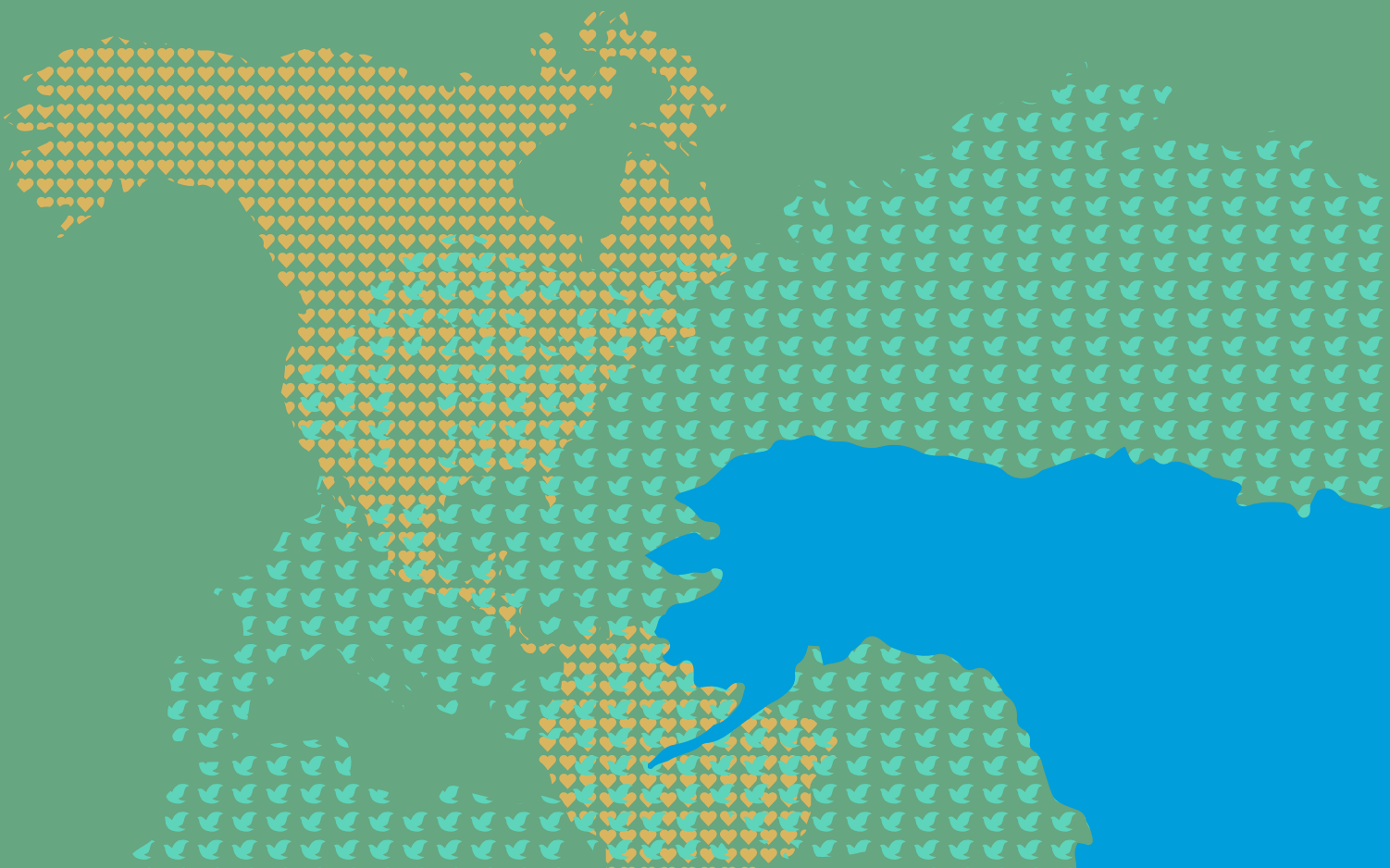




# Me and you – building peace through communication





## Check-in

Take a comfortable position sitting on the floor or laying down on a firm surface. Gently close your eyes.

Without having to interfere in any way, notice the subtle movement of your body while breathing in, and out. How does your own breath feel right now? Try to let it be just as it is, you don't have to try to change it in any way. It might become a little bit calmer just because you are paying attention to it. That's ok. But don't try to change it consciously – just be curious. Where do you feel your breath right now? Let yourself rest with your own breath.

Then turn your attention to your whole body, and check-in with yourself from tip to toe: what is going on in my body, right now? What kind of sensations or emotions do I notice in my body? Do I feel spacious or tight, warm or cold, static or dynamic? Where do I feel it? You might notice something changing while your attention is travelling through the different parts of your body. Keep breathing.

Be curious about what you notice. You don't have to fix or solve anything right now. Instead, try to remain gentle and accepting with anything that you might feel, and just notice. Be present to your own body and whatever you might be feeling.

If there is tension or pain somewhere in your body, you can use your breath to gently inhale towards the tension, and exhale to release it. Again, you don't have to change anything, just notice and breathe, and rest with whatever arises.

You can do this for 3 to 30 min, as long as it's needed.