Bone Tracing

By Audicia Lynne Morley/ RSMT/E

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Materials

- notebook, journal, pencil, pens.
- optional: simple anatomical picture of the skeleton

Purpose

SELF MANAGEMENT

- develops the body-mind connection, self-awareness and self-definition
- supports a calming, grounding presence in the body and a clear mind
- develops the kinaesthetic sense

Preparation

- It's important that you feel comfortable with touching and are open to explore your body through guided touch, if you feel bad, please stop.
- This exercise can be practiced indoors or outdoors, standing, sitting or lying down on a comfortable surface. Wash hands before and after the exercise.
- Look at a picture of the skeleton to get a sense of the bones of your body.

Intro

• The guided touch exercises are rooted in both Oriental Medicine and Somatic Based Practices. • You are creating a touch that brings your awareness to the bones. Bones are the most solid and clearest structures of the body. As you trace your skeletal structure you will discover parts of the body in which it is easier to locate bones than others. • In appreciation of the different body types, whatever your body type there will be a part of the body where you can connect with a bone.

BONE TRACING

STEPS

1. Begin by settling yourself into a comfortable position either sitting or lying down.With your imaginative inner eye see if you can get a sense of the shape of your skeleton. On a paper create a quick sketch of what you are aware of.

2. Rub your hands together as if you were washing them to bring some heat into your palms and fingers.

3. With one hand play with discovering the shapes of the bones of your fingers of the other hand as a practice. The contact needs to be quite firm and precise.

4. Let your fingers go on a journey of exploration finding bones and discovering their contours through this practice of bone tracing. Begin by bone tracing the face, taking care to only be working on the bony contours of the face especially around the eyes.



5. Explore how it is to let your eyes close, allowing your fingers to go on an adventure to discover the bony landscape under your skin.

6. As a first step it's recommended to choose a place where you can have easy access to the bones of the body rather than the flesh. For example begin with the head and face, then moving down the body: shoulders, arms, hands, ribs and feet.

7. Once you have completed bone tracing in a part of the body, close your eyes and see if you can identify in your mind's eye the shape and contours of your bones. How does this differ from your original picture of your shape?

8. To close, create another sketch of what you see, feel now.

REFLECTION

- What changes did you notice in your body and your drawings before and after the exercise?
- What body part was calling to be traced?
- How do you think this exercise can contribute to resilience building?

COMMENTS

• Variation: You can choose to work on different one or a few different areas each time instead of tracing the whole body.