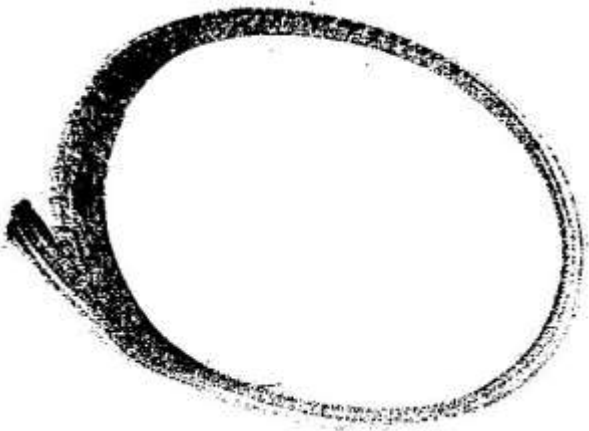


# BODYMIND BOUNDARIES FOR BEGINNERS



## Setting the Stage

A cord boundary forms your game board as you play Boundary Adventures. Here is your stage, a place to act out & playfully explore the stories of your life. The area within your cord boundary is intended as a safe place. Honor it with regular attention as it becomes your bodymind playground, a container & protector of your emotions, your personal sacred place, & a symbol to mark the territory of your personal space. **Preparation.** You will need a cord from your Boundary in a Box (or a string 5 - 7 yards long). Find a quiet, safe place. This could be out in nature or within a room. Choose somewhere set apart from daily life so you are not disturbed during BodyMind Play.

**GAME** Sit comfortably with support. Become quiet as you *Notice* your *Breath.... Pause* & *Feel* body sensations....

**Play.** *Breathe*.... Before setting the stage, *Look* around via eyes & observe your surroundings.... *Notice* your *Breath* & body sensations.... *LookAway* & *Focus* inwards.... *Tune In* to your central *Torso*.... *Feel* body sensations....

**Play.** *Breathe* to enhance awareness of your inner state-of-being.... *Feel* the texture of the cord boundary in your hands. *Breathe*.... Place your cord boundary on the floor surrounding your body at a distance of several feet.... *Notice* if the quality of your breathing changes.... *Focus* on your body & the experience of yourself inside of the cord boundary....

**Play.** *Breathe*.... *Look* at your cord boundary. Trace it with your hands.... *Breathe* & Extend your arms outwards & outline a larger, 3-dimensional area around your body inside the cord boundary.... *Tune In* to central *Torso*.... *Notice* body sensations.... Welcome this area as your personal space.

**Guideline.** As you embark upon the Boundary Adventures that follow, your cord boundary outlines the stage upon which you will BodyMind Play. This area is a special space within which you can honor all expressions of your most Authentic Self.

**GAME** To give this personal space more meaning for you, *Imagine* the cord describes a size & shape outlining your preferred personal space & the shape of your life-energy Right Now.... *Breathe* & *Feel*.... To make this personal space more special & sacred, awaken more of your senses as you play : i.e. light candles; add healing color to the room; use supportive aromas; hummmmm....