

Portrait of Someone You Love

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If you are teaching this to a group, you can divide the group into two or three smaller groups, so that one group is moving, and the rest of the group is observing. The groups take turns being the observers and the movers.

To the observers: Inhabit your whole body. Experience that the space of fundamental consciousness pervades you and the people moving.

To the movers: Stand. Inhabit your feet. Let your breath adjust to you being in your feet. Remaining in your feet, inhabit your whole body. Attune to the space pervading you and the people observing. Receive the gazes of the observers as warmth, without losing inward contact within your own body.

Think of someone you love. Come into a gesture or shape that expresses something about this person. Fill the whole shape with the quality of that person. Move from the shape. Continue to receive the gazes of the group, and to express the quality of the person you love to the group, as you move.

Come back to standing still. Dissolve the quality of the person and make deep contact with yourself within your body. Experience that the whole internal space of your body is breathing.