



The Lightner Method™

Babette Lightner

Coming to Your Senses • Developing Sensory Intelligence

LOCATING PRACTICE • STARTING WHERE YOU ARE • PAUSE

(These are examples of possible locating practices, Perfect to do in groups.)

1. Coming to Your Senses

Take a moment and very simply and look at this room. Do you see anything you haven't noticed before.....now, gently listen to symphony of sound in this quiet room....How awake are you? How tired?Notice the sense of the earth coming up under you to support you, the feeling of the chair, the ground.....What is your state of being? Alert, bored, annoyed, interested....If you give your state of being a name like happy where do you feel the happiness? Indicate with your hands where you feel the sensation of your state of being.

Do you know what anxious feels like? Where do you feel it. Notice we have a word – anxious. This is a concept. The feeling of anxious, the experience of anxious is in your being. It is a sensation.

When we started seeing the room, listening to sounds, we were perceiving the world around us. The head is the limb for perception. It is like a periscope giving you lots of information about the world around you.

There are lots and lots of other senses. These are dispersed throughout your body. They tell you about how you, your internal balance, your hunger or temperature, your balance and also your feelings and responses to how you interpret the world around you at every moment.

You perceive the world, interpret it and then get sensations of your response to the world. These sensations are your feelings. This ability to perceive, interpret and respond is an ancient and foundational ability. It is in every cell in your body and every living cell everywhere. It is are fundamental information source.

As you receive the information of your sensations explore finding descriptive words for these sensations beyond easy and tense. How about: bubbly, light, dark, rigid, fluid, tingly, grinding....develop your sensory vocabulary.

In our culture information coming to us from NPR or the BBC or from research articles or some other external expert is given great validity. It is as if the only source of valid and true information is external to us and cognitive. But we just explored your system's amazing and on-going ability to give you information through your senses.

As an artist this is your most essential source of information. It allows you to make choices. It gives you the information of what does and doesn't serve your purpose; what does and doesn't give you joy or power or anything you want. This is not to say external information is less valid. This is to invite you to have access to as many sources of information as possible to navigate your life. This is about revalidating your inner-compass, your body, as the foundation of well-being. Learning to accurately interpret this vast wealth of sensory information is the skill of Sensory Intelligence.



2. Anchoring in Yourself in the world as you are, as it is.

The video of the following is here: <http://www.lightnermethod.com/well-being.html>

There are 3 aspects to this sequence:

M - A gestural movement, W- words and F-focus for your attention.

Everyone stands up either in a circle or where they are in the room. You can lead and they follow one gesture/phrase at a time.

1. M. Lightly stamp right foot while doing gesture of putting down a staff and say first phrase.
Repeat movement with left saying second phrase.

W. "Here I am, as I am."

F. Feel your presence on the ground in the moment with each movement and the words.

2. M. Open horizontal circle with 1st right then left arm saying 1st phrase with right and 2nd with left.

W. "In the world, as it is"

F. See/ feel/hear the world around you.

3. M. Hands together in prayer like position.

W. "Supported by the planet."

F. Sense the same pressure between your hands as you do the pressure between you and the earth under your feet.

4. M. Prayer hands move up over your head.

W. "Floating in the multiverse".

F. See your self from the perspective of the moon, standing on the earth, under the earth.

5. M. Prayer hands to level of forehead.

W. "Awake"

F. Sense an alert glow between your eyes.

6. M. Prayer hands to heart level.

W. "to my state of being."

F. Feel your current state of being, sensations of your being.

7. MWF - woosh exhale any movement feels good.



3. Thinking • Perceiving Meditation

Remind yourself:

“This is my time. There is nobody to please or satisfy other than myself.
Here I am as I am; here is the world as it is.”

Let yourself get comfortable, make any adjustments you need. Gently let yourself BE.

If it feels appropriate to you: observe where your attention wanders when you aren't directing it in any way. Let your attention roam freely.

- Notice when your attention is drawn to thoughts, imagination, ideas?
- Notice when your attention is drawn to sounds, sensations in your body or any other perception?

For a few moments gently be with this meandering of your awareness. No right or wrong attention. Linger in this field of non-judgemental awareness.

Identify when you are in thoughts and when you are in perception by saying ‘thinking’ or describing the perception.

Neither attention is better or worse, each is an essential ability of your amazing being.

“Thinking, thinking, buzz sound, heat, thinking, belly grip, thinking...”

Gently invite your attention to your perceptions.

“Here I am perceiving the symphony of sound, sensations that surround me in this moment.
I am Coming to My Senses, literally.”

There are the family of senses telling you about the world around you
(sounds/sight/smell/taste/touch) and senses telling you about your inner milieu
(tension/ease/belly gurgles/sensations of emotional states/buzzy/heavy/chilled/spacious)

You might notice how easy it is to be drawn back to thoughts. That's perfect. When you are aware of attending to your ideas simply ask yourself to attend to perceptions again.

“Oh I'm thinking again. Thinking. Thinking. I feel the chair under me. I feel my belly expand.”



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4. Being With What Is.

Here I am as I am

having had the morning I've had
the night sleep or lack of it
the life I've had up to this moment.

Here I am being with myself as I am, pleasant, unpleasant; relaxed or stresses.

I'm feeling the sensations I'm experiencing at this moment that tell me I am energized or
Fatigued

no right or wrong in this moment.

Here is what is, is as it is.

Here is the earth supporting me.

Here is the ocean of air surrounding me.

I feel the gentle rhythm of expansion and gathering in my body, like a cell breathing through the
pores, expanding into earth and air; earth and air coming with me as I gather in again.

In this moment no coming or going

simply being with the gentle rhythm of the breath and movement like waves rising and receding on the
beach.

here I am

as I am

here is the world

as it is

Nothing to improve

Nothing to change.