

- to the space around you (past or present). What is the relationship to the space? To the floor? Zone-in onto the sensation and amplify.

Notice the quality of the sensation and the feedback it gives you about the memory

Can you intensify expand amplify the sensation? Can you amplify it to other parts of the body? How is it externally to yourself? Perhaps the sensation is giving new feedback to new sensations, new feedback, new quality. Stay with it.
Internal sensations, external (stimuli?)

You can also transmit the sensation into other parts of the body. What is it to organize the architecture of the body into around this sensation/doing?

Notice associative memories, whether related or newer. Start to sense for something new. When something appears start to sense more in the rest of the body. When there is something there start to name the memory. And start to do.

In that doing start to understand what it is inside and outside the skin. In the body and outside in the room perhaps the space you were in. Zooming into that place in the body to zoom out amplifying in the space around you. Go through the amplification chart, section by section.

Can you amplify it throughout the body: skin, fingertips, toes. What is the feedback from this amplification?

REFLECTIONS:

Really important to choose a specific location of the body and stay with the ^{body}sensation connected to the emotion.

When it's still generic, keep searching, sensing, knowing in.

Then try it in different spaces, times, prism of the chart.

There are building blocks that layer upon each other.

It was good to explore pleasure so that it's more