

3 CENTER CHECK-IN (from Pam Weiss)

I invite you to close your eyes and sit comfortably
Feel body pressing into the chair or flow
Take a deep full breath

Head center - What are my thoughts?
What am I aware of in my brain
What thoughts images remembering planning, hopes and concerns?

Heart center - What are my emotions?

How would I describe my mood, attitude and emotional tone?
Is there frustration, anxiety, delight, disappointment, contentment?

Body Center- What are my sensations?
What am I aware of in my body
Is there energy, fatigue, tension, aching, ease, calm? What is the quality of my breathing?

I invite you to turn your attention inward first to the head center - the thinking center

To listen in, to notice without judging, without needing to change your experience in anyway
Just tuning in and listening
Noticing what you are aware of in your mind...

Are there thoughts or images?
Maybe there is a running commentary
A to do list? Planning, worrying or wondering
Just opening and receiving whatever is there. Just as is it...right now

Letting attention drop a bit more from the head down into the heart center - in the center of the chest
Tuning in once again to the heart which is the feeling center
And to notice "What am I feeling?"

What is my mood or emotional tone or attitude as I sit here now? Maybe there is a frustration or contempt? Maybe anxiety or delight

Again, no need to change not need to judge - just opening, receiving, allowing you experience just as it is

Finally allowing your attention to drop further still

Down into the belly center and into the whole body

Imagine that you could fill your entire body with your intention? Noticing now as you tune in as you listen to the body

What are you aware of?

Are there places in the body that feel tight or contracted?

Maybe body feels warm or cold?

What does the energy feel like - heavy and dense or spacious and light?

Just open to receive the body expressing itself. Just as it is...now.

In a moment, I will ring the bell and invite you to keep your eyes closed and use the bell as a way to listen.

Listening to how the sound of the bell arises up magically out of silence

and it abides for a time and fades away and seeing if you can stay right with the sound until the very end noticing that very moment when the sound dissolves back into silence (bell)

As you are ready you can open your eyes.