

Are you comfortable? Take a seat or lie on your back, and take a deep breath.

---

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.

---

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".

other somatic practices that informed this work are; Hellerwork, Feldenkrais method, Hakomi method, Skinner Releasing Technique, Alexander Technique, and Do-In.

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.

we will be doing some repetitive movements, and lots of stillness in between. in this episode, our focus will be on the skin, and sensing the outline of our body. we will start sitting, and then we will spend some time lying on our backs. I recommend having a carpet, mat or blanket between you and the floor.

---

Sitting in a comfortable position, rest your hand on your thighs or knees. Notice your spine, how it flows from your skull all the way down to your sit bones. Bring your attention to your breath, and notice how your ribs, your shoulders, and your belly move with each breath. Bring your attention to the very top of your skull. Imagine a thread gently lifting your body from the back of your head. Notice how your back lengthens, and makes more space for your breath. Let your awareness trace your spine down your

neck, between shoulder blades. Notice the vertebrae all the way down to the floor. Pay attention to how your belly moves with each breath. Notice how each breath ebbs and flows through your whole body. Feel the movement in your ribs and shoulders. Feel it flow through your arms with each inhale, and ebb with each exhale. Feel your breath travel through your legs. Feel it travel through your whole body.

Reflect on how the simple act of inhale and exhale moves your entire being.

Slowly bend your head forward, tucking your chin into your neck. Breathing deeply here, notice the sensation in your skin. Notice how you can feel it all the way down your back. Moving your head to one side, feel the pull down your neck and through to your shoulder. Move your head to the other side too, to balance the sensation.

Sitting cross-legged, give yourself some time to settle into the floor. Taking your left hand to your right knee, twist your upper body with your face looking back. Use your right hand as a support on the floor next to you. Acknowledge the feeling of you skin up and down your left side. Notice your skin around your left shoulder and along your neck. Coming back to the centre, take a few breaths to loosen your neck with rolls. Take your right hand across your left knee, and twist with your left hand supporting you on the floor. Take time to notice your skin and you feel it stretch all through your body. Take time to feel your skin, and how it envelops your self. Come back to the centre and take time to breathe. With your hands on your knees or thighs, roll your shoulders in both directions.

Reflect on how with each movement, you can feel different parts of the same organ. How you can really feel how your skin covers every inch of you.

Using your hands for support, gently leans your body forward, and bring your awareness to your lower back. Breathing into your back, feel how your skin stretches across your back, through to your arms and neck. Rest here for as long as you like. Walk back on your hands until you are upright again. Taking your time, find your way to the floor. Lying on your back, bring your knees up

Stretch your arms out either side of your body, with your palms facing down. Gently let your knees fold over to one side. Bring your attention to the pull along the side of your body. Feel your skin stretch across your ribs, all the way through your arms and up your neck..

Let your knees come back to the middle, and then fold to the other side of your body. Taking your time with this movement, you may want to repeat each side a few times. Noticing your malleable and strong skin, feeling it across entire body. Bringing your awareness to the very outline of your self.

Then, when you are ready, you can bring your knees back to the middle, and then gently let your legs stretch forward until you are lying flat on your back. Bring your awareness to the parts of you touching the floor beneath you. Notice where there are pockets where you cannot feel the ground. Notice the heaviness of your limbs. Notice how the sensations change with each breath.

Take some time to lie here and be present with these movements in your body. Breathing deeply. Tracing the outline of your body. Being present.