



Zenergetics Somatics

Created & Presented by Gary Norfolk

Soma is the Greek word for body.
The word "somatics"
has come to mean
"the enlivened, mindful body".

Zenergetics Somatics is a unique somatic, body-based approach developed by Gary Norfolk. Gary has been studying, practicing and teaching somatics throughout Australia since 1979. He has extensive training and experience in body-based approaches - Tibetan Yoga, Meditation, Bodywork, Theatre Skills, Gestalt, completing a three-year training in Somatic Psychotherapy.

www.zenergeticssomatics.com

This Zenergetics book is amply based on the pioneering work of Dr Julie Henderson of Zapchen Somatics. A Direct Approach to Embodied Well-Being (www.zapchen.com)

Julie Henderson is the author of three books.

The Lover Within - Julie Henderson

Opening to the Energy in Sexual Practice

Western Tantra

76 practical exercises

(alone or with a partner)

to explore the erotic, emotional,

and physical energies and increase the sensitivity, intensity, and joy of awareness

in your relationship to self and others.

Embodying Well-Being - Julie Henderson

How to Feel as Good as You Can

in Spite of Everything

16 Basics Exercise for Well-Being

9 Mid-Range and 6 Advanced Exercises

The Hum Book - Julie Henderson

Everything you always wanted to know about Sound, Touch, Mantra and Humming.

CONTENTS

The Basis of Potency

Self-Regulation
Self-Responsibility
Breath
Sound
Movement
Grounding
Alignment
Pulsation
Play
Relaxation
Meditation

Basic
Well-Being
Exercises

Yawning
Napping
Humming
Jiggling
Dancing
Rocking
Stretching
Sighing
Laughing
Smiling

Self-Regulation

Self-Regulation is Self-Care: “being kind to yourself”.

Self-Care is vital for living well and for being happy.

Taking good care of yourself is fundamental in your daily life and while practicing somatic exercises.

It is a self-monitoring process, as you progress and change, adjusting yourself to your unfolding capacities, environment and circumstances---meeting your needs.

When exercising people are often prone to over-do things, with a tendency to try too hard, push & strain.

When doing somatic exercises the intention is to renew your capacity to self-regulate: consciously cultivating the intention and willingness to take care of yourself.

It is best to do a little bit and rest, then do a little bit more and rest again. This is a good way to begin, knowing that you can come back and do a bit more when you feel good and ready. This is valuable learning to reclaim your “life-time”-- doing things in your time.

“It is giving yourself permission to notice enough. Not the enough that is too much, and not the enough that is actually lacking in satisfaction but your mommy told you shouldn’t take as much as you like because it isn’t polite. But the enough that is just Yum! Enough ! Maximum satisfaction. Let yourself trust that you can return to it.” (the exercise, dancing, study, food, sex) -Julie Henderson

Self-Responsibility ... Response-Ability

Taking responsibility, is being responsible for the consequences of your actions, being accountable.

Response-ability in the face of whatever arises after your actions or situation. What's my duty, my dharma, my lesson, in the face of this situation and my actions?

Self-Responsibility is being "able to respond" to your needs in a satisfying way.

To be responsive, self-awareness is essential.

Aware of and recognizing what it is you need and want.

An example of self-responsibility: "I'm thirsty, I need a drink. I want some water or a cup of tea". Awareness of the feeling of thirst in the body and the movement out into the world to meet that need, is an emotional movement response, this is the basic way we nourish ourselves on a daily basis.

So there is awareness of a need, then the "energy moving out" for the purpose of satisfying a need -- thirst. Next comes the need for a cycle of action and interaction with the environment -- to get something, to drink. This is the expressive stage, asking for what you want, manipulating your environment to give it to you, e.g. turning on the tap and filling the glass and drinking.

Fulfilling your need, by drinking, you are satisfied and back to balance — homeostasis. With sufficient self-awareness all needs and wants follow a similar path or they do not, hence the organism, the person, may suffer or be nourished and flourish.

