

# GUIDED MEDITATION: 'The TALK-FEEL Connection'

## ~Stephanie Nash

00:00:00 Kayla Barry, member of the collab team at Miami動態幫手 at Miamlaim Miccontrol,  
00:00:02 allocated 장난 gibbons at Tribal A.L.  
00:00:04 Ethan Rock and Mizz꺄habox at Save L.A.  
00:00:06 And Zobra Macaroni, in the craft club of Arms-Okai Camera Company  
00:00:08 You  
00:00:38 can take a moment to let the body settle. Take a nice deep breath in and on the breath  
00:00:52 out just let the body relax, release any tension, let the jaw drop. You could let the weight  
00:00:59 of the arms just allow the shoulders to drop back and down. Let the front part of the torso  
00:01:12 be soft, the belly be soft, allowing the breath to move easily in and out of the soft belly.  
00:01:19 And on the breath in you can allow the spine to lengthen easily, naturally, so that the  
00:01:26 head is balanced easily on top. The spine is balanced, the head is balanced. There's  
00:01:33 no muscular effort or energy for the most part involved in sitting.  
00:01:40 There's no muscular effort or energy for the most part involved in sitting.  
00:01:50 See how you can allow the spine to lengthen and everything else just hang down from it.  
00:02:00 So there's alert, alertness and repose.  
00:02:07 The lengthening of the spine allows the mind to stay alert and the breath out allows relaxation,  
00:02:25 letting go, release in the body. Let the face be soft.  
00:02:32 And tune into the body, what it feels like to sit here right now.  
00:02:45 Feeling your arms, your legs, your torso, your head, whole body.  
00:02:52 And there'll be tangible touch sensations of how the world touches your body, clothes  
00:03:04 on the skin, air, temperature, humidity, pressure of the body on the chair or cushion. These  
00:03:11 are all just sensations, sensations of breathing, the movement of the breath in and out.  
00:03:18 Tongue in the mouth, eyes in the socket. Just take a moment to allow your awareness to feel  
00:03:45 the body, letting the awareness circulate and soak into sensations.  
00:03:52 Hands, feet, face.  
00:04:53 And if you find your mind wandering, since we're allowing our awareness to move from  
00:05:03 location to location, you could always label the name of the location where your attention  
00:05:12 moves, elbow, knee. With each label, allowing your awareness to move to that location and  
00:05:19 soak into whatever sensation you feel there, noticing the quality, the texture, the boundaries,  
00:05:28 is there movement?  
00:05:33 And then allowing your awareness to stay there or move on to another location, becoming intimate  
00:05:40 with body sensation, what you're aware of at this moment.  
00:06:10 Okay.  
00:06:40 Okay.  
00:07:11 And while you're investigating body sensation, you may or may not be aware of a different  
00:07:23 category of body sensation, subjective, the sensations associated with mood or emotion,

00:07:30 different flavors of feeling may arise. There's different qualities of sensation maybe in  
00:07:40 different locations in the body. For most people, the front part of the torso up into  
00:07:47 the throat and face are prime central locations for emotional feel in the body.  
00:07:54 So unless you're absolutely emotionally neutral at this time, you may or may not have the  
00:08:01 slightest tug, pull, spread, cringe, tightness, warmth of pleasant or unpleasant.  
00:08:08 The pleasant or unpleasant would be what we call feel, feeling in, feeling emotion in  
00:08:15 the body. And it might be quite subtle. Since we're sitting in a relatively quiet room,  
00:08:24 we may or may not be aware of the subtle, but we're aware of the subtle.  
00:08:31 And you don't have to know what the feeling is, but if you're aware of any such sensation,  
00:08:53 we'll explore it in a little more detail as we move on. But if you're aware of anything  
00:08:57 like that now, just allow that to be part of your investigation of body sensation in  
00:09:06 addition to the tangible face, shoulder, knee, elbow. There may be something in the center  
00:09:13 of the chest or in the belly. It's related to emotion or mood. Subtle is significant.  
00:09:43 Good. Now I want you to keep your awareness in the body, and I'm going to clap my hands.  
00:10:14 And I want you to notice you will have a response to the sound of my hands clapping, but there  
00:10:22 may also be a literal vibrational response from sound coming into the body. So just notice  
00:10:29 what you notice from the sound of my hand clapping, keeping your awareness on the body.  
00:10:41 Feel that. External sounds play upon our body all day and night.  
00:11:12 So I'd like you now to practice allowing sounds to move through your body like the body is porous,  
00:11:24 and open your awareness out to the sounds around us. And when we open out to sound,  
00:11:30 image may get strongly stimulated. You may have images of the environment or pictures  
00:11:41 you make that you associate with sounds. If that happens, and it probably will, just let  
00:11:47 that be in the background. That'll be there. But really hear sound and feel the body's  
00:11:57 response to sound, just like the clap, but maybe less dramatic. And my voice, of course,  
00:12:08 will be a sound, too.  
00:12:39 Now I'm going to play some sounds for you. All sorts of associative thoughts will come  
00:12:54 in response to the sound. I want you to notice body sensation of a feeling nature or even  
00:13:06 just a tangible physical nature in the body to these sounds.  
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00:14:54 Now I'm going to play some sounds for you. All sorts of associative thoughts will come  
00:15:23 in response to the sound.  
00:15:48 Turn into your body. Part of this is learning where your feeling centers are. Different  
00:15:55 sounds are going to evoke different kinds of emotional feel. There may be chatter, commentary  
00:16:09 in the head or visual impression, but try to keep your awareness in the body.  
00:16:39 Now I'm going to play some sounds for you. All sorts of associative thoughts will come  
00:17:08 in response to the sound.

