

Mapping the Terrain

Before we can cultivate the garden, we must map the soil.

Look at the figure below. It represents your somatic self—the physical vessel of your experience.

Close your eyes. Scan your body from head to toe. Where do you feel exploring the “Shadow” in your body right now? Is it a tightness in the chest? A fluttering in the stomach? A heaviness in the shoulders?



Mark the map above. Draw vines or roots where you feel tension.
Draw flowers where you feel openness. This is your baseline.