Being responsive to your needs is healthy and self-supportive. It is being able to come to rest and digest, integrate and have what it is that you need to live. The intention and the action of self-responsibility is a whole process, a movement towards well-being.

And remember: seek out the good company of people who are also self-responsible souls, and support each others highest good. This can make your journey through life easier and more enjoyable.

Self-responsibility is Being Able to Respond to your needs, in an immediate sense, answering the calls of nature moment-to-moment and in a more far reaching, long-term sense.

Basic Biological & Physiological needs: food, drink, warmth, clothing, shelter, sex, sleep, resting when you need to rest, etc.

Safety & Security needs: protection from elements, security, order, law, limits, stability, protection from danger

Social needs of Belongingness & Love: work group, family, affection, relationships, love & friendship etc.

Ego & Esteem needs: self-esteem, achievement, mastery, independence, status, dominance, prestige, managerial responsibility, etc.

Cognitive needs: knowledge, meaning, intellectual

Aesthetic needs: appreciation and search for beauty, balance, form, etc.

Self Actualizing needs: are realizing personal potential, self-fulfillment, seeking personal growth and peak experiences . . . truth, goodness, beauty, aliveness, uniqueness, justice, order, and simplicity.

Spiritual needs: stillness, joy, meditation, nature, grace, etc

Self-responsibility brings up living questions and answers in response to what to do and not do, why, when, who, and where to live – living in a way that is appropriate for you, ethical, moral, socially and culturally in alignment with your values, connected with you in supportive way for well-being and awaked-ness to flower in your life and in the life of those in the local community you live in.

The movement towards satisfying your more complex needs is what gives meaning and purpose to an individuals life.

Breathing

Breathing is a wave motion moving through your whole body.

Breathing increases body energy and heightens sensations and can speed up the release of emotions.

Breathe the breath that gives you the most life.

Begin to free your breathing by noticing when your breathing is restricted, shallow or held – and breathe.

The breath makes everything more powerful and needs to be approached with respect, gentleness and in a self-regulatory way: do a little & rest – do some breathing exercises and rest and do some more, etc.

Take care not to push the breath.

Breathe with less effort. less is more. Direct your attention to the subtle qualities of the natural breath.

Breathing is intimately connected with our feelings and emotions, good grounding, being present, and centering.

Releasing the holding in the central diaphragm allows gut feelings to be expressed, to come up and out.

Breathing out through the mouth with some sound evokes emotions, the throat opens, the thoracic, chest area and heart feelings are more accessible.

Breathing in this way supports a gradual, intimate connection with bodily sensations. You are able to self-regulate your emotional expression, feelings and emotions held within the body release with the sighing out-breath. You have a greater capacity to let go and be in control. We are not looking for a big cathartic release.

When you breathe well, you are more vital and alive as well as relaxed and calm in body, mind and emotion.

Breathing in = gathering, taking in . . . I can have.

Breathing out = releasing, giving out . . . I can let go.

Breathing Exercise Suggestions

* A breathing exercise for getting more in touch with your feelings and grounding yourself emotionally whenever you need to.

Lie on your back with your knees up and the soles of your feet on the ground. Gently stretch out the back of your neck, and place your hands on your belly. Breathe into your belly like fully blowing up a balloon and say any one of these words silently in your mind as you breathe out through your mouth "release" "let go" "collapse". Make any sounds that feel appropriate on the out-breath, like moaning, groaning, try saying "Ah". Ten or fifteen minutes is a good time. Take a nap afterwards.

* A meditative breath exercise.

Bring awareness to the end of your out-breath, feel the emptiness . . . be aware of the stillness before the next in-breath . . . notice the impulse to breathe-in follow your in-breath to its fullness . . . notice "the turning point" of the breath, momentarily rest here and then softly let go, breathing-out. Follow this breathing cycle for several minutes and rest, repeat, rest and repeat. Sit or take a nap.