00:17:38 Rock-a-bye baby on the treetop. When the wind blows, the cradle will rock. Rock-a-bye baby  
00:18:07 on the treetop. When the wind blows, the cradle will rock. Rock-a-bye baby on the treetop.  
00:18:27 Rock-a-bye baby on the treetop.  
00:18:58 Notice what you're feeling in your body now that you weren't when we started the meditation.  
00:19:14 You don't have to be able to identify what the feeling is, what the emotion is, but notice  
00:19:21 any part of your body that feels pressure moving, different qualities of sensation.  
00:19:37 Notice if there's a tightening around it. See if you could relax the body and allow it to  
00:19:45 flow through like weather. Emotions are like weather, just allowing it to flow through  
00:19:55 like the sound from the outside.  
00:20:13 Mmm.  
00:21:13 What do you feel where in the body?  
00:21:43 What do you feel where in the body?  
00:22:13 What do you feel where in the body?  
00:22:43 What do you feel where in the body?  
00:23:04 Allow image and chatter in the head to be in the background.  
00:23:08 Keep the awareness on body sensation.  
00:23:12 Noticing what you feel where.  
00:23:21 Allowing sounds from the outside to come in and stimulate experience in the body.  
00:23:35 Extending our awareness to that sensorial experience.  
00:23:54 Allowing sounds from the outside to come in and stimulate experience in the body.  
00:24:10 Allowing sounds from the outside to come in and stimulate experience in the body.  
00:24:37 Allowing sounds from the outside to come in and stimulate experience in the body.  
00:24:57 Allowing sounds from the outside to come in and stimulate experience in the body.  
00:25:17 Allowing sounds from the outside to come in and stimulate experience in the body.  
00:25:37 Allowing sounds from the outside to come in and stimulate experience in the body.  
00:25:57 Do you feel something different in the body now?  
00:26:26 Where do you feel it?  
00:27:56 Now you just had a little exercise.  
00:28:24 In that you probably had at least a few different emotional responses to certain sounds that  
00:28:33 were played.  
00:28:36 And the opportunity to notice where and how sensation in the body arose connected to that  
00:28:45 emotional response, whether subtle or quite apparent.  
00:29:00 Now I'd like you to bring your awareness to where you hear the voice in your head, up  
00:29:10 towards the ears or around the head, wherever it is, and I'd like you to find a word, a  
00:29:17 couple words, a phrase, a sound, a syllable, to say to yourself in your head, to help you  
00:29:23 really tune in to where this location is.  
00:29:26 The words can be of a neutral or positive meaning.  
00:29:32 And just say the word or words, elongating the vowel and then taking a little space in  
00:29:42 between.  
00:29:45 Just to tune in to where that location is in your head, to really hear in.  
00:30:08 And now I'd like you to pick a word.  
00:30:38 Pick content of the words.

00:30:40 Pick something positive.

00:30:44 Could be an affirmation, could be a prayer, could be a name, could be just two or however

00:30:54 many words or word or words that seem beautiful or inspiring or loving to you.

00:31:03 And really listen in to the word in your head, word or words in your head, just like we listened

00:31:09 out to sound.

00:31:11 But also noticing any feeling response in the body to that word or words.

00:31:39 Okay.

00:32:09 Now let that go and just listen at that location.

