

Start from where you are today. Is there somewhere you wish to work from? Sensing from the body (is it often the same place? Find a new place this time, find some other sensation to go from), or selecting a particular memory. Find where it is in the body, locate it. Find how it goes into the space around you. If you're still sensing, stay with it, don't rush it.

Start to notice the sensations in the body. How would you describe the sensation in this place? Find ways to locate it in the space. Maybe it's a space from the past which you are remembering. What is the rhythm or tempo and how does it locate in space? Is it constant? What's the texture/quality of the sensation? The pressure, the color, the softness? Can we amplify the sensation into the space we're in? Can you amplify it through the body? Could be expansion or intensity, it can spread, radiate to other parts of the body. Amplify it in the space you're working in. Is there anything more to discover within this sensation than we've not discovered yet? Stay with it. Notice emotions yet be mindful of not going down that road (Not sure I heard it right).

Now notice how you feel about this? What's the emotional feedback? Can that help amplify intensify expand? Notice tempo speed rhythms changes in dynamics, the sensations and emotional feedback. Allow yourself to ride the wave of the movement, allow the body to intuit.

Ask yourself if this is still the same memory now or is there something else coming up? Then move it in the body, find that one place in the body. How do we shift one place in our body in the space? Allow it to shift into the space around you.