

CONSCIOUSNESS EMBODIMENT PRACTICE

I bring these images to my mind as much as I can throughout the day. With the image, I evoke the sensation and I allow my body to respond to it.

I M A G I N E R Y

3 times a day stop and feel your pelvis. Observe its shape, its size, and its volume. Where is your pelvis? Which parts do you feel more clearly? Feel the distance between the pubic bone and the coccyx. Sense the distance between one ischium and the other. Notice the size of your right ilium and the size of your left ilium. Be aware of the support your pelvis is giving you right now. Imagine that the distances start to grow and grow, and the space inside the pelvis increases. Walk around a little bit feeling the space.

Do the class and then use the Consciousness Embodiment Practice at least 3 times a day.