



# BODY- SOMATIC EXPERIENCING, ACTIVATION & PROCESSING

**QUESTION #1:** Sit in a quiet place and connect with your body. If it helps you can practice the clearing meditation to "drop in". Then ask your body if it wants to share any emotions or experience that it may be holding? What is it?

**QUESTION #2:** As you develop awareness around what is being held there, ask your body, what would you like me to know about this experience or these emotions? How are you trying to help show me what I need to know, feel, or do?

**QUESTION #3:** The energy may release on its' own after you've listened to it; if not, see if you can use a few of the release techniques listed in the training video to shift or change the energy trapped in your body. Journal about what you tried: