Take some time to be with that... ..

Take some time to notice how you would describe what you're sensing... the description might be an image, a sound, and an emotion, a gesture a texture or body sensation... Just take your time and notice what comes to you.

Now lets imagine setting all that aside ... .. and

Bring to mind something that irritates or annoys you... just pick a small thing.. don't go with anything that might be too distressing... Bring to mind all about that particular thing... get a sense of what you see when you are doing it... what you hear... feel.... smell... ..

### Notice your body's reaction

Notice what physically happens

The body feel of that person.... your sensations... the feeling quality... is it heavy or light.... Warm or cool... bubbly or still..... smooth... lumpy

*## Be gentle with yourself – if you find that your body's response is too intense then allow yourself to put this aside. However, if its ok ... take some time to be with that... ..*

You might also notice if there is a word an image, a sound, an emotion, a gesture.... Which seems to capture the whole of how that is for you....

Now lets imagine setting all that aside... .. and now.... ..let your mind bring back the thing you really like to do .....

Spend some time with it... notice how it is now in your body... is the same as the first time you sensed it... or has something changed?

Acknowledging anything, which feels unfinished and noticing if there is anything that you might like to invite to stay with you.

Bring your awareness back into the room in your own time.

**(Adapted from Jane Quayle 2013)**