

21 Day Tune-Up: Day 1 - Basic Orienting

Hello, and welcome to Basic Orienting. To begin, I will actually have you start by following your impulse to see if you would like to sit for this, stand, recline on the sofa, maybe walk around your home, the space you're in. So, tune into that first and know that you can change the position you're in at any time, so there's no need to stay still in one position while you do this. Of course, you also can, so feel into that impulse. What does your body want? What does your biology want? And then, as you tune into this idea of orienting, bring your attention, bring your awareness, to the space around you. Have a look into the external. Let your eyes and your attention and your awareness meander.

And the looking, the attention, it's to do so in a very curious, exploratory, slow way, not as you would if you were watching tennis at a tennis match where you're going back and forth, back and forth quickly, although that is a version of orienting to say, a tennis match, but for this neurosensory exercise of basic orienting, it is to bring a slow, gentle, visual connection to some space. It might be in front of you. It could be to one side of you, to the other side. It could be towards your feet, to see towards the floor. To look up a little. Know that your body could turn. There could be a movement such that you shift the weight across your feet or across your pelvis that you're sitting on, if you're sitting. So, of course, depending on your position, that will determine the capacity to move.

If you are standing up, it's a little easier to pivot and turn around by shifting your feet and turning. And as you orient, as you see, notice your breath, not to change it necessarily, although perhaps that happens the moment I mention breath, and that's completely fine. Perhaps my focus and saying that gives you the cue that you've been holding maybe your abdominal muscles a little, and that's not allowing the air to be as free as it could be. Perhaps, just an idea. Is there any tightening in the lower pelvis area, in the groin area? Can there be an ease in that area of the body while allowing the eyes to see around you, to see space, objects?

In many ways listening with your eyes, letting them traverse the space while feeling maybe the shifts in your body as you move, there might not be many shifts, or maybe there are. So, to sense the ground under you as you transition. As you look, see if there's a tendency to look more so in one direction. It's possible that that's environmental and that the window, for example, is to one side of you, so there's more of a draw to look out in that direction. Or perhaps there's a plant that you're enjoying seeing and it's more on the other side. So, see if there has been a preference to look in one direction, and notice what it might be like to bring your focus to a different direction, all the while noticing the ground under you, how it supports your body, your body's weight, how it supports this ability to look. How you notice your breath.

And as your eyes meander, while I haven't mentioned closing them or opening them, I'll assume they're open. However, if you feel a desire, an impulse to rest and close them for a moment, of course, that's a hundred percent cool. Do that. Just little ideas. There's no set steps for this. It's really more of an exploration to bring your focus to see around you, to orient. And as you notice the environment, also notice yourself. What's happening in your sensations? What's happening in your physiology? Is there anything shifting in your digestion, in your temperature? Are you noticing your temperature differently? Not necessarily needs to be noticed, that you might not notice a change, and that's fine. Just another little thing internally to notice. Can the breath be easy? Is there any tension in the face? Is the face soft and relaxed, or is it holding something?

Just other questions that you can pose, that you can ask yourself, obviously, through my guidance, just as I had mentioned a little moment ago, is the belly tight? Is there a tightness at all in the core? Can it shift? Can it relax? And as this lesson, as this neurosensory exercise of exploring, orienting, comes to an end, know that you could continue if that feels like you may want to continue. And of course, if this feels like enough, then of course, perfect, and come back to this lesson.

A decorative graphic in the top right corner featuring a person meditating on a log, a tree, and some hanging ornaments, all in a soft, painterly style with a color palette of greens, yellows, and purples.

TRANSCRIPT

Again, see how it shifts, see what you might notice each time you come back to it, and also see how you can begin to bring this basic practice into daily life. It could be via my guidance with this audio or in exploring what you remember. Bringing in little elements of meandering with your eyes, bringing your focus outside of your internal self. And I will end this lesson here. Keep practicing and keep orienting.