

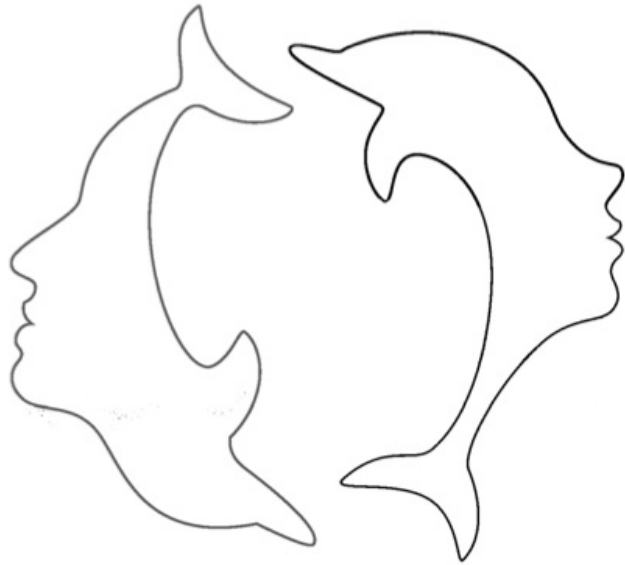
THE
DOLPHIN'S
DANCE

COMPANION WORKBOOK



MICHELINE NADER

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EXERCISE 1

CREATE YOUR SAFE SPACE: THE CLEAR LAGOON

Please read Chapter 2 of *The Dolphin's DANCE* before beginning this exercise.

The prerequisite for all of the exercises in this book is entering a state of relaxation; therefore it is of the utmost importance to learn how to do this effectively. Even if you do not have time to do the exercises every day, I recommend that you practice accessing a state of relaxation or meditation daily—as little as five minutes can make a difference. This exercise will guide you to visually create a mental space that you can use to quickly access inner stillness. I call it the “Clear Lagoon” and in subsequent exercises I will ask you to return to this place each time.

Step 1

Choose a private place where you can sit in silence without interruption for about half an hour.

Step 2

Find a way to sit that is comfortable and relaxed. It is preferable to sit up straight, but you can choose to sit on the floor, on a cushion, or on a chair. If you like to lie down, that is fine too. Uncross your hands and relax them in your lap, palms up or down.

Step 3

While sitting in silence, suspend all judgment about yourself, your thoughts, and the people in your life. Just observe and don't judge what is surfacing. If you get emotional, let it be and don't engage your mind in any criticism, assessment, or decision-making. Just observe and focus on your breathing. Thoughts will inevitably rush through your mind—that's normal. Don't try to do anything with them—just let them be and try to allow whatever comes up to surface. The key to accessing this space within is to quiet your mind, to observe the noise without resistance and turn the volume down. The

thoughts may not disappear, but you will experience that there is more space and lag time between you and them. Try to be present with your inner self without judgment.

Step 4

While sitting comfortably, take three deep breaths: Inhale to the count of four, hold your breath to the count of two, exhale to the count of four. Relax. This will create the intended relaxation in the present moment. Now, close your eyes. Repeat the breathing exercise three times, this time inhaling to the count of six, holding your breath to the count of three, and exhaling to the count of six. Notice how you become more relaxed with each breath. Inhale calmness and exhale all the tension of your day. Notice how you become lighter with each breath. Breathe slowly and deeply, while paying attention to your breath. Count slowly from ten to one. After the counting, allow your breath to flow in and out effortlessly for few minutes in an unforced, natural rhythm.

Step 5

Continue breathing deeply. Now, picture a ball of white light descending from your head to all parts of your body. Allow yourself to visualize its brightness and to feel its warmth. Starting from your head, relax every muscle in your body, from your facial muscles to your neck, down to your shoulders, and so on. As the light descends through your body, it caresses your organs gently and stops where it feels pain and discomfort. It stays there until the feeling of ease in the organ comes back. It continues descending through the body until it reaches the lower extremities. All tension starts to disappear. I usually start by visualizing the light as white, but as it moves through my body it starts taking on different shapes and colors. You may experience a tingling sensation or a throbbing in certain areas of your body. This is normal. When you begin to relax deeply, your body may feel warmer. You are in complete harmony with the light.

Step 6

Now, imagine yourself sitting alone under a palm tree in front of a beautiful calm lagoon. Picture the blue sky above you; see the light reflecting in the still, clear water; listen to the song of the birds; feel the gentle breeze. On the surface of the water, there are white swans and an intelligent dolphin that dives deep and from time to time jumps and flips with total ease and happiness. Imagine the flowers and the colors that you love around the Lagoon and notice a big beautiful lotus flower close to the bank. Imagine an animal that you love quietly resting on the grass. Soak in all this beauty and hold it inside yourself, then breathe out again.

