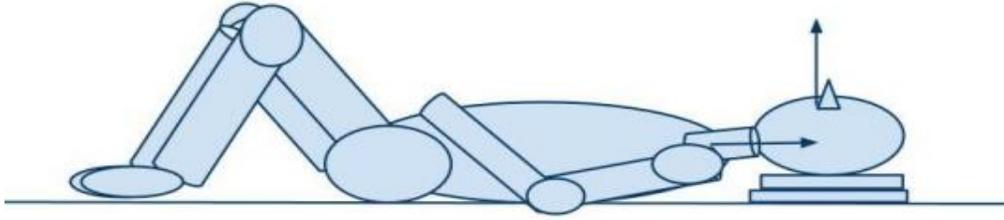


A short guide for doing a

semi-supine



WHAT?

Semi-supine is a way of lying down that allows you to create time and space for constructive thinking. It will help you release unnecessary muscular tensions and become more aware of the connection between mind and body.

WHERE?

Lie on the floor. You can use a blanket or mat if the floor is too hard.

HOW?

You lie on your back with your knees up and feet on the floor:

- * Put a couple of paperback books under your head to raise your head so that it is neither tipped forwards or back. Allow your neck to release away from your shoulders (you don't need to do anything).
- * Have your knees about a hip-width apart directed towards the ceiling. Neither falling together nor too wide apart, find the balance point. Notice the relationship between your hips and legs. If there is any tension in maintaining this position just wish for a release.
- * Place your feet flat on the floor with the toes pointing slightly outwards.
- * Rest your hands on your belly with the elbows pointing outwards – this position will help to release your arms and allow the opening in your shoulders.
- * Keep your eyes open. You want to stay awake and be aware of yourself and the space around you.

WHAT TO DO?

- * Take time settling into this new position.
- * Notice how your body lies on the floor and how your head lies on the books; notice the main weight-bearing places – the back of your head, the shoulder blades, the back of the hips and your feet.

* Notice the space around you. What noises can you hear inside and outside the room? What do you see? What do you feel? Allow your eyes to stay soft.

*If your mind starts to wander, gently bring your attention back to the present moment.

* Notice whether there is any judgmental thought about the way you lie or the way you think. Can you let go of it? See what happens if you allow yourself just to be as you are.

WHY?

In this position your back is fully supported by the floor; it enables you to realign your body and release any unnecessary tension. It allows you to connect with your thoughts and emotions, and to work on yourself in a constructive way. Finally it quietens you and 'recharges' your energy batteries.

HOW LONG AND HOW OFTEN?

Try it as often as you want to though regular practice is better. Ideally do it for 10 to 15 minutes each day. Don't worry if you miss one just keep doing it whenever you remember. It would be helpful to make a note in your diary and allocate regular time slots.