* Breath Visualisation

Breath-out: black, poison, toxins, negativity and anything else you want to expel.

Breathe-in: fresh, clean, healing energies of the rainforest, beach, blue sky--filling yourself with positive energy ---love, silence, humor, spontaneity, wisdom, freedom, peace.

Sound

Body Sounds = groaning, moaning, sighing, yawning etc.

Sound gives expression to the body. Many people don't make any sounds when they exercise, it seems like some sort of endurance test--not to express any sound.

Allowing yourself to play with your voice and freely express sounds is often a delightful experience for many people. Listening to your own voice making sounds is a process of self-discovery. The sounds often become more congruent and authentic with each exercise.

The expression in your voice allows your insides to be heard and to come out immediately and say, "this is how I am feeling, right now" - "this is who I am now". Whether it is in relation to an exercise or simply doing anything in daily life. Express sounds of struggle, difficulty, enjoyment, pleasure, whatever feelings arise.

Expressing sounds is a great way to learn to express and communicate how you are feeling in your body in the moment. You can take these newfound skills into your life and relationships, wherever you may be.

Sound allows others to know where you are and how you are. Sound is beyond words, primal communication, our animal nature---grunts, groans, moans, oos, ahs, umm.

Enjoy exploring ways to invite your body to reclaim your capacity for natural sounds.

Making sounds may be awkward at first for some people. Focus on having fun with natural sounds without judgment and self-criticism.

Allowing an occasional sigh, groan or moan will help release some of the stress, pressure or tension in your body-mind, creating a sense of relief, relaxation.

Natural sounds often express feeling states your conscious mind may not have noticed, therefore providing information about your emotional body's deeper needs.

Natural sound is like an inner stretch that allows you to redirect your attention for a moment from what you're "doing" to a deeper state

within you. Yawning, for example, is usually a signal that your body needs oxygen, or you're becoming tired or bored.

We know from Somatic Psychotherapy that the practice of allowing sounds to be expressed freely is therapeutic, when appropriate, you can let go, release tension, and simply express your feelings, your energy can flow.

Sounds add to the effectiveness of any exercise, they juice it up: helping fluids move more easily through the body, sounds fuel the energy of the exercise, they make it more potent, accessing your emotional experience.

Sound Exercise Suggestions

* The Sound of Om, Ah Hum

Ommmm until you have filled your head/skull/brain with the sound of Om.

Ahhh expressed through an open mouth, filling your throat center with the sound Ah.

Hummm into your heart center, filling your chest/heart/lungs with the sound of Hum.

Do this for about three minutes in each center. Then simultaneously Hum into all three centers for two or three mins and take a nap.

* The Silent Sound of Om-Ah-Hum

Breathing-in, through your nose, silently hear the sound "Om", as the breath nearly reaches the top of the in-breath, open your mouth and softly say "Ah" as you complete the in-breath and as you breathe-out silently or audibly sound Hum. Repeat.

* Om - Ah - Hum --- Slow Hand/Arm Movements

"Om" - slowly opening and expanding out

"Ah" - move from the throat up and out

"Hum" - move from the heart, opening out

Movement

Movement is life. To move is to be alive.

Zenergetics Somatic movement is a whole new way to exercise: experiencing increased aliveness & well-being.

Straining, striving and forcing your body is discouraged, pleasure and ease of movement is encouraged.

It helps to imagine the movement exercises as games or mini-meditations, doing them in such a way that's pleasant and enjoyable to you.

You are encouraged to make natural pleasurable sounds while you exercise and move, sounds like yawning, sighing, groaning . . . laughing is good too.

Movement and Bodily Presence

Bodily presence and awareness are important in movement and in stillness. Open to being willing to listen to your body. Establish a sense of presence as you move. Don't go on automatic pilot, move with your body in mind, consciously aware of your body moving.

