

The eyes: what are the means by which we use information from the eyes? Receive the stimulus and bring it quickly into the body. From here start the cycle of sensing, naming, doing to get deeper into naming sensing the memory. This goes for the work in general.

A question comes up for me as to how specific/deep to dive into the memory of ~~the~~ ^{our} since we've found namings things in the body we stay with it until the memory is clearer and more conscious. Associations can be passing by or be stronger in their moment and lead to transformation. Let the emotions pass by after acknowledging them. Take their physical sensation and work with that instead.

- Round 1 -

From "who you are today" find a focus point. Sense in the body, focus in gradually to a movement, a place in the body. As you go deeper, start the naming. By zoning in to that place in the body we can understand more of the memory and focus in on it. By zoning in on the memory we can amplify the space of the body-place and expand the memory in the body and in the space around you. You can work in the imagined space of the memory itself.

Are there any associations coming up? Notice them lightly. Shift the place in the body and different relation into space. Notice the memory when it comes, notice the space, notice the tempo of this space in the body. Can we speed that tempo through the body? Is it more rapid? Is it more drawn out? Is it rhythmic/irregular? Soft, sharp, dotted, staccato. Where is the memory situated in the body? Notice the architecture of the body, how it arranges around this place.

Keep zooming in, sensing, amplifying the sensation in