

**Engage Here & Now!!!**

**Sensory awareness & presence as potential for change**

Time to take a moment to come into contact with yourself, the earth, things and beings!

1. Find your own way to lay down on the earth to sense the impact of gravity on you – here & now.
2. Take your time to make contact with the ground underneath you. The center of the earth is right underneath you. What do you sense? The texture of the ground, yourself, others around you.... How are you engaged in yielding into the earth here in public space and letting the earth carry you?
3. In your own pace find a way back to standing. That can take a while. Standing is a practice in which you can perceive your relationship to gravity through small micro-movements which show how your body aligns and balances towards the center of the earth – almost like a small dance. Closing your eyes can help you to perceive these minimal movements including breath-movements.
4. Take your time to turn into all 4 cardinal directions within this sensuous, upright presence. Allow your attention to expand far out into each direction and imagine what the world looks like there, what people are engaged in there, how they live, what kind of connection you share with them.
5. When you are ready, find a way to end this sensory activity and see what you need to be here again. Maybe have eye-contact with someone next to you, maybe stomp your feet....

Remember these simple steps so that you can develop the ability to practice them - even in unusual, public environments.

Print out these steps, so that you can share the practice with others.

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