To move is to let go of inertia, stagnation and 'holding'.

Holding patterns show up in the body as restricted breath, sound and movement, this tends to inhibit the flow of excitation in the body & reduce self-expression.

From the very beginning you can learn what you can do to directly and immediately increase freedom of breath, sound and movement, renew your grounding, restore alignment and whole body pulsation.

Changing the rhythm of your movement can change the way you feel. Slowing down significantly increases awareness of sensations, giving quality, not quantity, to your experience, "less is more" really works.

Develop a gentle sensitivity towards your body.

Give your attention to the subtle sensations and feelings that arise in the body as you move and to how the body's parts are connected and function together.

Experience more pleasure and enjoyment as you move.

Somatic movement is a change of attitude to how you exercise and feel about yourself and your body moving.

Movement has a strong influence on your "inner life", it is an active metaphor for change, forming new body shapes, a new outlook, visions of what's possible.

Moving spontaneously, freely, is a good life practice for expressing yourself in new ways in the world, in your relationships.

As a practice we rest after a movement exercise: allow time and space to integrate sensations and feelings. Sit, meditate, or take a nap.

Appreciating inner movement.

Somatic movement is an invitation to a new sense of openness and knowing of your body.

* Setting Down the World & Say Ah!

Grounding

Grounding is being able to stay with your experience, and "hold your ground" without tensing up and contracting, or restricting and holding your breath, or getting overly intense in your attitude and your focus.

Staying grounded is having the appropriate amount of tension and relaxation you need to do whatever you are doing – driving a car, yoga, surfing, sex, computer work, eating or dealing with a difficult person/ situation.

Grounding has to do with roots, connection to the depths within you. It implies being able to anchor yourself in your present experience.

Grounding as its name suggests, relates to your connection with the ground, gravity and, in a broader sense, your whole contact with reality.

Being grounded suggests stability, security, and independence, having a solid foundation--living in the present. It means having a mature sense of responsibility for yourself, as we say "standing on your own two feet," and "knowing where you stand".

Much of your sense of grounding comes from the way you experience your body, your "somatic reality". Your feet, legs, pelvis and belly are your roots, your base, they are your less conscious, more instinctual functions of movement, digestion, sex, and birth.

Many of us have been distanced from our biological roots, and our own deep rhythms, this has resulted in a lack of acceptance and support for our basic needs. This results in a sense of disconnection, living in the world of thoughts and ideas, feeling rootless, spaced out --- ungrounded.

Grounding is essential if you are to be fully in touch with your body, to trust and enjoy your feelings, and to be able to give and receive pleasure freely.

Any exercises or bodywork that works with your lower body will increase your sense of groundedness. Learning to breathe into your belly is vital to grounding, for if your breathing is shallow, contact with reality and with your feelings will be limited.

People who are not grounded risk being overwhelmed by strong feelings, sexual and otherwise. To prevent this from happening, ungrounded individuals must reduce all feelings, for should they become overwhelmed, afraid, and unable to cope.

A grounded person can support a strong excitation, which will be experienced as aliveness and pleasure. A person who is well grounded knows who they are and where they stand. This is the basis of our inner sense of security and well-being.

As you practice grounding and become more conscious of your body's needs, your sense of confidence in who you are and what's important to you – your inner ground – becomes more and more solid.

This deepening self-knowledge and acceptance, potentially brings more wisdom to the choices you make for yourself in your life. What you choose to eat, the way you express yourself, the job you choose, the way you move and exercise, the relationships you create, where you live, your posture, the ways you nurture and express your creativity, and so on, become the ground of your health, happiness and well-being.

Alignment

Alignment offers the possibility of more intimate, ongoing contact with yourself. It is a direct opening into the experience of embodiment giving you an increased sense of being alive.

Alignment establishes an openness and willingness to see what is happening.

