

Guided exercise

Choose a comfortable position to sit or lie down in - you can also stand if sitting is not available to you.

Allow all your limbs, your entire body, to get heavy

Feel the surface beneath you supporting it, your body

Take a deep belly breath

Try and follow the route of the breath through your body

Take a deep breath in to the count of 4 and a long breath out to the count of 6

Continue breathing this way and pay attention to any body sensation, scanning your body from the tip of your toes, all the way to the crown of your head

Think of the languages you speak, if it is more than one

If you speak one language, I will offer a variation of this exercise in a moment

Think of your native language, and keep in the background the other language or languages that you may speak or be fluent in

And bring into your vision the image of a friend or person that you speak each of those languages with

How does the conversation go? What are they asking you? How do you respond?

How does your body feel when you are speaking to them in this language?

You can even voice those words out loud, or in a whispered voice, however it feels comfortable

Does the sound of the words resonate in any part of the body in particular?

If you could associate any colour to this language, to this sound, to yourself when you are speaking this language, what would it be?

Imagine this colour like a light, shining on that particular part or region of your body

Then imagine it stretching to envelop all corners of your body

What about if you now switch to your other language that you speak?

Now imagine this language taking a seat somewhere in the background, and invite one of the other languages to come to into focus

How is the sound shaping differently? Does it feel any different in your body?

~Variation for monolingualists~

If you speak only one language, try and think of any instances when you might have heard other languages in real life. On the street, on the bus or on an airplane, in a coffee shop. How does hearing those languages make your body react? Do you feel any sensations arising?

If you only speak one language, think of it in the foreground of your mind while in the background try and picture other/foreign languages that you may have heard or listened to

Have you ever been in situations or travelled to places where you didn't understand the language spoken?

If you were to locate it, is it anywhere close on your body to the first language? Or is it on opposite ends of your body?

What colour does this other language have?

Imagine it colouring that part of your body

Then imagine it expanding to cover all of your limbs, your chest, your neck, your head

The two colours co-exist

They can live simultaneously on / in your body

Try and visualise all of this

Take a deep breath

When you are ready, open your eyes

