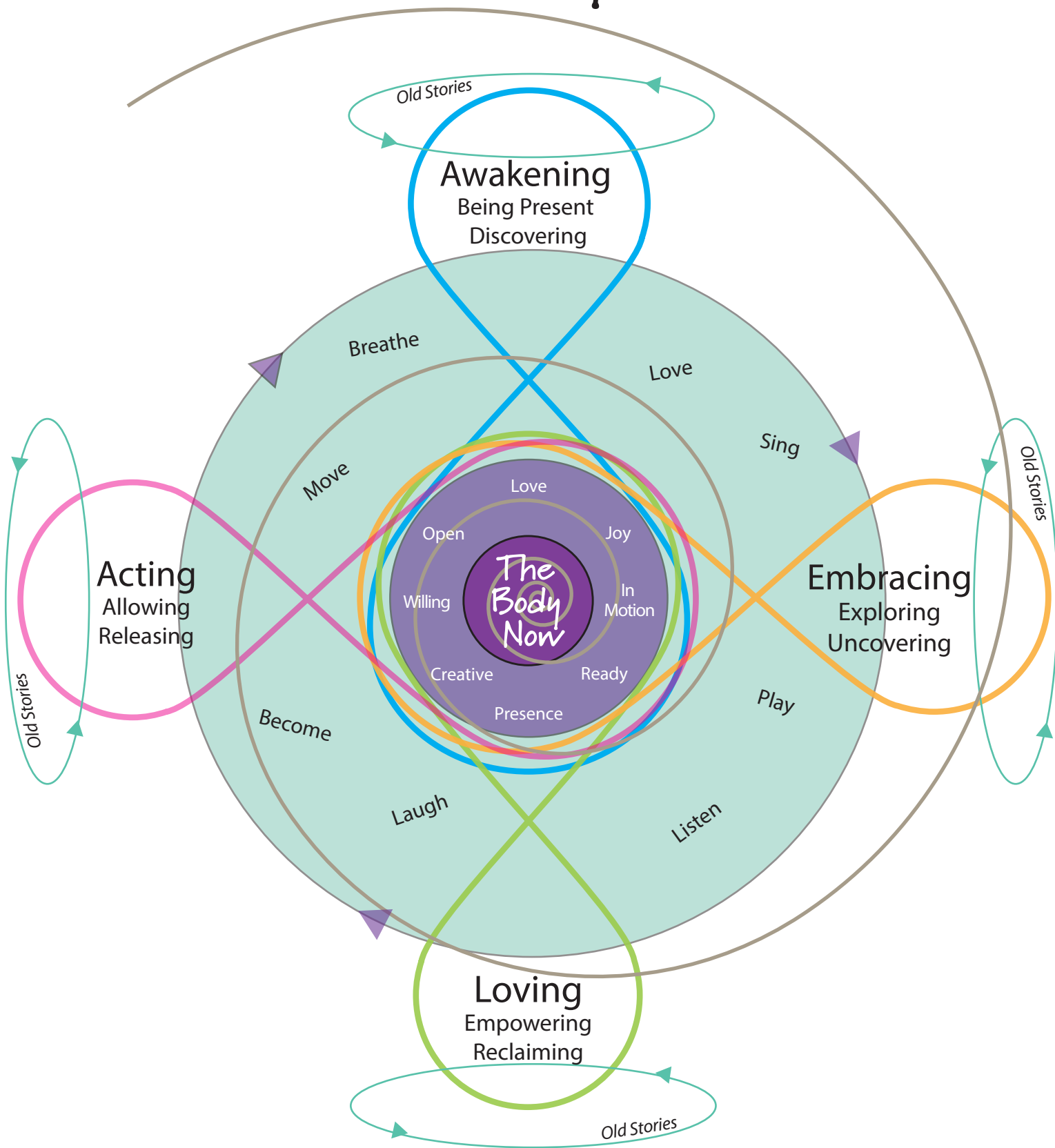


# Spiraling Into The Body Now



# "The Body Now" Mandala

## Awakening, Being Present, Discovering

### Affirmation:

I am ready to awaken to the experience of me in my body.

Coming into relationship with our body in the beginning of the journey home to our authentic selves. It is the bridge to remembering all that we have always known.

Our life energy radiates from the inside out, and our body is the carrier of that life force.