You don't necessarily have to agree with the situation, but you must be willing to see what is happening in order to work through whatever is arising. If you are willing to experience your situation as it is, without getting ensnared in your conditioned tendency, your story, your patterned response, there is a possibility to learn and grow from your experience.

It is a very valuable life-skill. As your capacity to be in alignment increases, your perception is more likely to be more accurate and clear.

Alignment is a very subtle process, and can be a bit elusive at first, it can feel like nothing is happening. The nice thing about it is that it is perfectly simple and it just keeps getting better with practice.

It becomes a stability you can turn to in times of challenge.

The idea of alignment and the embodied experience of alignment are two different things. The "idea" of alignment or "being centered" usually manifests itself as aloofness, conceit, arrogance, detachment, rigidity, and dogmatism.

Being in alignment, even periodically, is a great invitation to bodymind restructuring.

Being in alignment doesn't automatically mean that you will feel good. It does mean you can give yourself permission to feel whatever it is you are feeling.

Your ability to choose how you experience life is directly related to your ability and willingness to remain in contact with yourself and in alignment.

Practicing alignment exercises is a movement towards restoring your ground, increasing your potency and inner-support. Alignment is a direct opening into primary nurturance.

Alignment is an advanced somatic exercise for embodied conscious living.

Sit and rock a little, return to center and stillness and move towards balance and alignment and rest. Repeat several times.

When feeling shaky and going through change, --- feel stability in the spine and back. Keep remembering your spine.

Sit in Alignment and notice: What's your preference?

What's true for you in the moment? Know what you need to do now.

Every time you move into alignment you are "Returning to Essence".

Give up being goal orientated --- put your whole effort into the practice and allow yourself to be taken over by the effects. If you have any effort left over, put it into making it easy. --- Julie Henderson

Pulsation

Pulsation implies you are alive. Your body cells pulsate, your heart pulsates at its own rhythm.

Life energy is moving through you, flowing, pulsating through you, demanding expression.

Doing somatic exercises directly re-establishes and renews the right rhythms of pulsation---inducing

inner-support and well-being.

Somatic exercises are an invitation to ease into relaxation and the pleasurable feelings associated with well-being.

By doing somatic exercises you can energetically create an appropriate internal environment to restructure, to grow, to heal and restore pulsation.

Practice returning to pulsation rather than going into your conditioned, characteristic patterned way of being.

Humming directly invites pulsation. Hum into the diaphragms.

Jiggle to create more space in the joints.

Rocking is one of the easiest ways to restore the rhythms of pulsation.

Yawn to soften and allow more fluid flow in the head and brain.

Rest and simply notice your experience.

Integrate the changes.

Get used to being somebody else - for a change.

Pulsatory currents increase your depth of contact with your internal world.

Pulsation makes it difficult to hold onto a particular bodymind patterned way of being. This can feel threatening because it threatens who we think we are.

Wherever there is an obstruction to the flow of energy in the body---invite pulsation, vibration, and melting.

Diaphragms lay horizontally across the body: in the lens of the eye, ear drum, tentorium, base of the brain/occiput, central diaphragm, broad ligament, perineal and pelvic diaphragm.

We practice bringing pulsation, flexibility and resilience to the diaphragms above and below--- where there is holding.

Pulsation goes through the different layers, then these compartments are no longer compartments.

When we are "waiting" "stuck" pulsation is decreased, we are contracted, our capacity to move is limited. It requires patience and tolerance to just be present.

Pulsation and containment are interconnected. With containment there is no loss of pulsation, it is within the realms of well-being--- motility is not diminished.

Mind moves fast, body is mind moving slowly. We change by pulsation - the body forms and reforms itself by pulsation. Increasing pulsation, in essence, is supporting and encouraging "the life of the body".

Aliveness depends on:

Relaxation, Pulsation and Alertness Julie Henderson author of *The Lover Within*.

Play & Creativity

Play is being free to be creative, experimental, explorative, and a little silly.

