

to share something about what we did?

How was the process of sensing/feeling in the body a memory?
How was it to take it into space?

From locations in the body were you able to find a memory?

Were there any associations while the body is in action?

Various answers. Some have very clear memories, another not really but all got to some very good places and derived strength and hope and curiosity from the task.

ROUND 2 - find pleasure in movement

Generate pleasure in your movement. Keep going in that pleasure and keep increasing the pleasure through the movement. Be aware of what memory is being stirred up by this movement. You can zoom into that, amplify make it bigger