

## THE SACRED NO PRACTICE

### **Practice Overview:**

This embodiment practice is designed to help you gently reawaken trust in your body and clear conditioning around saying no and feeling a full body yes. It is an embodiment style practice so you'll be using your breath to drop into a deep space, then using sound and movement to "embody" your Yes, No, and Maybe.

Sound, breath, and movement directly connect to our primal brain, where our deepest patterns are stored. I invite you to let yourself be loud and take up space! There's no right or wrong way to do this.

***The goal is for you to get a clear feeling of what the sensations of a Yes, No and Maybe and build trust in those sensations.***

### **Practice Guide (the audio guides you through all of this):**

- Find a safe, comfortable space with privacy where you will be undisturbed for 30 minutes.
- Create an inner or outer resource for safety to return to if you ever feel overwhelmed during the practice. This could be an internal resource like your heart or an outer one like a favorite pet or something in nature.
- Begin breathing in and out through your mouth rapidly and without pause. Let yourself drop into a deeper state of consciousness.
- Scan your body and name any arising sensations, feelings, thoughts, etc. Use words like light, heavy, cool, hot, sticky, dry, warm, soft, etc.
- Start whispering NO slowly and quietly. Pause and feel the sensations and emotions that come up. Let them move through you with breath, sound, and movement. Let the NO get louder and bigger. You might take this time to feel any imprints of times you wish you could have screamed NO and let it go! There's power in completing cycles.
- Start whispering MAYBE. Notice what uncertainty feels like. Give yourself so much permission not to know. Let the MAYBE get louder and more embodied. Claim MAYBE for yourself. You don't need to know.
- Start whispering YES slowly and quietly. Pause and notice what sensations are associated with a YES. Let them move through you with sound and movement. Build the YES if possible. Notice resistance to YES.
- Close by returning to your body, grounding, and finding your resource.
- Repeat to yourself, "It is safe for me to say no; I can be loved and say no; I am worthy of saying no; I trust my inner yes, no and maybe to guide me to my truth."