Week #6 EARTH

Exploring being Embodied

- Print out ONE of the 3 doll sizes.

- It’s preferable to print out on heavier stock paper as it’s easier to work with, and more durable. Don’t worry if you don’t have this, just print on regular computer paper.

- Note: If you prefer, draw your own template! (First, please read through the instructions so you will know what the exercise is about.)
- Once you have printed out one of the templates, or your own, you may want to take a moment to draw in hair.

- Cut out the body, arms and legs.
- If you happen to be a crafter, gather your brads (pictured above). You will find them at craft stores, usually under “brads for crafting.” Brads are fun to use on this project because the arms and legs will be movable and you can change the position as you wish.

- If you don’t want to use brads, tape works just as well. You can tape the arms and legs into the pose you would like.

- Poke a hole in both the torso and the corresponding arm or leg using a small, sharp object like a thumb tack. You will see I have provided dots as a guide.

- Feed the closed brad through both holes.

- Spread the brad apart on the back of the figure, as shown at left.

- Repeat to attach both arms and legs.
Step #6

Enjoy the Embodied YOU!

- I suggest leaving the blank doll out for a hour, or even a day until you know where your body’s wisdom wants to take you.

(I chose this size, small enough to easily be printed on 8.5 x 11 paper, yet large enough to decorate.)
To begin …

1. BRING THE CUT OUT DOLL TO OUR CLASS ON Wednesday. Gather supplies to colour your Embodied doll and begin immediately after our Journey on Wednesday to work with the doll.

2. BRING YOUR JOURNAL TO THE class this week and save a quiet time to hear your Body's Wisdom and decorate your Embodied Doll on your own later in the week as part of your Homeplay.

If you wish to do this on your own:
Gather your doll, a pen, pencil, coloured pencils, pastels, and perhaps a scrap paper or your journal for notes. Light a candle or some incense. Put on soft music.

Begin as always with your feet firmly on the floor. Take three deep breaths.

You will want to set an intention for this practice. I invite you to choose what feels right for you in this moment. This exercise is a call to the YOU of this moment. What is it that your sacred body has to tell you? How are you showing up as being EMBODIED?

Working through this exercise is a delightful way of listening and communicating with the visual language of your physical body, and how you can begin to see how energy is moving through you.

Really feel the parts of your body that want to be expressed in this moment.

Acknowledge both the pain and the pleasure your body is feeling in this moment. Allow both without judgement.

You can ask your body what it wants to show you today. Waiting to receive the answers with your eyes open or closed. For instance, is there a colour or image your liver would like to share? Does your thyroid have a message? Does your left knee need to release a story it’s been holding on to?

Connect to the colours, images, and stories that want to be shared in this moment. I suggest having a direct experience by drawing and colouring your way through your body template without censoring yourself.

Remember to find the colours and movements that bring your body the most JOY and healing.