00:32:28 Talk may arise.

00:32:31 Sometimes just looking at talk makes it disappear unless we're deliberately evoking it.

00:32:35 For some people, just bringing your awareness to that location will make all talk cease.

00:32:41 Not for other people.

00:32:43 But just rest your awareness at that location and you may get clear words.

00:32:49 You may have a subtle rumbling.

00:32:51 Maybe you can hear words but it's like behind a door where you can hear the tone but you

00:32:59 don't know what the words are.

00:33:04 Or maybe it's quiet and there are no words and then just enjoy the peacefulness of that.

00:33:10 But just have some awareness in talk space whether it's clear, subtle or none in terms

00:33:21 of activity.

00:33:42 If it's helpful for keeping your awareness there, you could even label clear when you

00:33:46 hear clear talk, subtle when there's anything that isn't clear and none or quiet when there's

00:33:56 no talk happening in your head.

00:34:04 Clear, subtle, none.

00:34:22 Wow!

00:34:52 Now, keeping some awareness in the body, what we've been doing for the majority of this

00:35:12 meditation, noticing sensations of emotional response.

00:35:18 It may be neutral, there may be subtle things happening, you may be activated from any of

00:35:24 the sounds that we heard.

00:35:27 But keep some awareness there and some awareness in talk space, wherever that is for you.

00:35:41 Just for a few moments, we're going to hold the two in awareness at the same time.

00:35:45 You may feel a subtle little bubbling, percling in one and maybe a little rise in something

00:35:52 in the other.

00:35:53 It may be nothing you could describe or even understand what it is, that's fine.

00:35:59 This is the first time checking it out.

00:36:02 It may all be quite murky with some groping.

00:36:08 Just paying attention at all gives you gold stars on your chart.

00:36:15 Notice that process of sensory clarity, of tuning in to what's really going on behind

00:36:25 the curtain.

00:36:26 If I can, attention.

00:36:46 Now, for the last few moments, we're going to play with deliberately evoking certain

00:37:14 kinds of talk in the head, just for you to tune in to the response to the sound on the

00:37:21 inside, just like we tuned in to the response to the sound on the outside.

00:37:30 I'd like you to think of a word or words or phrase, of something that's a bit of a challenge  
00:37:35 for you.  
00:37:37 You pick something that you would like to work with at this time.  
00:37:47 So it doesn't have to be the most difficult thing that you could possibly think of in  
00:37:52 your life.  
00:37:54 Just anything that might be a bit of a challenge to work with.  
00:38:04 Interactive talk of whatever kind.  
00:38:09 Hear it.  
00:38:11 Feel the body's response to it.  
00:38:13 It will probably be a very familiar sensation.  
00:38:27 And while you're doing this, see if you can relax the body with every breath out, letting  
00:38:45 go of tension so that whatever arises doesn't get stuck, can just flow through.  
00:38:52 It's like ringing a bell.  
00:38:54 It will ring and then it stops.  
00:39:16 Now, let go of that talk.  
00:39:29 The feeling may go when you let go of the talk.  
00:39:32 The feeling may linger.  
00:39:35 Just hear the sounds present right now.  
00:39:40 Allow them to flow through your body.  
00:40:07 Now I'd like you to think of a tune, a song, any bit of music with accompaniment from the  
00:40:17 outside.  
00:40:22 Any bit of music you find pleasant, that you like listening to, that you listen to a lot,  
00:40:27 that you haven't listened to in a long time.  
00:40:29 Even if it's just a couple measures of it, and sing it to yourself in your head, the  
00:40:38 part you like.  
00:40:39 Notice the  
00:41:06 body's response to the tune.  
00:41:21 And let the tune go, keeping some awareness in talk space, some awareness in the feel  
00:41:46 centers of your body.  
00:41:55 And the last thing we will evoke is something positive, something that feels good to you.  
00:42:02 Word, words, phrase, name, prayer, mantra.  
00:42:10 Something that makes you feel good, whether it's love-based, humor-based, inspiring, comforting.  
00:42:28 And hear those words, and feel what happens in your body.  
00:42:45 Right.  
00:43:45 Okay, good work.  
00:44:15 Take a nice deep breath in and on the breath out, let it all go.  
00:44:20 Just feel what it feels like to sit here right now and you don't have to do anything.  
00:44:26 You don't have to focus in any way.  
00:44:31 Just sitting.  
00:44:34 Letting nature do the work.  
00:44:37 Let yourself be meditated.

00:44:54 Be ready.

00:46:11 you