

Are you comfortable? Take a seat, and take a deep breath.

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This practice was developed on the sovereign land of the Wurundjeri people of the Kulin Nations. I acknowledge that I am a beneficiary of the ongoing violence First Nations people experience under the colonial project known as Australia. I pay my respects to their Elders past, present and emerging, and stand behind them in their fight for justice and self-determination.

This series is about fostering a deeper and stronger relationship with our bodies. I acknowledge that black and brown people in particular experience explicit violence against their bodies, which far too often results in unjust imprisonment, and death. While we all have our own struggles, I believe that we can never be free until everyone is free. I advocate for First Nations black and brown trans people, and in particular trans women, to always be at the forefront of our work. I extend my gratitude and allegiance to all black and brown trans people, and pay my respect to our siblings taken from us through the violence of the colonial project. May you live forever in our work and culture, and rest in power and peace.

I invite all listeners, but especially those of us who are white and white passing and those of us who are uninvited guests on this land, to take a moment now to reflect on what you have recently done in support of Black and Brown people, and what acts of support you will do next.

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the purpose of this practice is to offer another approach to dysphoria in our community. often, our knee jerk reaction to dysphoria is to remove our selves as far from our body as we possibly can. we disassociate. many of the suggested solutions to dysphoria are focussed on changing our bodies to fit our selves. hormones, surgeries and clothing. these are important aspects of who we are, but we also know that they won't make dysphoria disappear completely. i believe that this practice has the potential to address the core issue of dysphoria: finding a home *in* our bodies. i want to offer a practice where we can sink into our bodies, instead of trying to flee it.

this practice has the following intentions:

- safety. we are practicing in not judging our selves or our bodies. we are practicing in exploring bodily sensations. we are practicing in soft observation and experimentation.

- non-violence. nothing in this practice should hurt. all of the movement should be soft, at your own speed, to your own interpretation.
- slow. we are practicing in mindfulness. the practice of sinking into our bodies requires moving away from our busy daily minds. when we let our mind and body sink, we can unlock and explore bodily wisdom which we may otherwise not be able to access.

it is important to note that this means we may not know what information will be unlocked. this brings us back to the first intention; safety. if you ever reach a point that is uncomfortable for you, stop. you may choose to just lay still for a moment, pause this recording, or walk away from it all together. and if you would like to talk to me about it, you can reach out. i want to emphasise that the practice involves observing without judgement. we want to explore our bodies, just to understand this part of ourselves. we want to observe with kindness and patience.

this practice is called transomatics. trans, because it is for our community. somatics, coined by Thomas Hanna, being "the body as experienced from within".

there are a few important notes to keep in mind during the practice, and i will remind you throughout the workshop as well.

firstly, every direction is just a suggestion. there are no expectations for what you should achieve. most of the movements are subtle and internal, and deeply individual to each body. so, listen to your body and remember that you know your body better than anyone else.

in this episode, the focus will be on our form. we will be standing and walking this time. make sure you have a bit of room to move around in.

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standing hip width apart, bring your concentration to your feet, and their connection to the ground. gently bend your knees a bit, and feel the pressure in your feet. straighten your knees again, and repeat a few times. notice the subtle shift in your weight, notice how solid the ground feels beneath you, and notice how solid your body is too.

coming back to standing, solidly on both legs. shrug your shoulder up and hold them there for a few seconds before letting them fall. feel how the weight falls into your hands. repeat a few times. Again, bringing your attention to the solidity of your body.

relaxing your shoulders again, roll them from front to back. make the rolls as big as is comfortably, and really loosen the joints. feel the sensation in your muscles, along your neck, and down your spine. maybe bend your knees with each roll as well.

when you feel relaxed and present, begin slow walking around the room– just observing your habitual walk.

placing hands along the ribs, visualise your legs starting from just below your ribcage. walking slowly, observe the difference.

placing hands at the nape of your neck, like you are trying to tuck your fingers underneath your skull. imagine you place a hook here that pulls your body upwards to the sky. stand here observing that sensation.

Now, with the hook under your skull, and your legs beginning from under your ribcage, experiment again with walking around the room. how is it different to your habitual walk? what feels different?

coming to a standstill, bring your attention to your hands resting either side of your body. let them slowly rise along your torso, past your neck and your head, up towards the sky. stretch them as far as you can go, maybe letting your feet rise, and feeling the space widen between each rib. notice the sensation of your skin along your whole body, feel your muscles working and your organs shift. Breathing deeply into each, relax with your exhale.

On the inhale, reach back up to the sky, as far as you can go, and then settling back into the body on the exhale.

Standing still for a moment, take stock of your connection to the floor, let your awareness travel up through your feet, along your calves to your knees, up through your thighs to your pelvis, along your hips and through your belly, reaching your ribs and lungs, past your heart to your collarbone, tracing your neck and then coming to rest in your head. Reflect on the journey just travelled, on the form of your body inside and out. wrap your arms around yourself and give yourself a squeeze.