

A Sense of My Experience
a guided experiential and somatic exploration of place
by Lisa Cliffe.

Opening Meditation

Begin where you are, right now.
Stand, sit or lie.

I will open the five day 'Virtual Groundwork' sharing with an invitation to tune into our body. Noticing breath, movement, feelings and thoughts in our body-mind.

From here, I will invite to you move and explore your relationships with your own place, deepening and expanding your connection to the natural environment of your home and place.

This invitation is a call to pause, listen, notice, smell taste and touch. Not with an energy of looking and seeing but with a sense of leaning into our listening selves, our receiving ears, our inviting touch, our responding eyes and our open hearts.

Take a moment to acknowledge and bring your attention to your breathing body – notice small movement and sensations that travel and rest in parts of the body.

Bring your hands onto your body – offering yourself some touch and contact – perhaps a squeeze, massage, tapping and scrubbing action. What feels good for your body right now? Take some time to stretch, imagining the body opening in large and small gestures and shapes. Create a contracting and expanding dance – moving from whole body movement to isolated body parts.

Stay with what feels good.





Return to your breath and natural movement.

Tune into the sensations, feelings, expectations and questions that arise within as you consider moving closer to a plant, your garden balcony or garden or out into the environment around your home.

Take some time now to prepare to move closer to the natural world in and around your home. I invite you to spend some time immersed in your experience of exploring a plant in your home, a view from your window, wandering through your garden or moving in the area around your home. An area you are familiar with and with the public health guidelines of 2km.

Take time to transition now. Giving time to settle and be with your experience of exploring.

Lean into your senses.

Be with an intention of spending dedicated time cultivating your innate curiosity of the life, sounds, shapes, colour, textures, smells, daily and seasonal cycles and movement and stillness of your place.

When you have found a rhythm and pace with your exploring – try the following offering.

Exploring touch



Find a quiet place.

Allow yourself to explore and be drawn towards the surface or texture of a natural material, plant or tree.

Spend some time with your eyes closed.

Connect with your breath and with the environment that you are in.

Place your hands with care onto your chosen place. Make contact with your fingertips, engaging their sensitive qualities.

Sense the details, temperature and texture.

Begin to explore with different parts of the hands.

Feel the life beneath and allow a connection to build.

Give time to this experience and notice what sensations, energy, feelings and story arises within you.

Coming Home



Navigate your homeward journey.

Recall your experiences.

Stay close to your sensations and sensory experience.

Draw, write, make or record a short recount of your experience.

Share with others, finding a way to weave a sense of your experience into your interaction with others.

Perhaps you would like to share a sense of your experience with other participants engaged with 'Virtual Groundwork'.

Upload your recount to Instagram or Facebook, tag Greywood Arts and be sure to use the hashtag #virtualgroundwork.

Alternatively, you could email it to create@greywoodarts.org.

<https://greywoodarts.org/virtual-groundwork/>