

Day 1:

Concept: Process Mind, Deep Democracy, Dimensions

Theme: Migration and Home

Facilitators: Amy and Arny Mindell

INNER WORK EXERCISE to find deepest part of ourselves as a sense of home

- 1) Relax and notice thoughts you have. Take a moment to sense your body, notice that you are breathing.
- 2) As you are doing that scan your body, let your awareness drift through your body and as you do that ask your awareness where do you feel the deepest part of yourself in your body just now. Sense that part of you and then check out where do you sense that deepest part of you the most just now.
- 3) When you found that spot use your breath to breath into that part of your body, so you can feel it more. (breathing helps to focus the attention)
- 4) As you breathe into it notice any movement, sound or images, that come from that spot of your body.
- 5) As you feel this experience, ask yourself: What spot on earth would be the most closely associated with that experience that you are having of your deep self in your body. What spot on earth corresponds most closely with that experience.
- 6) Imagine that you actually go there to that earth spot, that you are standing there, or sitting there and feel the atmosphere of that particular piece of land. feel the atmosphere and let it move you. (if you are shy about moving make little movements that express that atmosphere)
- 7) As you do that let yourself become that piece of earth. Become that spot yourself. Moving or being in that way.
- 8) Now go ahead and make a sketch of that energy that describes that spot. Quick energy sketch. may be the spot itself will scribble the sketch. and if you would like put a word or two.
- 9) Now looking at that sketch and feeling that energy, perhaps you can imagine that experience to describe it. Do that too, as some kind of elder or wise elder figure, who can represent that particular energy of that spot.
- 10) Describe the figure, and sense yourself being the figure. and sense how she would communicate. if you can make a gesture.
- 11) Ask how you might use that experience in the group process (situation) and particularly with the roles that might be difficult. How could you use this attitude and this elder.
- 12) If you look around room, what spot in this room would correspond most closely to that experience. Meditate in that spot.