

Are you comfortable? Take a seat or lie on your back, 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, our focus will be on the belly. 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. I recommend having a carpet, mat or blanket between you and the floor. you may also want a small towel or pillow to rest your head on.

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The intention for these exercises is to release tension we hold in various parts of our bodies.

kneeling or sitting comfortably, start with a soft massage of the jaw. walk your fingers in circular motion from under your cheekbone, into the hollow of your cheek, to the hinge connecting your lower jaw to the rest of your skull. explore the tensions in this area, apply pressure as feels good.

laying on your back with your feet standing and your knees up. you want your lower back to feel elongated against the ground. Take a moment to breathe deeply into your

body, and concentrate on how your body is placed, how it touches the ground, and where your weight is distributed. Remember to explore these things without judgement.

with both hands, feel the area between your ribs and your pelvis— your gut. now, with one hand flat on your stomach and the other on top holding the wrist, we're going to softly press into the gut in a clockwise motion, starting from the top left. gently press into the gut, and move your way around in a large U-shape.

Once you reach the right side, gently travel back across your body in a zig zag pattern, going up and down over your gut and gently massaging as you go.

repeat this two more times.

With each movement, recognise the integral role your gut plays in your body. How much strength and power it holds. Notice any tensions and let your hands hold them, and gently loosen those knots. Acknowledge the feelings that surface with these movements and intentions, and let them be.

now, still with the flat of your hand, softly rub along your stomach. Show your love and appreciation for your body in this movement, and let them sink into your belly.

And then, when you are ready, bring your arms back to either side of your body, resting on the floor. keeping your arms straight, sweep them up to shoulder height. let both knees fall to your right side, and move your head to face the opposite direction. Sinking into the floor with each breath, bring your attention to the stretch in along your left side and into your belly. Take a moment here before coming back up to centre, and then falling to the left side, with your head turning to face the right. Again, focus on breathing into the movement. Notice how each twist acts as a massage on your gut.

coming back to centre, let your legs stretch along the floor, and your arms lay comfortably either side of your body, or rest on your abdomen. resting here, find all the parts of your body that are touching the floor beneath you. Notice your heels and the back of your legs. Acknowledge the pocket of air beneath your knee. Notice your thighs and your bottom resting along the floor. Notice the parts of your back that are connecting to the ground. Feel your shoulder blades, your arms, and your head. Feeling all these parts of your body touching the ground, let yourself sink a littler deeper with each breath. let your body soften and relax.