

**This is how it begins.**

**Notice yourself.**

**What are the sensations of your experience?**

**Where do you meet with the world?**

**How are you holding**

**Your feet,**

**Your legs,**

**Your buttocks,**

**Your back,**

**Your shoulders,**

**Your neck,**

**Your mouth,**

**Your arms,**

**Your hands**

**Tension stops us  
from moving fully  
into this moment**

**Tension has a signature sensation.**

**Be present to that sensation**

**To awaken**

**The life hidden within.**

**Feel the truth of how you are in this moment.**

**The shape you are holding**

**The sensory fields that identify your tension**

**And the spaces in between.**

**Wait for the movement**

**That wants to happen.**