

Somatic Practice: Patting the Body

This practice can be used anytime you need to feel more grounded or present in your body. You can stand or do the practice seated. Begin by imagining the way someone who cares for you might pat you on the arm if they were saying “atta girl!” (or any other kind words of affirmation). Now recreate that patting motion with your own hands, starting on your shoulders and upper arms. Keep your fingers together and relax your wrists. The intended effect of this motion is a feeling of aliveness and reassurance.

Pat gently but firmly, moving slowly down your body, paying attention to every part of your body that you can reach comfortably. If your mind wanders or begins to judge you, your body, or the practice, try to return your attention to the sensation of the activity, and speak kind words to yourself.

When you have given your body as many pats as you’d like, sit quietly for a minute or two and notice the sensations and feelings that are present now.

Excerpt from *Awaken Your Sexuality Workbook*.

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