### What am I noticing right now in this moment in my body?

*Try scanning your body for sensations, or vibrations.*

*Notice how and where you are breathing in this moment.*

*Notice how you are feeling right now - joyful, sad, mad, scared - and let that energy just flow freely through your body. Try asking "How am I experiencing this in my body right now?"*

*Shine the light of discovery into all of your "nooks and crannies," maybe someplace you have never looked before.*

*Visualize turning on your bright inner lights, so you can establish a relationship to all of your perceptions.*

*Notice what you are organizing your body around right now - joy, pain, stress, ease? Where do you feel that in your body?*

*Try turning your curiosity on and feel your flexibility kick in? Ask your body what it wants you to know.*

*Notice how you feel as you get more and more present in your authentic body and appreciate yourself for stepping into discovery.*

# "The Body Now" Mandala

## Embracing, Exploring, Uncovering

### Affirmation:

I am ready to embrace my awareness of my body and deepen into my journey of uncovering.

Embracing is taking all the energy generated by waking up and using that energy to witness yourself with curiosity; using that energy to uncover wonderful parts of yourself that might need loving or need more good attention.

As we explore ourselves more openly, we begin to create spontaneous new beginnings with ourselves and with others.

Exploring unconditionally allows us to let go of control and feel the freedom of being in the moment in our bodies.

### **How is my body responding to this experience in this moment?**

*Am I getting tight anywhere or releasing anywhere or staying neutral?*

*Try asking your heart what it is telling you right now. What sound does it want to make?*

*Notice where, in your body, you love this moment or where you are resisting or turning away from this moment. Just notice and explore. Follow the response your body is having and see where it takes you.*

*Try moving around in the space a little more and see what this may uncover - letting your awareness and your embracing dance.*

*Notice how it feels to sustain good attention to the body and then appreciate yourself for being willing to explore.*

# "The Body Now" Mandala

## Loving, Empowering, Reclaiming

### Affirmation:

I am ready to align my body with what I know in my heart and find my fully embodied "Yes" to loving myself and manifesting my sacred gifts.

The act of loving ourselves unconditionally brings us home to ourselves and instantly expands our capacity to give love and to receive love.

Willingly reclaiming our lost pieces restores our wholeness, which deepens our knowing of our own empowerment.

Finding an openness to both receiving and giving allows the circle to complete itself: the looping out to love others and the looping in to love ourselves and to also receive the love of others that is there for us.

### **How is my body experiencing loving and accepting myself right now?**

*Notice how your fluids are moving. Are there any places where you can make more space for them to flow through?*

*Notice how your body is responding to being seen by others - and to seeing them. Play with the space between yourself and others, allowing your own responses to be exactly what they want to be.*

*Try letting your body move the story it wants to move freely and with ease.*

*Notice if new ways of moving and playing and seeing are showing up in your body.*

*Tune in to the joy in your soul right now and appreciate yourself for opening up to the never-ending stream of well being that is always flowing into our bodies.*

## "The Body Now" Mandala Acting, Allowing, Releasing

### Affirmation:

I am ready to align with my essence and move with ease and joy in my life while manifesting my sacred gifts.

The exciting news here is that we can re-pattern our brain into new possibilities with simple loving action steps. The brain loves spontaneity, new possibilities, change, and evolution.

Because we have moved into loving, we are ready to be seen by others in our authentic selves, and being seen is one key to manifesting.

Innate in our commitment to action is the beautiful paradox of letting go of outcome and releasing the way and the timing to the universe.

**How does my body feel and move and breathe in response to my readiness to manifest?**

Play with breathing and releasing into the experience your body is having right now and accepting that experience as the starting point.

Notice how long you can sustain unconditional loving attention to yourself.

Try moving in ways that please you and nourish you, creating a body experience of moving in alignment with your essence.

Experiment with some new fun ways of moving and playing in your body, planting new seeds of possibility.

Try a little dance of joy, feel the love surge in, and appreciate yourself for showing up in your own life and committing to manifesting your own true story. The great and beautiful sea of all living beings thanks you.

## Spiraling Into "The Body Now"

Our model for moving into joy and self-love is a four-step mandala of healing, called "The Body Now." (See illustration.) It is an improvisational movement-based journey to our essence that is an ongoing process of evolving with ease and love. Once you get started on the mandala, you just keep spiraling into more and more embodied joy. There is no beginning or end. You can enter at any point on the circle and have an immediate new beginning. The magic is in the willingness to make the first move, to actually step into well-being - being well. The brain will quickly rewire your system for this new choice and then keep rewiring as you continue to make new choices that move you deeper into your own authentic story.

