

Task by Monica Gillette

This introduction is an invitation to become aware of the thinking and processing in your body, to pay attention to your felt experience. I encourage you to shift into listening to your body as you read.

I

Let's start with your breath. As it flows in and out, notice what might give it more ease. More space. How can your breath guide you to notice what your body wants to tell you?

Perhaps you need to change your position, find a new way to place yourself.

Take the time to feel your breath throughout your body. Its expansion and spread.

Now I would like to guide you to a specific sensation you may be able to feel in your body.

A sensation that alerts you. A sensation that tells you when something is not right.

Where do you feel the alarm bells, the quake, the buzzing in your body when you feel something unjust?

Is it in your chest? Your belly? Does your heartbeat go faster? Do your cheeks burn?

When you feel that body radar, that internal signal telling you something is not right, what do you do?

Do you try to ignore it? Push it aside to "other-people's-problems"?

Or do you try to stay with it? Use it?

Go there. Go there now. That place in your body that alerts you.

Could some vitality come from the discomfort?

Listen to its vibration. Sense it.

Does it tremble? Quake? Buzz?

Can you tune into its frequency and allow it to grow, gradually spreading it throughout your body?

Can it bring you into movement?

Can you increase its physicality and imprint it in the space around you?

Can you take it up a notch? Can you rock the boat?

In what world would you feel free to let this vibration exist in its fullness?

For the quake beneath your skin to be your new compass? To guide you to next.

II

What do you do with the alertness now? Can this new body compass reach beyond you?

Can it vibrate outwards in the form of little antennae?

Reaching, extending and curving into new formations.

Hypersensitive antennae that intuitively find their counterparts – the other squashed antennae, whose internal dances are being newly seen.

Where are your antennae now? Who are they embracing?

At what frequency are they vibrating, pulsing, breathing now?

Can their sensitive tips inscribe new stories?

To whom are your antennae guiding you to?

Can they weave a new web?

A new web, a new community of listeners, pulsing on the in-between, the nonverbal.

This new web vibrates and contorts, flutters and reconfigures.

A collection of frequencies pulsing out its own radio signal. A program of emotions telling of secret celebrations and unspoken values.

They know how to self-regulate, adapting to a cry across the way or to a belly laugh that couldn't be contained, amplified purely on its own joyous vibration.

Can you hear it? With the hair of your skin?

Like little highways running through your body and beyond. Nourished by the collective pulse, fed with ingredients of instincts.

Instincts that know how to slow down when the rhythm gets off and how to recalibrate and tune to the breath of the person in need.

