

tamps up or down. Fold to the back of the neck. Fold at the front of the shoulders. Perhaps the next fold needs a big shift in space.

Allow yourself to get down to the floor to explore folds in the lower limbs.

Soften the forehead.

How do you shift a fold from the floor?

Now come back to folding through the edges of our skin.

Bring back the pressures and releases but from the edges of the skin. We can still carry the folds to the edges of the room.

Notice how the more you dive into the sensation, the more it makes you feel and gradually let go of the folding pressure release language and stay with the sensation.

Deepen the sensation and play with amplifying it

Can you hold the sensation/feedback loop but soften it? Make it smaller. Let go of movement even more until you just sit with the sensation, focus on the sensation with your mind.

What might it be if you zoom into that sensation with the body? What does it engender? Amplify that through or out of the body. Keep amplifying. Does it reach the fingertips, the tip of the nose, toenails? How do we amplify once we reach the edges of the skin?

Can we amplify into the back?

Slowly let it go, let the body's actions release and the sensation last. Close your eyes, listen to the room, the rain.

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When we are done, we zoom in on that sensation to then amplify it throughout the entire body. From this amplification we can then sense a new doing, as opposed to sensing from the body. Zoom in on what is speaking to you latest. We are playing between the physical and the emotional.

// I'm getting sloppy in my hand writing ... //