

Feeling the 16 Guidelines in your body

The following exercise is an invitation to explore the important quality of one of the 16 Guidelines by looking at the unique way we each experience it in our body.

With whichever of the Guidelines you have chosen, gently, with kindness and curiosity, follow the flow below.

Take a gentle breath, relax your shoulders, and take a few moments to experience the sensation of _____. Bring to mind a situation where you experienced an occasion of _____.

Focus your attention as strongly and clearly as you can, not on the circumstances in which _____ arose, but on the felt quality of _____ itself.

Re-live deeply the taste of this _____. Experience it as strongly as you can. Then while maintaining the experience of _____, begin to explore where it might be located in your body.

Be relaxed and open. (pause a little)

Simply allow your intuition to direct you to the area of your body that seems to hold this sense of _____ most strongly.

If there seems to be more than one place, ask where to focus first.

Trust your intuitive answer. (pause a little)

Once you've placed your attention on one particular area of your body, ask this sense of _____ to show itself to you. To present itself to your mind as a symbol, a colour, sensation, sounds or words.

The following questions may help.

Is the sense of _____ located close to the surface of your body or is it deep inside?

What size is it? Is it large or small?

What shape is it? Is it flat or three dimensional? Does this sense of _____ have a colour? If so, is it one colour or many colours?

Is it light? or dark? Is it transparent or opaque?

Does this sense of _____ have texture and density? Is it solid, hard, spongy or liquid? If it were made of something, what material would that be?

How old is this sense of _____? Is it young or ancient?

What was the purpose that the sense of _____ was first put in your body?

What job does it do in your life?

Is it doing that job well? Or does it need something from you to do the job better? If so, what might that be?

If the sense of _____ seems old or ancient, what wisdom does it have that can help you?

Are you willing for this inner sense of _____ to transform or grow in any way?

If you're not, let that be okay...

Be gentle with yourself and trust that your mind has done its work, that all is well.

Simply recognising and being aware of your capacity for _____ will begin a process of change.

Now, gently move your attention away from this dialogue with your inner sense of _____ and give yourself permission to let go and relax.

The more we are able to develop our capacity for _____ towards ourselves and the people and other living creatures around us, the easier it will be to build the warm, stable and loving relationships that we all depend on for our happiness and wellbeing.

If helpful, you are invited to record whatever images it brings up using paper, pens and paints.

May the practice of _____ enrich our lives and the lives of those around us.