

*Long Attunement* (practice)

**Our teachers:** We have adapted this practice from the work of Alta Starr and RJ Maccani of Generative Somatics.<sup>31</sup>

**Time:** 15 minutes

**What it's good for:** This allows us to become aware of ourselves, the room, and one another energetically, centering us in our bodies in the space before speaking.

**How it works:** The facilitator guides the group through the following steps, saying aloud:

1. Stand in a circle. Feet hip width apart. Keep your knees soft. Close your eyes.
2. Inhale deeply through your nose. Hold your breath for a count of four, and then exhale slowly through your mouth, to a count of eight.
3. Breathing normally, become aware of the connection between your feet and the floor, the earth beneath you.
4. Gently correct your posture and slowly lift your chin so that the top of your head feels energetically connected to the sky. Sense that connection.

5. Relax your forehead, relax your eyes, your jaw, your ears. Relax the muscles at the back of your neck.

6. Inhale, and stretch your arms over your head. On the exhale, lower your arms to your side.

7. Continue breathing normally. If you are right-handed, place your right hand approximately two inches just below your navel. If you are left-handed, place your left hand approximately two inches below your navel. Spread your fingers. This part of your body is where 72,000 nerve endings come together and where your physical and emotional bodies meet.

8. Visualize your navel as a root that travels up your spine to the top of your head and as a root that travels down your legs into your feet. Hold that image.

9. Bring your attention to the place of contact between your hand and the center of your body beneath it. Inhale deeply through your nose, and hold your breath for a count of four. Exhale slowly through your mouth to a count of eight. Do this once more. Inhale deeply through your nose, and hold your breath for a count of four. Exhale slowly through your mouth to a count of eight.

---

<sup>31</sup> The practice of attunement comes from the work of Anita Chari <http://anitachari.com/>. This meditation practice is an adaptation of Chari's approach and the principles of centering learned at a Generative Somatics workshop with Alta Starr and RJ Maccani, Summer 2017 <http://www.generativesomatics.org/>. See The Association for Contemplative Mind in Higher Education for more information and other practices <http://www.contemplativemind.org/programs/acmhe>

10. Continue breathing normally and begin to imagine your navel root extending beyond your own body and into the center of our shared space. As it intertwines with the roots of others imagine a root system that sustains the life of a stand of trees in a forest. Hold that image.

11. Now imagine your navel root connecting to the people that you bring with you into this room but who are not here in person. People who have shaped your beliefs and value systems, people who directly and indirectly have enabled you to be present in this room. Visualize those people.

12. Continue breathing normally and bring your attention to the energies of the people on either side of you.

13. Now bring your attention to the energies of the entire room of people.

14. Now bring your attention back to yourself and your energy. Continue breathing normally.

15. Know that this fifteen-minute attunement is always available to you. May you carry your ability to be present with yourself and with others throughout the day.

16. Let's close the attunement with one more breath. Keeping your eyes open, inhale deeply through your nose, hold your breath for a count of four, and exhale slowly through your mouth to a count of eight.

### *Short Attunement*<sup>32</sup> (practice)

**Time:** 5 minutes

**What it's good for:** This allows us to become aware of ourselves, centering us in our bodies in the space before speaking.

**How it works:** The facilitator guides the group through the following steps, saying aloud:

1. Find a comfortable place to sit or stand. Close your eyes.

2. Pay attention to where you are holding tension in your body and breathe into those places.

3. Now bring your awareness to your breath. Be aware of the movement of your body with each inhalation and each exhalation. Attend to how your chest rises and falls, how your abdomen pushes in and out, and how your lungs expand and contract. Find the pattern of your breath, and focus on both the inhale and the exhale. Notice any thoughts that come up and acknowledge them, and then let them pass.

4. Open your eyes and expand your awareness to what is outside your own body.

5. Gently pay attention to what you see and hear. Notice colors, shapes, patterns, textures, and sounds.

6. Know that this five-minute attunement is always available to you. May you carry your ability to be present with yourself throughout the day.

32 Sean Fargo, *Mindfulness Exercises*, 2018, <http://www.mindfulnessexercises.com>.

## MAKING & BEING