

Episode 2: Soul Action Radio

Today on the Soul Action show, psychotherapist Silvia Stenitzer takes on a guided meditation, "Connection & Belonging"

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Let's take some moments to tune in, to connect with our bodies, with ourselves. Find a comfortable seat. You may want to lie down. And if so, put some pillows under your knees and neck maybe.

Feel your spine and back elongated and let the back of your body land and sink onto the ground. You can close your eyes or keep them open with a gently gaze.

If you are seated, feel your feet on the ground and your buttocks supported by the chair. Your back is also supported, by the back of your chair. From the soles of your feet and your sits bones you can imagine roots growing deeply into the rich and nourishing soil of the earth. You are deeply connected and rooted all the way into the center of the earth. Whether you are sitting or lying down, FEEL the weight of your body resting on the Vast body of the earth. Our bodies are of her body.

Being firmly held by the earth, you can allow your spine to gently elongate and your heart lift. Allow your shoulder blades to slide down towards your spine into the center of your back. Your shoulder blades support and hold your heart. Allow the top, the crown of your head reach for the sky. Our bodies are of the sky body, made of stardust.

Soften your belly and start to relax as much as you can the pelvic floor. Soften your face, your mouth, your tongue, your lips, all those talking muscles are getting a break, relax your eyeballs, widen the space between your eyebrows, soften your forehead; nothing to be figured out at this moment and even your ears are relaxing, and your earlobes are gently drooping down. Relax your arms, let your elbows drop to the floor and allow our hands to rest. No more doing at this moment.

ALLOW yourself into the space of NO Demands of yourself whatsoever. Allow yourself to sit in your experience.

Notice what's happening in your body right now: any sensations present at this moment, what kind of emotions, feelings, thoughts are being present at this moment, any images or impulses. Notice and allow things to be as they are.

While I have been talking to you all this time and you have been listening and noticing, our nervous systems has been scanning our environment for any danger. And this is happening all the time, and it is happening just below our conscious awareness. Stephen Porges, founder of the

Polyvagal Theory named this process neuroception. Our NS is constantly assessing whether we are safe, in danger, or in life threat. And, by the way, our NS does not distinguish between physical or emotional or intellectual threats. It's physiological response to all of these threats is the same.

Now, I invite you to go in your inner mind, in your inner body to a place where you feel safe, warm, and held, and loved. Just be open and receptive. It might take a little while to have an image arise. Your safe place can be in nature, with a loved one, in church, or in the bathtub.

Once you have your place present, involve **all your senses** in that experience. Are there any sounds and colors present in your place, smells, what is the texture of your place? Allow every fiber of your body bathe in this energy of goodness. Linger a little longer in your place of safety.

Check in with your body and how it feels now. Maybe there has been some subtle changes since we began with our inward practice.

Before you breathe and gently move your awareness back into the space that surrounds you, take 2 or 3 deep breaths where you breathe with deep inner compassion for yourself. Breathe with deep inner compassion for yourself.

And then, gently let your body move you back into the outer awareness.