

## ACTIVITY: ORIENTING FOR STORIES

Move yourself into a comfortable position, sitting or standing. As you follow each of the steps below, give yourself plenty of time and move through this activity at an unhurried pace. Feel for what is emerging.

1. Facing forward, take a few deep breaths and soften your gaze. Settle into your space.
2. Gently turn your neck and head to the left, allowing your eyes to scan your space.
3. Continue scanning to the left and engage your hips and mid-body to look behind you.
4. Now slowly do the same in the opposite direction all the way to your right, before returning to facing forward.
5. As you do this again, this time allow your eyes to settle onto specific objects or aspects of your space. Pause your movement and bring to mind the story of that object or aspect.
  - a. Where did it come from?
  - b. Do you have judgements connected to it?
  - c. Why is it there?
6. Then, after a few moments, simply let it go and continue your orientation.
7. Do this until you feel grounded in the stories of your space.

If it's helpful, you can reflect on your experience below:

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