Play can be at once frivolously fun and profoundly serious---serious play.

For adults, play makes learning interesting, a lot easier, and more exciting. Play and the learning of new skills are old life partners.

As children we learnt a lot through play.

You are encouraged to rest your fears, and resistance and difficulties for a little while.

Discover a new acceptance of yourself being playful through your body, your voice--- enjoying the freedom of a new sense of self.

Most of us come from very conservative, ordered environments, so exploring playfully can take some getting used to.

Play and making sounds can be a profoundly emotional event. Opening up through play can be incredibly releasing for some people.

When you get used to playfulness you can start to feel more at ease and relaxed with being more spontaneous and more expressive than you might ordinarily be.

A playful environment is conducive to creative learning and growing, and being different,

--- being somebody different for a change.

A place where you can play needs to be where you can feel safe enough to allow yourself the freedom to play and be expressive.

A playful atmosphere has a lighthearted feel , --- there is a sense of humor in the air ---

this makes a world of difference.

Drama exercises and theatre warm-up skills allow you to ease out of your customary, habitual way of being. Play-acting, "as-if behavior" gets energy moving in the body.

"Faking it till you make it " is a good play motto for adults. The intention is to move towards authentic self-expression. Play allows the social mask to drop down, enabling you to be less self-conscious, laugh and have fun.

Play has excitement built into it. Excitement comes from the anticipation and positive stress of "not knowing what could happen next". This sense of "not knowing" sets up wanting to know. "What is going on here?"

Wanting to learn, and a thirst for knowing emerges--- you want to find out. To do this you have to be on the ball, awake, alert and fully present --- a play of consciousness.

All this "vital learning" takes place within your body and mind at lightening speed - integrating thought, feeling and action.

Play requires a keen sense of alertness, a relaxed presence, good contact with reality, and a lot of trust that things will work out. It also requires a fair amount of intuition, spontaneity, quick reflexes and the ability to respond. Playing with others is potentially a great learning ground for human relationships.

Playfulness implies risking mistakes and feeling free to make mistakes. Playing it safe and wanting assurance won't give you the fortitude to go deeper and grow. When you are at your worst, you are becoming your best.

When you think you're at your worst, like a child learning to walk, you need to know it's OK to fall. With playfulness the spirit of forgiveness and acceptance is needed---letting go of preconceived notions of how something should turn out.

Why do so many adults feel they must abandon play? You don't stop playing because you are old; you grow old when you stop playing.

Great dancers are not great because of their technique; they are great because of their passion.

--- Martha Graham

Relaxation

Relaxation is healing - it can relieve anxieties, frustrations and the pressures that so often cause you to stagnate, thus preventing you from enjoying your experience of life.

Deep relaxation can help purify your inner energies. You can begin to relax by just becoming aware of whatever feelings you are experiencing - the tightness in your muscles, difficulties in breathing, or pressure in your head.

Awareness is healing.

When you learn to relax your body, breath, and mind, the body becomes healthy, and the mind becomes clear.

Once you relax and your mind is free from distractions, you begin to feel more open and natural.

Throughout the day, you can continue to nourish the positive energy of relaxation.

Relaxing the body prepares you for the deeper experience of meditation.

Relax and start feeling calmer, happier, more harmoniously in touch within yourself.

Don't push the river - let it flow. Let go!

Meditation

Meditation is grounding your awareness in the sensations of your body. Your body is the simplest and most natural door to relaxation and meditation.

Meditation is an open relaxed state of mind --- if thoughts distract you --- let them dissolve and quietly come back to that open, relaxed state of mind.

Meditation is giving your attention to the present moment, with a non-judgmental awareness.

Meditation is not about attaining anything, changing something or looking for a higher experience.

Give up any desire for a particular experience. The point is not to try to achieve some special state of mind.

Know that you are here-now in your body---you are rooted in your body, supported by your living body.

