Essence Squeeze

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PURPOSE

SELF MANAGEMENT

- Enlivens the body-mind connection, clarifies your sense of your physical body and its boundary.
- Regulates the nervous system, which has a grounding and calming effect on the body
- Awakens energy, circulation and flow in a gentle and relaxed way.

MATERIALS

- mat, blanket and cushions if needed

PREPARATION

- Practiced indoors or outdoors, standing, sitting or lying down on a comfortable and supporting surface. Wash hands before and after the exercise.

INTRO

This is a hands-on, touch exercise based on squeezing the flesh and muscles of the body. It is important to take your time, have a relaxed flow to your breath and connection to yourself. The way you touch and the quality of connection you make to yourself is important as it will stimulate a particular response in the body.

It should always feel good. No part of this exercise should cause any discomfort. If it is uncomfortable, see how you can adapt the touch so it feels good. You can determine the amount of pressure you use so as to make this a comfortable, nourishing experience. Please note, some body parts have more flesh than others so adapt your connection to each body part and what you are able to do in a comfortable way.

ESSENCE SQUEEZE

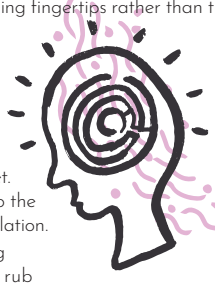
STEPS

1. Find a comfortable position, either standing, sitting or lying down. Place one hand on your belly, one on your chest. Take 3 breaths to bring your focused attention to yourself. Take an internal picture of yourself in your "mind's eye", noticing how you feel to mark how you are now.

2. Rub your hands together to create some heat in your palms. The hand contact should be soft but firm and with fingers open.

3. Start with one hand, squeezing the opposite hand, arm, shoulder and side of the neck, making sure not to miss out any areas of the arm. Repeat on the other arm.

4. Then gently squeeze the muscles at the back of the neck up to the head. At the scalp adjust your squeezing by using fingertips rather than the palms, for a better feeling. At the face use the fingertips to stimulate the skin and press on to the bones in a gentle and comfortable way.



5. Continue squeezing down the body making sure you connect to all other parts, such as upper shoulders, ribs, belly, pelvis, legs and feet. For the back gently press or rub your back into the ground or use a tree or wall to get some stimulation.

6. Once you have completed the squeezing of your whole body you can gently press or rub your back into the ground or, if you are standing, use a tree or wall to get some stimulation to the back of the body.

7. When you have finished, take a moment in stillness, take another internal picture of your body, notice how you feel, what has changed.

REFLECTION

Notice how you felt before and after the exercise.

- Is there any part of your body you would like to return to, that needs a bit more attention? If so, take a few minutes to go back to that part.
  - How does this activity contribute to your resilience building?

COMMENTS

You can do just a 5 minute self-massage and that will already improve your energy or relax tension from your body.

Explore how you can use this type of focused touch in different ways that support you.