

## Individual and Partner Exercises for Exploring Circuitries and Cycles

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### Individual Exercise: Embodiment

- Find a comfortable posture. Close your eyes. Allow your body to be held, supported by the chair. Notice the sensations of your body in contact with the chair.
- Direct your attention to sensations of your breathing
  - Rising and falling of abdomen
  - Sensations on your upper lip or the tip of your nose
- Allow your attention to rest on any bodily experiences that you notice (e.g., muscle contractions or tensions, rhythms or pulsations, pain, warmth or cold, etc.)
- When you get distracted by something with an emotional aspect (e.g., memory, fantasy, preoccupation), direct your attention to the bodily experience of the feelings

## Partners Exercise: Embodiment

- To an extent that feels safe to you, talk with your partner about awareness of and attunement to your body
- You might talk about
  - Your experience of your body as a child
  - How socialization as a girl or boy affected your experience of your body, including your ability to experience your body
  - How other aspects of your culture and/or your family life growing up shaped your bodily awareness
  - Experiences as an adult that have changed your awareness of and attunement to your body – in any important way
  - Current hopes and goals you have for enhancing or altering your experience of embodiment

## Individual Exercise: Aversion

- Find a comfortable posture. Close your eyes. Allow your body to be held, supported by the chair. Notice the sensations of your body in contact with the chair.
- Direct your attention to sensations of your breathing
  - Rising and falling of abdomen
  - Sensations on your upper lip or the tip of your nose
- Allow your attention to rest on anything arising in your body, thoughts, memories or fantasies that feels uncomfortable, scary, annoying, irritating or otherwise aversive
- If it's a thought, memory or fantasy, focus your attention on the sensations that go with it
- Finally, with any of these experiences, you have a choice: At any time, you can let it go or you can investigate it in a curious way; but if it becomes overwhelming, move on

## Partners Exercise: Aversion

- Talk with your partner about one to three things that other people in your life do, on a daily or almost daily basis, which you find annoying or irritating
- At some point in the conversation, take a moment to close your eyes and go inside to notice the sensations arising in your body as you think about or remember that annoying experience
- After you've explored that a little while, with curiosity and without judgement, share with your partner what you noticed (or continue to notice in your body) as you focus on that irritating thing

## Individual Exercise: Seeking

- Find a comfortable posture. Close your eyes. Allow your body to be held, supported by the chair. Notice the sensations of your body in contact with the chair.
- Direct your attention to sensations of your breathing
  - Rising and falling of abdomen
  - Sensations on your upper lip or the tip of your nose
- Allow your attention to rest on anything arising in your body, thoughts, memories or fantasies that involve wanting – either to have, or to hold onto
- If it's a thought, memory or fantasy, focus your attention on the sensations that go with it
- Finally, with any of these experiences, you have a choice: At any time, you can (a) let it go or (b) investigate it in a curious way; but if it becomes too absorbing, move on

## Partners Exercise: Seeking

- Using the [What Do I Do with My Seeking Circuitry](#) handout...
- Fill in the part under “(Harmful) Quick Fix” on the left, as much as you feel comfortable
- Talk with your partner about one or two things you wrote down – again, only as much as you feel comfortable
- At some point in the conversation, take a moment to close your eyes and go inside to notice the sensations arising in your body as you think about or remember wanting that “quick fix”
- After you’ve explored that a little while, with curiosity and without judgement, share with your partner what you noticed (or continue to notice in your body) as you focus on wanting that experience

## Individual Exercise: Comfort

- Find a comfortable posture. Close your eyes. Allow your body to be held, supported by the chair. Notice the sensations of your body in contact with the chair.
- Direct your attention to sensations of your breathing
  - Rising and falling of abdomen
  - Sensations on your upper lip or the tip of your nose
- Call to mind an experience in which you felt very peaceful, soothed or comforted – Or that you imagine would feel that way
- After you’ve settled into that experience, notice the bodily sensations that go with it

## Individual Exercise: Joy

- Find a comfortable posture. Close your eyes. Allow your body to be held, supported by the chair. Notice the sensations of your body in contact with the chair.
- Direct your attention to sensations of your breathing
  - Rising and falling of abdomen
  - Sensations on your upper lip or the tip of your nose
- Call to mind an experience in which you felt very joyful or happy in a delighted way – Or that you imagine would feel that way
- After you've settled into that experience, notice the bodily sensations that go with it

## Partners Exercise: Fulfillment

- Using the [What Do I Do with My Seeking Circuitry](#) handout...
- Fill in the part under "Very Satisfying and Fulfilling" on the right, as much as you feel comfortable
- Talk with your partner about one or two things you wrote down
- At some point in the conversation, take a moment to close your eyes and go inside to notice the sensations arising in your body as you think about or remember one "very satisfying and fulfilling" experience
- After you've explored that a little while, with curiosity, share with your partner what you noticed (or continue to notice in your body) as you focus on that experience

## Individual Exercise: Default Mode

- Find a comfortable posture. Close your eyes. Allow your body to be held, supported by the chair. Notice the sensations of your body in contact with the chair.
- Direct your attention to sensations of your breathing
  - Rising and falling of abdomen
  - Sensations on your upper lip or the tip of your nose
- Notice the fantasies, preoccupations and planning that distract you from concentrating on breathing sensations
- When you get distracted by a fantasy, preoccupation or planning, attend to the bodily experiences going with it

## Partners Exercise: Default Mode

- Talk with your partner about one or two thought processes that dominate your default mode lately – only as much as you feel comfortable
- Talk about what you are (or seem to be) seeking while engaged in those default mode thought processes
- Talk about the roles that seeking wanted experiences and seeking escape from unwanted experiences play in those default mode thought processes
- Close your eyes and go inside to see if you notice any sensations that go with one of the thought processes
- Share with your partner what you noticed internally

## Partner Exercise: Seek True Goods

- How has this cycle manifested in you?
- Common patterns – of what is sought, what is truly satisfying?
- Are there other ways that you can engage in this cycle?

## Partners Exercise: Play

- Talk with your partner about one or two playful or 'flow' experiences that include alternating and interwoven seeking and satisfaction
- Talk about what you are (or seem to be) seeking while engaged in those playful or flow experiences
- Talk about what is satisfying and fulfilling during those experiences
- Close your eyes and go inside to see if you notice any sensations that go with the seeking and satisfaction phases and/or dimensions of those experiences
- Share with your partner what you noticed internally