

30 Days of Love: Embodiment Body Practice

Hi, I'm Leika Lewis-Cornwell and I use they and she pronouns. A quick note as we begin; the music for this body practice is also posted for download. If you're deaf, hard of hearing, or sensory-seeking, I invite you to download the file so you can experience the music at closer range.

I welcome you into this space of holy connection and sacred curiosity we co-create together, even across the miles and digital connections. Will you join me in wondering, in wonder, about being? The many things that word means for the ways we live and move in our bodies. We have many ways of inhabiting our spaces and this time we share; please participate in this practice in ways that feel true and safe for you. All of who and how you are is sacred and welcome in community. You can do this practice alone or with a dear one!

What emotions do you bring into this space and how do they feel in your body? Welcome them, whatever they are, as they offer you connections to your deepest self.

What sensations do you feel? Perhaps you notice the air moving across your skin, or the air moving in and out of your lungs as you breathe. Maybe you feel warm, or cold.

Welcome the sensations around you. Touch part of your body with another part of your body offering love and intention to this funny flesh suit that has carried you through so many adventures.

Send love to the parts of you that are hard and soft, those that move easily and those that are settled in their places. Send extra gentle love to places that may hurt or feel tired. Send laughing love to places that may feel wiggly. Send supportive love to the parts that feel tender.

We're going to pause a moment to add some music. Stay in your body. Experience the music for a moment, just noticing the sensations you feel. [pause]

Now add a tiny movement. That could be moving your eyes, scrunching your nose, wiggling the tip of a finger. [pause]

Add a little more movement. Switch to moving a different body part, or add a second one. How do these small movements feel in your body? [pause]

Now add some joyful movement, moving with the beat or in counterpoint. Notice what's happening in your body. What makes you feel silly? What makes you feel happy? What movements make you feel safe or comforted?

Finally, try a movement that you can carry through the rest of today or into tomorrow to remind you to be present in your body and with the moments that call your attention. You might choose fluttering your fingers, tapping a knee, taking an extra-deep breath, or anything else that will give you a moment to pause in invitation to come back home to yourself. I wish you joy and rest in the spaces that nurture you. Be well.