Give your attention to a good, balanced

posture and focus gently on your breath as it goes out and stay aware of your present environment where you are.

When your mind quiets down, you can begin to experience more of an inner sense of peace, contentment, well-being and health.

Yawning

Yawning is easily one of the best things you can do for yourself.

Yawning is taking a deep breath: take in more oxygen.

Yawning helps you come down out of your head, it helps soften your heart muscles.

Yawning increases the production of serotonin in your brain, it is the currently trendy neurotransmitter that tends to balance mood: calms you if you're hyper, brightens you if you're gloomy.

Yawning and stretching increase blood pressure and heart rate and also flex muscles and joints. It wakes you up!

Yawning washes and cleanses your eyes.

Yawning helps you relax.

Practice Yawning

Enjoy the pleasure of having a good yawning session. Yawn, stretch and sigh. Fake it till you make yawning happen. Gently move your head and neck as you yawn, involve your arms and upper body. Relax and sigh, releasing neck and jaw tension - go for the BIG YAWN!

Napping

Napping is resting---from restlessness.

Napping is stopping---Doing Nothing.

Napping helps you learn more easily, it can improve memory.

Napping is the way to a healthier, saner and more productive way of living.

Practice Napping free of worry or guilt.

Cultivate the determination, courage and willingness to Nap. Be daring!
Curl up---take a Nap with a friend.

When? Where? For How Long?

Do You Enjoy Napping?

Napping is a mini- retreat. 2, 5, 10 or 20 mins.

Half an Hour or 1, 2 or 3 Hours.

Create a place in your life for Napping.

Practice Napping

Lie down and get comfortable.

Whenever you feel to - stretch and yawn, get comfortable and move towards napping.

Give Peace a chance

Give Napping a chance

Napping is a simple and easy way to
reduce stress and get used to relaxation.

Dancing

Dancing is a great way to exercise and move your body.

Dancing is self-expression.

Movement helps still the mind, release emotional stress and uplift your spirit.

Dancing transforms your state.

Dancing is a celebration of the "The Joy of Being Alive".

Dancing is allowing your body to play.

Dance like nobody is looking.

Practice Dance

While outside or at home

Walk-Skip-Jump-Twirl-Dance.

Dance to your favorite choice of music.

Jiggle, shake dance. Skip and dance.

Let Go! Surrender within your dance.

Enjoy the pleasure of free movement.

It is Illegal to Dance in the Street !!!

Is it really ???

Rocking

Rocking comforts and soothes you.

It helps bring you back into balance.

Rocking is one of the *easiest* ways to come back to the “rhythm of life.”

Rocking gently washes your body fluids.

Practice Rocking

* Sit and do some small rocking movements. Allow your body to fall into a natural rocking rhythm. Rock as effortlessly as you can.

* Focus on your hip joints as you rock. Gradually allow the rocking to become smaller and smaller--coming to stillness and alignment.

Repeat and rest.

Close your eyes now and rest awhile.

Rock a little more and softly come to center and balance. Sigh and be still.

In stillness---notice your experience of rocking and a sense of internal rocking - inner energetic movement.

Notice how you feel now?

What is your experience of rocking.

You can rock just about anywhere.

Humming

Humming moves sound vibrations through your whole body.

Humming touches and massages you internally with sound pulsations.

Humming takes you inside yourself.

Humming gently soothes and pulses the cellular fluids of the brain.

Practice Humming

Hum into specific parts of your body - brain, heart, belly-staying with one area, feeling the effects of the humming.

Hum gently and softly for a few minutes. Be still. Silent. Repeat.

Combine humming with meditation.

Allow the humming and gently rock your body.

Feel your whole body enveloped in a soothing vibration.

Try humming with friends.

Hum a melody while you walk.

Humming helps create a "healing feeling" in your body.

Jiggling

Jiggling gently energises and stimulates your whole body.

