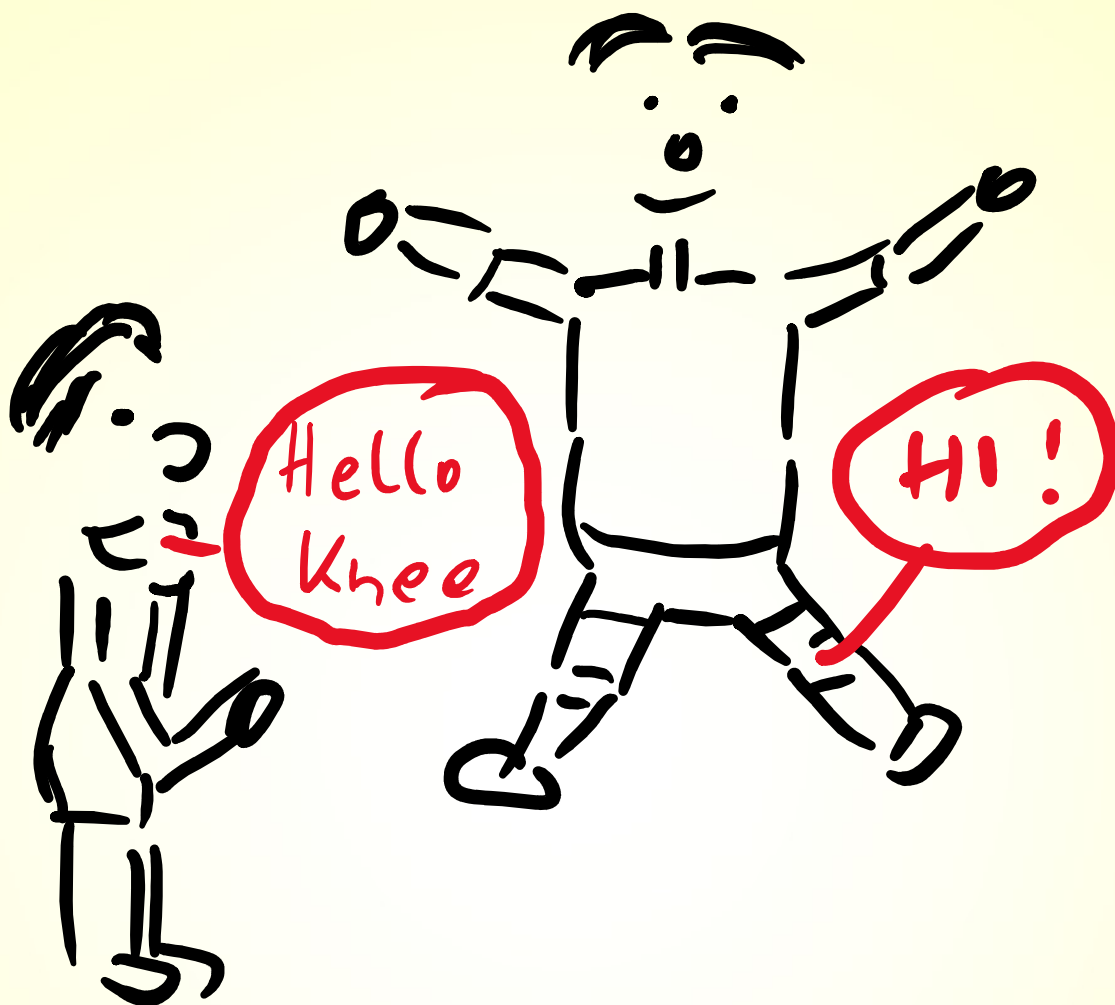


Chat with your Body-Parts



Talk mentally to your body or a body part. Ask what its job is, how it feels. Allow it to change the body posture or habits. If it is lacking more, liberate it.

Chat with your Body-Parts

Chat with all your limbs and organs. Listen for soft and subtle answers, as louder answers often come from your thinking mind. Invite them to change the body posture to their convenience (stretch, move, relax). Ask them for habits, they dislike and or appreciate. You might offer to experimentally change a habit next time in the related situation, if they remind you of that just in time. You might even agree on a signal like an unusual bodily itch or move or mental sound or thought. If you find out, they have other needs, which seem serious for this part, do the Liberation Plays with that body part. As you have so many body parts, liberate mainly those, who cause decent inconvenient feelings or those, for which you have strong emotions.