

## **SPACE AWARENESS SCRIPT**

This is an exercise that involves expanding and contracting your awareness of the space your body occupies.

**Here are the steps of the Energy Flow® Space Awareness exercise:**

1. Stand comfortably with your feet about hip-width apart, or sit in a relaxed position.
2. Begin by closing your eyes and bringing your awareness to your body. Notice how your body feels in the space around you (do you feel cramped, open, heavy, or light?)
3. Expand your awareness by imagining your body getting larger, taking up more space in the room. Feel yourself stretching and reaching outward in all directions.
4. Contract your awareness by imagining your body shrinking, bringing your attention inward. Feel a sense of closeness, as if you're becoming smaller and more compact.
5. Alternate between expanding and contracting for 2-3 minutes. Allow your body to naturally flow between these two sensations.

### **Reflection questions:**

1. Did you feel any shifts in your body or energy during the exercise?

2. What emotions or thoughts arose as you explored these movements of space?
3. How did it feel to imagine your body becoming larger in the space around you?