

## MODULE III-3

### GUIDING DYNAMIC RELAXATION LEVEL 2

#### DR2 posture

Sitting up in the middle of the chair.

#### OBJECT/SELF CONTEMPLATION vocabulary:

Imagine an object, devoid of any emotional attachment or feelings, is suspended in front of you ...

Allow yourself to contemplate it freely .... Looking at it as if for the first time ... from every angle and perspective ....

Just observe its shape, size, colour, texture .... With a very neutral gaze/eye ... with no thought or judgement ...

Then imagine that you have taken the place of that object .... And you are now observing yourself from the chair ....

With the same neutral look ... without judgement or preconceptions ... just watching, observing yourself there in front of you ....

Then let go of the image and return to your body on the chair, noticing how you feel ...

#### 5 SENSES EXERCISE

Moving into the 'active' sitting up position for each sense and back against the chair for the pauses:

**SMELL:** Focus on your nose – the shape and structure – then concentrate on the air moving in and out .... Notice the temperature ... the smells around you ... maybe moving the head as you do so ... then sit back to pause and notice how you feel

**TASTE:** Focus on your mouth + focus on shape and structure of the mouth – outer and inner lips, gums, teeth, tongue, palate ... then noticing any residual tastes lingering in the mouth ....

**SIGHT:** Eyes – structure and different parts – upper and lower lids, eye lashes, the eyeballs.... Awareness of what you can see (even with eyes shut) ... maybe covering one or both eyes, turning the head in different directions ....

**HEARING:** Ears – external shape and inner structure – sounds far away and nearer to hand, sounds of own body .... Covering one or both ears to notice any change ....

**TOUCH:** Using the skin of your fingertips, start to explore your hands, arms, rest of the body including the textures of your clothes ... maybe then the contours of the head and face .... Texture, temperature, shapes .... Noticing what information the sense of touch brings us ...