Jiggling moves fluid in your body

Jiggling creates more space in the joints and stimulates the movement of synovial fluid within your joints.

Jiggling helps to balance the muscle tone around the joints.

Jiggling pumps your diaphragms.

Jiggling and "whole body shaking" stimulates your metabolism and increases available body energy.

Jiggling can help you out of being too serious about being adult and big.

Practice Jiggling

Focus your attention on different body parts as you jiggle - brain, brain cells, eyes, hands, heart, guts, genitals, lungs.

While standing & jiggling, slowly rotate.

Try a jiggle dance - playfully jiggle.

It's a kid thing to do - its fun.

Try jiggling in the morning. Start your body moving by jiggling, it feels good.

Stretching

Stretching is easy and enjoyable to do.

Stretching gently tugs the connective tissue throughout your body, generating tiny electrical impulses, which are experienced by the body as comforting, healing, and regenerative.

Intense stretching is best a few times a week. Be careful not to over stretch, moderation is better. Try "easy range of movement stretching" on other days.

Stretching is a safe way to expand and open within your body.

Practice Stretching

Stretch and yawn.

Stretch when you feel the impulse to,
it helps you feel connected within, it brings you back to your body.

Create your own yoga stretches and
err on the side of being conservative.

Listen to your body and enjoy moving.

Lying on the ground, roll and stretch, allow yourself to unfold and
unwind, simply play with stretching . . .

come to rest, be still and after awhile,

. . . contort, writhe, twist, and stretch some more, experiment and feel
your whole body stretching.

Sighing

Sighing relieves the build up of pressure and tension in the body, it deepens the breath, and increases the movement of energy and fluids in the body.

Sighing specifically pumps the central diaphragm, this helps all the other diaphragms to move.

The relaxation of the sigh shifts the function of the autonomic nervous system, releasing healing neurotransmitters throughout the body.

Sighing improves circulation, it can help reduce blood pressure.

Sighing helps dissolve negativity---if you want to --- as you sigh imagine you are dissolving negativity.

Sighing is wonderfully releasing, relieving, re-energizing, and revitalizing!

Practice Sighing

Start to notice the impulse to sigh in your daily life and notice the effects.

Try having lots of long-winded sighs.

Fake it till you make it.

Have a long Sigh - Saying Ah - for a few minutes. Rest and sigh some more.

Laughing

Laughing is a mini-workout.

Laugh at yourself and rebound more easily and faster from disappointment.

Laughter and amusement provides an escape valve from life's pressures. Humor can short-circuit panic.

The act of laughing can set in motion far-reaching physiological changes such as improving digestion, relaxing and stabilizing all body systems and improving circulation.

Laughter strengthens your immune system.

Beware of taking yourself too seriously. Seriousness and laughter don't mix too well

Laughter brings greater detachment and helps us see life's ironies.

Laughing at ourselves, we become more candid and self-accepting.

There is a link between laughter and a good sense of humor and self-esteem.

Practice Laughing

Laugh a lot --- for the heck of it.

Have you gotten your 15 laughs today?

Find ways to be playful in your life. Playfulness and laughter are old friends

Being silly is not silly; being silly is a first step to being free - ha ha ha ha!

Smiling

Smiling is a powerful survival mechanism.

Smiling turns on the body's non-arousal, rest and relaxation system.

Smiling actually affects the production of certain hormones, and has direct positive influence on your heart rate and blood pressure.

Don't loose your ability to smile.

Smiling makes people look more attractive, vital and youthful.

To smile and laugh shows a giving, outgoing and warmhearted personality.

A human smile is a play face.

When you're smiling, the whole world smiles with you.

Practice Smiling

Practice smiling with your eyes also.

Imagine you are happy and smile.

Breathe-Smile-Relax

Meditate and gently half-smile.

Express through smiling --- your gratitude --- for simply being alive, having a functioning body and mind, knowing that you are.

Smile, as if, --- you are enlightened.

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