Spontaneous expression of any kind will send you back into your limitless "Yes" reality. Just choose any of the activities listed below, which were generated by workshop participants, or add your favorite activity and go for it. It only takes the first step or even a small gesture in your body and your brain will take you the rest of the way home. Just drop into your body in your favorite way and move yourself into ease and joy.

The exciting thing about getting moving is that you can just spiral right to the middle of the "The Body Now" mandala and you are

home without doing any processing, changing your past, analyzing, suffering, or fixing of yourself.

This list is just a beginning of some of the ways we can keep moving. You can add your own and keep adding new ones every week as you discover new fun ways to get in your body.

The key is: **Express, Express, Express!**

### **Move and Sound and Breathe**

This is the catch all for those of you who don't want any specific directions, and it is a fast track into the center of the mandala. Just start moving around any way you want and make any sound that comes out of your knowing body and the breath will follow. Music that you love can help you get started. You are guaranteed to be fully in "The Body Now" within 10 minutes of moving and sounding, with an added bonus of a fresh and open perspective on everything.

### **Breathe**

Into Your Feet

From your Belly

All the way out and find Your Reflex Breath

### **Move**

Improvisational Dance

Move any way you want, letting your body lead.

Move from your bones, your heart, your breath, your fluids, your organs, your feet, or just follow your thumb around the room.

Just be you, moving around the room, enjoying yourself.

Drop into a dreamy space and float around in your dreams.

Dance with your fluids or commune with the stars.

Be a ballerina, a hip hop dude or 'dudette,' a rock-out disco diva, a creative movement genius, a jazz extremist, or an African ritual dancer

Go to "Dancing Our Way Home" for hundreds of ways to improvise and play in movement.\*

## Exercise

Walk anywhere

Walk in Nature

Walk Fast

Walk Slow

Take a Long Hike

Play with a Hula Hoop

Bike

Swim

Climb

Run Up and Down the Stairs

Workout at Home

Go to the Gym and Workout

Go for a Run

Go Rollerblading, Ice skating, Roller Skating

Throw or Kick a Ball

Swing on a Swing

Play Tag

Just Run Around (My grand daughter's favorite thing.)

### **Lay on the Earth**

Listen to the Sounds of the Earth and gently move those sounds

### **Hug Yourself**

Gently rub your arms and legs and chest and back,  
feeling the edges of your body

Ask someone to Hold You

Ask someone to Rock You

### **Vocalize**

Sing a Song

Make whatever sounds come bubbling up, sustained tones, staccato sounds, high or low sounds, animal or nature sounds, etc.

Chant - Pick a phrase to repeat over and over and let your  
body respond in movement

**Feel your Feelings**

Reveal/Share your Feelings while moving any way your body  
decides to move.

Listen Consciously to Yourself or a Friend

**Turn Your Attention Towards Yourself**

See an Open Space for Yourself and move into it

Turn Your Attention Towards Your Heart

Be Grateful for One Thing

**Appreciate Yourself or Appreciate Someone Else**

See "Appreciations" in Supplements in the back of this book

**Laugh and Laugh**

**Go to Your Special Place and Find Silence**

**Write in Your Journal**

Change the position of your body often as you write

**Meditate** (See "Morning Practices" below for explanation.)

Improvised

Chanting/Sounding

Walking

Standing

Lying

Sitting / Listening Widely

**Get a Snack**

**Take a Nap**

**Create Something**

Paint a Rock

Wrap a Rock with Colored String

Draw, Doodle, Scribble

Sculpt

Cut and Glue

Make a Collage

Paper Beads, Paint, Found Objects, Words,

Magazine Images

Paint a Picture

Play with Beads

**Ongoing Paths:**

Build Something, Like a Boat or a Musical Instrument

Be in A Performance

Take a Movement or Dance Class

Take a Drawing or Painting or Beading Class

Take a Drumming Class

Join a Nature Walk or Hiking Group

Join an Exercise Class

\*Excerpted From: *The Body Now, Birthing the "Yes" Collective,*  
*Alana Shaw*

## Morning Practices

Finding a "Body Now" morning practice that fits for you, one where you tune in consciously every day to loving yourself is another direct path to wholeness and joy. I find I use different ones on different days, but still have my favorites, like "Never Ending Gratitude." These practices can be used any time of the day to return to your body and to return to love. Try them out and see which ones resonate for you.

