

Audio Track 1: Finding Strength and Softness

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Try this: Finding strength and softness.

Let's take a moment now to become present in this moment and this body. You can begin by sitting in a comfortable position. Or a position that's as comfortable as possible right now. And if it feels right, allowing your eyes to close or just taking a soft gaze toward the floor. Noticing there are external supports. You can feel the support of the chair or the floor beneath you. You know how they're holding you up? Their strength and their solidity? Knowing that you are supported. You can allow yourself to rest into that support.

Finding a posture that balances alertness with relaxation. And letting go of any unnecessary tension. Bringing your attention now to your internal supports, noticing your strong back. Feeling how the back supports you and keeps you upright. Even if you have back issues or back pain, still the back is holding you, supporting you. Strong back. Allow yourself to feel your own strength from the inside. If it feels right, you can say to yourself, "Strong back — Yes, I can feel my own strength." And you can stay here feeling the strong back as long as you like.

When you feel ready. Bringing your attention now to your soft front. Feel how the chest and belly gently expand and contract with the movement of the breath in the body.

It is this soft front that allows us to be vulnerable, to know our feelings and to be impacted by the feelings and actions of others. The soft front lets us know the inner and outer world. The way our breathing relates us to the world, taking in what we need and sending out what the trees need. If

you like, feeling the softness, the openness and vulnerability of the soft front. Perhaps saying to yourself: Soft front.

And know that behind the soft front is a strong back. You can stay here as long as you like.

If you like, you can feel into the relationship between the strong back and the soft front. Notice how the heart rests in the space between the strong back and the soft front. Feeling the strength of the back. What amount of soft front feels okay right now? And feeling the soft front. What amount of strong back feels supportive? You can take a moment to play with the relationship between the two, knowing that you already have the capacity for both. Are they balanced? Is there an easy flow between the two? Or do you find one dominant and the other less familiar?

Take a moment to notice which one you would like to know better. You can set an intention to notice more of the strong back or more of the soft front as you go about your day. And then remember to notice your wholeness. You have both strength and vulnerability already.

And please thank yourself for showing up and noticing.

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