

Workshop 1 Exercises: Returning to Inner Authority

Purpose

This exercise is not about fixing, analysing, or achieving anything. It is about **building safety, awareness, and trust within yourself**. Your only task is to observe—without judgement.

Part 1: Regular Stillness Practice.

Location: Nature if possible (garden, park, woodland, beach). If not, a quiet indoor space you return to regularly.

- Sit comfortably. Place your feet on the ground.
- If it feels supportive, place one or both hands on your heart or belly.
- Close your eyes or soften your gaze.
- Take 3 slow breaths—no special technique, just allowing the body to arrive.

Do nothing else.

No visualising. No fixing. No forcing calm. Simply notice:

- Your breath
- Sensations in the body
- Sounds around you
- Thoughts as they come and go

If your mind wanders, gently return to the body.

Stay here for **at least 10 minutes**.

If restlessness arises, observe it rather than reacting to it.

Part 2: Body Awareness Scan (after stillness)

After sitting quietly for a few minutes:

- Slowly bring your awareness to your body.
- Scan from head to feet (or feet to head).
- Notice:
 - Tightness
 - Heaviness
 - Heat or coolness
 - Numbness
 - Emotional sensations

Choose **one area** that draws your attention.

- Rest your awareness there.
- Imagine warmth, light, or breath flowing into that area.
- Stay until you notice a shift, or until it feels complete.

There is no right outcome.

Part 3: Observation Journal (5–10 minutes)

After each practice, write briefly. This is **private**—no editing, no censoring.

You may use these prompts:

- Where did my body feel most relaxed today?
- Where did I feel resistance or discomfort?
- What thoughts kept repeating?
- Did any emotions arise unexpectedly?
- Did my body respond (sigh, yawn, rumble, tears, tension)?
- How did I feel *after* the practice compared to before?

Do **not** interpret.

Do **not** analyse.

Just record what you noticed.

Part 4: External Authority Awareness.

Once a week, reflect on the following questions in writing:

- Where in my life am I still looking outside of myself for answers?
- Who or what do I give authority to over my own knowing?
- How does my body respond when I consume spiritual content, teachings, or advice?
- What feels nourishing vs. draining?

Notice any sensations in your body as you answer.

Part 5: Integration Question.

Once a week, answer this question honestly:

“What does safety feel like in my body?”

If you don't know yet, that *is* the answer.

Important Reminders

- This is not a performance.
- You are not behind.
- Nothing is wrong if emotions arise—or if nothing happens at all.
- Awareness *is* the work.

Healing begins the moment you stop trying to become someone else and start listening to who you already are.