Never Ending Gratitude

Rocking In the Arms of Love

A Sweet Little Dance of Joy

Body Sensations

Turn Towards Your Heart

Humming Into Your Heart

Take a Sunrise Walk

Meditation

Improvised Meditation

Walking Meditation:

Standing Meditation

Lying Down

Breathing into Your Chi/Stardust blessing

Co-creating with the Beloved

Out Loud Praise for the Earth

Write a "Song of Praise"

## Wonder Questions

A sense of wonder is truly magic, connecting us into childlike enchantment and anticipation. New beautiful perceptions and fresh opportunities will spontaneously emerge. New dendrites and synapses will form in your brain.

Here are some ideas to get you started.

I wonder what my body is telling me?

I wonder what needs loving in me?

I wonder what I want right now?

I wonder what my heart is telling me right now?

I wonder what I am feeling right now?

I wonder what I am organizing my thoughts around right now?

I wonder what I want to turn towards?

I wonder what is motivating me right now?

I wonder what part of me is in charge right now?

I wonder if this is something I have done before?

I wonder if this is something I have felt before?

I wonder what would feel good to me right now?

I wonder what I am making up right now?

I wonder who I am loving right now?

I wonder who is loving me right now?

Add your Own!

## A Sample Song of Praise

My name is Alana. I am the daughter of Helen Leora, the grand daughter of Ruby Kincaid, and the great grand daughter of Lena Browning. I am the Mother of Matthew, Andrea, Cassandra, Norah, Lucas, Aaron, and Morgan. I am the grandmother of Tobias, Jayda, Lila, Elias, Benjamin, Margaret, Caitlin, and Sage.

I sing my love and gratitude to the earth: to the waters, to the trees, to the birds and the winds, to the warmth of the sun and the wisdom of the moon.

I sound my deep spirit story and send blessings to my children and their children as they stand in their truth and reach for new ways to live and love together.

I thank my body for giving me health and serving me in my work, bringing me lots of good energy, and strength.

I praise my essence, which guides me in tenderness to manifest my authentic self and live my own soul's journey.

I praise my beating heart and send love to all the children of the earth.

I praise my unique contribution, which I will happily bring to everyone who wants to dance and laugh and play and live in joy with me.

I call in my ancestors today, and ask, with gratitude, for guidance in stepping more fully and courageously into myself, and showing up 100% in every moment.

## A Song of Praise

### For this Morning

My name is \_\_\_\_\_. I am the daughter of \_\_\_\_\_ and  
the grand daughter of \_\_\_\_\_ and the great grand daughter  
of \_\_\_\_\_.

I sing my love and gratitude to the earth: to the waters,  
to the.....

I sound my deep spirit story and send blessings to .....

I thank my body for giving me .....

I praise my essence, (describe here) .....

I praise my unique contribution, (describe here) .....

I praise my beating heart and send love to .....

I call in my (*Parent, Grandparent, Ancestor, Teacher or....*) today, and  
ask, with gratitude, for guidance around .....

## A Song of Praise

### For this Morning

My name is \_\_\_\_\_. I am the son of \_\_\_\_\_ and the  
grand son of \_\_\_\_\_ and the great grand son of  
\_\_\_\_\_.

I sing my love and gratitude to the earth: to the waters,  
to the .....

I sound my deep spirit story and send blessings to .....

I thank my body for giving me .....

I praise my essence, (describe here) .....

I praise my unique contribution, (describe here) .....

I praise my beating heart and send love to .....

I call in my *(Parent, Grandparent, Ancestor, Teacher)* today,  
and ask, with gratitude, for guidance around .....

## A Song of Praise

### For this Morning

My name is \_\_\_\_\_. I am the child of \_\_\_\_\_  
\_\_\_\_\_ and the grand child of \_\_\_\_\_  
and the great grand child of \_\_\_\_\_.

I sing my love and gratitude to the earth: to the waters,  
to the .....

I sound my deep spirit story and send blessings to .....

I thank my body for giving me .....

I praise my essence, (describe here) .....

I praise my unique contribution, (describe here) .....

I praise my beating heart and send love to .....

I call in my (*Parent, Grandparent, Ancestor, Teacher or...*) today, and  
ask, with gratitude, for guidance around .....

## Four Steps to a Positive Brain Using the Mandala

### 1. Awareness

Notice a positive experience - like the sunset of flowers or night stars or create one - like gratitude, or an accomplishment  
**and pause.**

### 2. Embracing

Deepen into that experience for 15 - 20 seconds.  
Notice how it feels in your body.  
Notice where you feel it in your body?  
Let this feeling expand through your whole body - into your fluids and your bones.

