



BEGINNING LEVEL RITUAL: ENGAGING THE FIVE SENSES

The next ritual serves as a bridge between the outside world (proprioception) and the internal world (interoception). Please note that we'll get into more deeply defining and working with interoception after this transition exercise but for now, know that interoception is awareness of your inner experience. Each ritual below engages one of your five senses. Slowly practice each one and notice the connection between the outer world of the sense you're in and how it connects you inside:

- Connect with *smell* by using aromatherapy, incense, fruit, fresh air, etc.
- Connect with *touch* by moving the palms of your hands down your legs, then back up again.
- Connect with *sound* through calming music, chimes, etc.
- Connect with *sight* by appreciating beauty in the world.
- Connect with *taste* by slowly eating something delicious.

Slowly repeat each of these rituals for three minutes until all your senses are available to you.



REFLECTIONS

WHAT'S DIFFERENT?



Beginning/Intermediate Level Somatic Dimensions Noticing Inner Experience

*Refer to the examples below to describe your inner experience
(aka, interoception) or add your own:*

Anxious	Grounded	Relaxed
Breathy	Heart Beating	Settled
Buzzy	Warmer	Slower
Calmer	Overwhelmed	Stressed
Cooler	Pulsing	Tingling

Answer These Questions For Yourself:

Before this ritual, my body's experience was...	After this ritual, my body is more/less...