



INTERMEDIATE LEVEL RITUAL: INTEROCEPTION WARMUP

Focus on the first and most essential dimension of interoception—sensation (we will explore the other dimensions to deepen your somatic awareness soon).

Run in place for 60 seconds or if you can't run in place, do jumping jacks, sit in a chair and make a bicycling motion or raise your legs up-and-down or whatever adaption works for you to increase your heart rate. After 60 seconds, take your pulse on your wrist or neck or put your hand on your heart. Notice the increased heart/pulse rate from running in place—that is your nervous system in the giddy-up-and-go (sympathetic). Now notice how the heart rate/pulse begins to decrease over time—that is your nervous system moving into the rest and digest (parasympathetic).

Noticing these dimensions is the start of body awareness (interoception). Continue with this ritual for three minutes daily until you notice at least one of these dimensions. Sometimes we need more time with the essentials of interoception. If this applies to you, repeat this ritual until you feel masterful with it. If it isn't available to you, that's okay. Stay with this ritual until your awareness changes. Keep answering the following questions as your awareness builds:



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...