### 3. Loving

Love this awareness and expand and embellish it as it sinks even more deeply into your body, letting it fully land.  
Feel it soothing your whole body - moving around and calming and loving you, as you love you.

### 4. Acting

Notice how good you are feeling.  
Move into the open space created by this feeling and see what seeds you might plant.

This experience is now a resource for you when you drop down into a negative pattern that wants your attention. Call up a positive experience that you have focused on and allow this strong positive energy to sift gently down into the negative story, loosening it up.

## Appreciations

*The tender words we say to one another  
Are stored in the secret heart of heaven.*

Appreciations are the basic building blocks for a good life on every level all the time. Just increasing the number of appreciations we think and speak to ourselves and each other each day is all the spiritual practice we would ever need to become a fully evolved human being.

Here are some questions you could ask yourself to stimulate appreciations.

### **For Self:**

What am I grateful for about the earth, the sky, the animals, the waters, the winds, the trees ...?

What do I appreciate about my body, my brain, my health, my energy, my essence ...?

What do I appreciate about my house, my children, my partner, my work, my dreams ...?

What do I appreciate about my skills, my gifts, my knowledge ...?

What do I appreciate about my creativity, the way I dress, the way I create my living space ...?

### **For Others:**

What could you appreciate about this person right in this moment?

What is particularly wonderful, amazing, or awesome about this person?

What is unique about this person's contribution to the world?

How does this person show up in my life, in community, in groups?

What strengths do I notice about this person?

How does this person help me or others?

What is unusual or interesting about how this person uses their creativity?

How has this person said yes to me?

What makes me happy when I am around this person?

How does this person give me attention?

What are ways this person always shows up?

What agreements do this person always keeps?

What amazing things has this person already done in their life?

What have I learned from this person?

How has this person supported you in your journey??

How does this person manage change or challenges?

How does this person relate to spirit?

**Some Appreciation Sentence Stems:**

I love the way I/ you ...

I love how I / you ...

I notice I/ you...

Thank you for ...

I am grateful that ...

I see my/ your ...

I appreciate that you have ...

I appreciate your

I am amazed at ...

I consistently see ...

**Look for New Ways - Shine a light!!**

## Conscious Listening

### Commitment is to Getting Inside the Speaker's Experience

#### Ask Questions:

Tune in to speakers experience and draw them out  
as much as they are comfortable

*Tell me more about that.*

*What are you experiencing in your body?*

*Is there anything specific that this is related to?*

*Do you want to talk about that some more?*

*What interests you most about that?*

#### Listening for Accuracy:

Listen for the meaning in what the speaker is saying.

Repeat or reflect back what you hear.

#### Listening for Empathy:

Listen under the words to appreciate the speakers' point of view.

#### Listening for Mutual Creativity:

After successfully replicating and recreating what the speaker  
is saying, you can stand with the speaker and begin to invent new  
ways of relating to the situation, problem, or person.

## Conscious Listening Examples of Listening Filters to Notice

*Listening to Fix*

Problem solving the content

*Listening to Find Fault*

You haven't really...

*Listening to Rebut*

I don't really believe....

*Listening to Minimize*

You don't seem....

*Listening to Compare*

What about me?

*Listening to Avoid Conflict*

*Listening to Be Right*

*Listening to Hear Whether I Am Liked*

*Listening to Defend*

*Listening for:*

Criticism

Rejection

Abandonment

Approval

## **Movement Takes Us Home To Our Own True Story**

The body is our most fundamental mechanism of change. Our bodies tell the truth about self (and others) if we listen.

Movement takes us directly to joy. Twenty minutes of moving elevates the Nitric Oxide levels in the body for 24 hours. Nitric Oxide is the uber-transmitter in the body, releasing Beta-endorphins, Prolactin, Oxytocin, Serotonin, and Dopamine; all feel good allies in the body.

Movement prompts new neuron growth, increases brain mass and enhances cognitive processing.

All of life is about getting present and then more present, following our bodies into living a life of: "What wants to happen now?"

We are a liquid system, meant to be moving all the time. Like water, we need to flow.

Moving the body opens our hearts and helps us grow our capacity for feeling ease and flow. It is not possible to stay closed and move.

Movement takes us to our authentic self, expresses our unique essence, and helps us become more fully ourselves.

