Practicing Embodied Practices

There’s only one place to start to change your life for the better. The starting point is simple: practice.

You buy a book or a program like this because you’re drawn to it. But then you set it aside and look for a time to begin. And time keeps passing.

Sometimes you pick up the book or program weeks, months, or even years later, and it’s just the right day to start.

Other times, you let that start time keep on eluding you, always in the future, moving ahead in time but never arriving at the start point today.

I urge you to practice now.

Now is the time to begin learning the simple skills of changing your life, training your mind to focus on who you want to be instead of on repeating what you already know to do.

The more you practice now, the more you’ll see shifts in how you think, how you feel, and how you respond to life. It doesn’t have to be huge amounts of practice. In fact, you’ll probably do best by adding in five minutes here, another five minutes later in the day.

The more consistent you are, the more you’ll see benefits.

THE BENEFITS, I PROMISE YOU, ARE MANY

The more you practice, the more you’ll feel safe being in your body. You’ll feel quieter of mind, less frazzled, less panicked and overwhelmed. Your nervous system will calm down. You’ll discover what it’s like to let go of hyper-arousal and hyper-vigilance. You’ll find you won’t need to cycle through destructive patterns, searching madly for ways to calm yourself through activities, food, people, exercise, or substances.
Week 1—Setting the Foundation

Most importantly, you’ll find your heart softening. You’ll feel tender compassion and kindness naturally arising for yourself and for those around you. You’ll find yourself belonging to yourself—and to the larger world surrounding you. This sense of belonging will create a base of safety and security from which you’ll engage more freely with the people, places, and events of your world.

There is a caveat to all this: most of us can’t heal alone.

These Embodied Practices will support you as you venture into this inner adventure of your body. As gentle as these practices are, they can and possibly will evoke disruption. You may need to have what Diana Fosha calls a “Transformational Other” to journey with. In my experience of the past 25 years, it’s important for that Other to be skilled in trauma and attachment issues. More and more therapists are being trained in attachment issues. To find a therapist with an attachment orientation you can check with the AEDP Institute run by Diana Fosha (http://aedpinstitution.org).

TRUST YOURSELF

Whatever you do, know that I trust your timing and the unfolding of your healing. My experience is that you cannot do any of this “wrong”—and that there’s not even any way to do it “right.”

There’s just your way.

The more you allow your heart to soften and open, the more you’ll find your way back home to yourself.

Let this Embodied Practice Guide support you in returning home to yourself with graciousness, kindness, and enormous love.