

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.

in this episode, our focus is on muscles. we will be lying on our backs. 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.

---

Begin lying on your back, with your arms resting either side, and your feet standing around hip width apart so that your legs are bent. If you like, you can place a small book or pillow under your head. Try to position your shoulder blades as close to the ground as possible. By lifting your pelvis slightly, elongate your spine so that it is hugging the floor beneath you.

Focusing on your breath, feel your belly and rib cage expanding with each inhale. Feel your body settle into the ground with each exhale. Surrender your body to gravity, and

let it feel heavy and sink.

Let your breath deepen.

Bringing you attention to the top of your head, sense the shape of your skull. Feel where it touches the ground, where your hair follicles meet skin. Sense the skin on your forehead, your eyelids, your nose and your cheeks. Let your awareness travel down your neck and collarbone, again feeling the space between your body and the floor. Let your attention drift towards your ribs, and how they move with each breath. Bring awareness your lungs and heart. Let your attention go to your arms, laying against the ground. Feel your bones and your muscles relaxing, down to your fingertips. Notice your belly growing and shrinking with each breath, and feel your pelvis connecting with the floor. Travel through your thighs, let your legs relax. Feel your skin against the floor, feel how heavy your limbs are, all the way down to your toes. Let your attention sweep back through your body, take another deep breath and let your whole body breathe out as one.

With your knees bent, experiment with slowly stretching out one leg to lie on the ground. Alternate between legs, bringing one up to a bent position while the other lays flat. Kind of like you are treading water. Alternating slowly, really experience all the small sensations that come together with this movement. Feel the stretch across your skin, notice your thigh muscles engage. place one or two hands on your stomach, and feel how it tenses and releases with each movement. Sit with the sensation.

Keeping your attention with your abdomen, bring both your legs to the bend position again. With you right hand, reach towards your right heel. Keeping your left hand on your abdomen, sense the stretch in your muscles with this movement.

Alternate with consideration.

Again coming back to CR, lay both hands flat under your bottom, palm facing down. Gently lift your pelvis. Again, bring your attention to your abdomen. Feel your muscles stretch from your sit bones up to your diaphragm. Slowly come down to the floor again, again repeat.

Now, with your heightened awareness of your abdomen, lay both hands back on your belly with your knees still bent. Take some deep inhales, right into your belly, and exhale. A few more breaths.

Now breathing into your rib cage, feel your abdomen stretch and contract with each inhale and exhale.

Placing your hands on top of each other, gently rub them across your abdomen in a circular motion. feel the warmth between your hands and your belly, and focus on

massaging it into your body. bringing your whole concentration to this simple movement, enjoy a moment of being present with yourself.