Life is a series of improvisations. Movement, breath, and sound all develop our ability to respond in the moment - to live more fully in the endless joy and love of the NOW.

We enter the stream of well-being - move into an easeful streaming feeling of well-being in the body which connects us to each other and the universe - the whole molecular, energetic, spacious, always moving field.

Movement restores the rhythm of our bones - which restores our health and balance.

Movement opens up new possibilities, revealing our particular contribution in the moment. Every one of those moments is and incredible opportunity for life to unfold.

When moving, we use every single part of our brain - it all lights up. We activate the whole neurological system.

## **Movement Takes Us Home To Our Own True Story**

Retrieving and embracing those lost movements At the age of 6 months, we have an average of 3000 recordable movements. By the time we enter preschool we are down to 300.

magically opens and expands our creative thinking and our ability to generate choices and options at any age.

By spurring the release of a chemical (BDNF), which stimulates the formation of new neurons in the hippocampus, exercise slashes your lifetime risk of Alzheimer's in half and your risk of general dementia by 60%. The hippocampus, which starts to shrink at age 40, actually grows with exercise!

Movement increases blood flow, which awakens our cells so that we feel more alert and are able to focus our attention better afterwards.

Studies suggest that regular physical activity supports healthy child development by improving memory, concentration and positive outlook. Students who moved for 15-45 minutes before class were less distracted and more attentive to schoolwork. These positive effects lasted two to four hours after physical activity.

When subjects intentionally synchronize their movement, their self esteem increases. Other studies have shown that synchronizing your movement with others makes you like them more, cooperate more and feel more charitable toward them. In fact, movement synchrony can make it easier to remember what people say and to recall what they look like.

New research shows that exercise is the secret to increasing the mitochondria in your muscle. Mitochondria increases your body metabolism and stamina and turns glucose and fat into muscle. Vibrant, plentiful mitochondria help keep muscle tissue lean, a major contributor to your energy level and your strength.

Of all of our organs, it is the heart that generates the largest electromagnetic rhythm. Creating a field that is approximately 100 times stronger than that of the brain. The heart's electromagnetic field can be detected several feet from the body.

**Your brain cannot do what it thinks it cannot do.**

## Five Bodies Model

Being in "*The Body Now*" is when all bodies come together, when we are awake to it all.

Any event in one body ripples into all the others.

**Physical** - Material world

**Energetic** - Emotional

**Cognitive** - What we can imagine, not in the here and now

**Transpersonal** - Connection- oneness

**Spiritual** - Ultimate sense of meaning in the world

# The Emotional Guidance Scale

From *Ask and It Is Given* by Jerry and Ester Hicks

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. "Overwhelment"
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerless

**"I am not what happened to me. I am what I choose to become."**  
Carl Jung

**Journaling questions to ask your higher self  
that will help you manifest your own true story.**

**I embrace myself as the source – the creator – the storyteller!**

**Awakening**

What do I like about myself?

**Embracing**

What makes me the most comfortable and how would I like to bring that into my story more?

**Loving**

What can I shine a loving light on in my body / mind / spirit that wants to be seen and loved right now just as it is?

**Action**

What is the most loving thing I can do for myself today that will bring a joyful energy into my body and soul?

**Awakening**

What story is running the underbelly of my life that needs loving and moving?

*Examples: I am helpless. I am unloved. I am not enough. I am unsafe.*

**Embracing**

How does that create obstacles that could surface as I step forward?

**Loving**

What is the most loving belief I can accept about myself that will help me open up to release this story and receive more love?

**Action**

Write a positive affirmation that reframes that underlying belief

## **I embrace myself as the source – the creator – the storyteller!**

### **Awakening**

What needs healing so I can feel safe and release old fear patterns?  
Where do I feel safe now?

### **Embracing**

Where do I need to transform my external push into internal confidence and trust as I create a new story?

### **Loving**

What do I need to love and forgive myself for (or anybody else) to free up space and energy to write my own story going forward?

### **Action**

Where could I step forward with imperfect action – boldly with no judgment?

### **Awakening**

What could I put in the field of light and look at through a new lens - allowing new neurons to be born in my brain and new connections to be made?

### **Embracing**

Who are my allies – internal and external - that will partner with me in realizing my story? Let the light reveal them.

### **Loving**

What does the light tell me about what I need to love and forgive myself for (or anybody else) to free up space and energy to write my own story going forward?

**Action:** What is the first action step that is revealed in the light that will support me in embracing my beautiful new story?