

DROP INTO YOUR BODY

by Jason Hanson

In this activity, you will explore connecting with a specific part of your body. With practice, dropping into your body will become accessible to you throughout your day. When you inhabit your body, you temporarily get out of your brain and become more whole, alive, and present to the environment around you.



1. Find a quiet place to sit where you will not be interrupted for 15 minutes and set a timer before closing your eyes.
2. Place your bodyweight equally on the floor.
3. Sit upright, as upright as is comfortable.
4. Place your hands on your knees, palms down.
5. Inhale deeply through your nose pulling energy up from your body, starting from your feet, and continuing to the crown of your head.
6. On your exhale, allow a wave of energy to flow down your body from your head to your feet.
7. Repeat this for a few minutes.
8. After you have a rhythm down, mix it up by pausing your attention somewhere in your body on the journey from your head to your feet. Maybe you stop at your eyes, heart, belly, pelvic floor, or knees.
9. Hold your attention there.
10. While holding your attention, continue to breathe. Now, instead of breathing energy all the way up and down, invite the energy to linger at the spot of your focused attention.
11. Repeat this for a few minutes before returning to breathing energy from your feet to head and back down again.
12. After a few minutes of focused attention, allow your attention to move to another part of your body that wants attention. Repeat the process as mentioned above.
13. Continue until time runs out.
14. Finish by inhaling deeply through your nose and out through your mouth. Blink your eyes open and return to the room.

Do this activity whenever you **feel disconnected** from your body. When you do the breathing scan above, whatever part of your body that needs the most attention will make itself known. In this activity, you connect to **messages from your body** by tuning in to what it's experiencing. Over time, this will become a natural part of **recentering** throughout your day, and a way to **hear** the essential messages your body is sending you.

Learn to forgive your body: www.jasonhanson.com/blog



Jason Hanson is an author, organizational change strategist, and coach.

He holds space for transformation, allowing whatever is most needed to emerge in individuals, teams, and organizations. His superpowers include listening from essence and presencing strong emotions that are often at the root of disconnection.

Jason spent 20 years in software engineering, delivering solutions for companies from small cutting-edge startups to top Fortune 100 corporations.

Jason studied with Gay and Kathlyn Hendricks and is a certified Big Leap Coach. He is a student of conscious leadership, a Certified Diversity Facilitator (CDFT)[™], and Yoga Teacher (YTT200).

He is an avid creator of his own time and always has exactly enough time, money, energy, and resources to live out his life's purpose of creating space for personal transformation.

Jason lives in St. Louis with his son Julien, four potted plants, and enjoys being near his vast tribe of friends and family. Find out what he's up to now at www.jasonhanson.com.

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