



## Ralph Steele: Embodying Emotions with Somatic Meditation



Ralph Steele is a Somatic Experiencing Practitioner, certified in Integral Somatic Psychology and founder of the Kubler-Ross Hospice training program at Northern New Mexico Community College. Ralph has taught Insight Meditation since 1987, is a marriage, family, and individual therapist and was a Buddhist monk in Thailand and Myanmar for many years. In this session, he explores various body-based meditation techniques to help embody emotions.

**TOP EMBODIMENT TIP:** One Breath. Take one breath at a time. The body is always breathing, but where are you?

### The Warm-up: Breath

- Breathe in and out of your nostrils as fast as you can with your mouth closed.
- Those with cardiac or bronchial problems just take a long in-breath and long out-breath.
- Pace yourself. Find your rhythm and **find your edge** and stay right on it. Soften the other muscles in the body.

### Use your body as a musical instrument: It's all in the breath and how we utilize it

- Vary the breath: coarse, hard, soft, light. When you get tired of one rhythm try another.
- Take long, slow deep breaths in and out - oxygenate the system!
- Breathe in a way that **enhances the vibration, the feelings, the sensations** of the subtle body.

### Let the body teach you: Be gentle with yourself, and notice what happens

- Try to let go of the judging mind, the categorizing mind.
- Feel what you are feeling as best you can, we are **inviting emotions**.
- Notice your daily patterns and conditioning.

### Be Love: Feel the love

- Put one hand on your chest, the other on your thigh, or the abdomen.
- Feel the love. The experience is more important than the words.
- **Make a "hmm" sound, feel it ripple like a wave** through your system, blending the physical and subtle body.
- This is connecting to the ocean, the collective subtle body.
- **Send a wave out** to family, loved ones, those that are ill, in prison, in politics, in health care, in the military, being born, dying. **Send our planet a wave**, including the birds and the animals.

### Get yourself, your name, your personality out of the way: Look at what comes to the surface

- Feelings, sensations may come up. The body may yawn, it is releasing. Be humble.
- Our awakened selves, our Buddha natures are so much bigger than our personalities.

### Resources

- ❖ **Books:** *Tending the Fire, Through War and the Path of Meditation.*
- ❖ **Website:** <http://www.lifetransition.com>



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