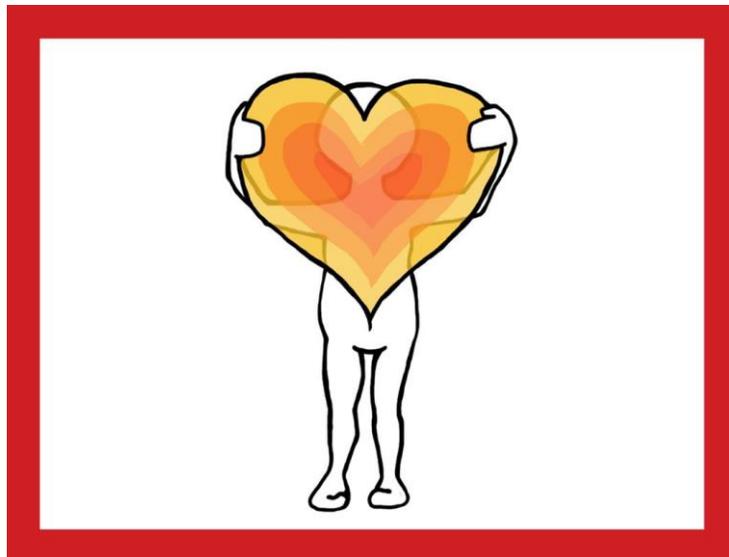




HealthySenseOfSelf

HySoS Grounding Exercise for Better Body/Mind Awareness and Connection



My Life and My Body are MINE

When you suffer from symptoms of a Lack of Sense of Self (see below) this exercise will help you to feel better, have a clearer mind, be less attached to the outcome of your actions, and less dependent on what others think of you, including those special people whose approval you crave.

Here is what you do:

Take a few minutes every day to sit down with your Self in mind to consciously experience your Self through your physical and your emotional body. How are you feeling? There is no right or wrong. The point is to cultivate your skill of sensing your Self, which will help you to become more convinced that:

You ARE already – You do not have to “earn” your Self!

The following exercise can be used throughout the Sense-of-Self Help course and beyond. It'll help you further along your path of learning to Sense your Self. You can begin today to reclaim this affirmation:

“My life and my body are mine”
and truly live, demonstrating that your Life and Body *are* yours.

Being Aware of Your Body

Isn't it a funny thing to realize that you *have* a body and *are* your body at the same time? This exercise is to gain understanding—by means of sensing—what it means to be *in* and *with* your body while *being* your body at the same time. The same is valid for your mind: you have a mind and you are it as well. After many repetitions of this exercise, you will be inspired and gain the insight that you truly own your body and your mind.

As you are doing the exercise and become aware of all the different areas of your body, certain questions might come up about what your ultimate entity actually is or about life in general. You might want to pause and consider what more there is to *you* as a person.

While you are beginning your quest of gaining a Healthy Sense of Self, the exercise is meant as a tool that can serve to help you feel and function better. One thing needs to be clear:

You *are* (the owner of) your body
so you would do well to focus on that and become fully aware of it.

Find a quiet place where you will not be interrupted, and work through the following steps.

- Look at your body as if you are seeing it for the first time in your life.
- Like an inquisitive toddler discovering something new, explore all the areas of your body in a non-sexual way.
- Stand up straight and sense how your feet touch the ground and how your legs are supporting your whole body—supporting “you.” Now reach down to touch your toes with your hands and tell yourself aloud what you are doing. It is important that you also explicitly direct your awareness to those areas of your body as you mention them.



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- Have your mind consciously and purposefully occupy and own the places of your body that your hands are touching and allow your body to occupy your mind. In sum, experience your Self as a close knit unit:

You can use this script as it is written here, or change it in any way that feels more natural for you. The point is to physically and mentally connect with all the parts of your body, both inside and out.

- I am touching my toes with my hands
 I feel my nails,
 the soles of my feet on the floor—
I am touching the tops of my feet,
 my ankles,
 my shins,
 my calves,
 the backs of my knees,
 the front my knees.
- My hands rest on my knees for a while. They feel nice and warm.
- Now I proceed and feel my thighs,
 my hips,
 my belly,
 my chest,
 my shoulders.
- I feel my arms,
 my hands,
 my fingers.
- I feel my legs
 and how they are attached to my feet,
 my limbs attached to my torso.
- I feel my neck and my head and my hair.
 I feel my eyes,
 my ears,

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my nose,
my mouth,
and my skin.

This is all me; this is all mine. This is my physical Self; this is my Self.

- I feel my heart beating,
 sending my blood traveling through my veins.
I feel my lungs expanding and contracting,
 taking care of my breathing.
I imagine my liver;
 I imagine my kidneys,
 spleen,
 and gall bladder.
I imagine all my inner organs.
- I imagine my nervous system, starting in my brain and extending into the remotest areas of my body.
- I imagine my hormonal system, the biochemical messengers in my body.
- I imagine my reproductive system, the way it cycles.
- I imagine my lymphatic system, part of my immune system, the soldiers of my body.
- I imagine my digestive system, processing the nutrients to keep my inner fire going.

It is all mine. It is *me*. I am granted the use of this wonderful machine called my body, my Self.

Having a Lack of Sense of Self is detectable. Here are a few symptoms that indicate that you are not really grounded and living from the center of your own being, your Self.

- Being indecisive
- Erratic moods/behavior
- Being overly sensitive
- Being restless
- Being a workaholic
- Being lonely
- Being compulsive
- Sleeplessness
- Panic attacks
- Extreme anger, rage
- Continuous high stress



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- Fear of failure
- (apparent) Self-sabotage
- Being overly controlling
- Over-eating/drinking
- Fear of crowds
- Not “feeling” anything

Whenever you suffer from the symptoms of a Lack of Sense of Self doing this exercise will help you to become aware that you ARE (already existing as you) and that “your Self” ultimately is your only lasting safe haven in life.

Here is an affirmation that you might want to memorize:

I am _____ (*fill in your name*)
I always am my Self
I sense my Self correctly and know that I already AM
My Self is my Spine, My Self is my Home
I am at ease with my Self—I am at peace in my Self
(and for those among us who have difficulty sleeping)
I sleep and I dream to my heart’s content
Well-rested, refreshed, I wake up in the morning
I have what it takes to be ME!

Note that there are several variations of this body awareness exercise which have been described in the Sense of Self Book: *Healthy Sense of Self, How to be true to your Self and make your world a better place!*

Please visit Healthysenseofself.com and learn more about our the Sense of Self Method and Theory and our books, courses, and other products.