

AFTER A FLOOR LESSON 2 Consciousness pieces that show How our mental state influence and limits our movements.

- I. As soon as you stand and walk after a floor lesson.
Imagine walking next to:
 1. Walking on Grass
 2. Enemy/Adversary
 3. Not sure of person's intention
 4. Friend/Loved one/Someone very comfortable with

- II. After Shoulder Clock or other arm/chest aware lesson. Lying on back. Eyes Closed.
Notices differences while you reach for:
 1. Pen you are being handed. Notice how you do that. What parts of yourself do you use?
 2. Parent not knowing if they will be there
 3. First just barely touch something you are fearful of (knowing will not actually hurt you), snake, spider, rat, anything else aversive to
 4. Reach out to touch lover/friend/relative that you don't know if they are feeling loving toward you or angry at you.
 5. Reach out to take a gift being offered you that you really want and have full permission to have.