



## Holly Exercise: Dancing

Find a portion of time and a place when you can be alone. A half hour would be a good length of time for beginning this exercise.

You may choose a place that is inside or outside. For me, this particular exercise has been lovely to do outside with Nature holding safe but sensual space for me.

When you have found your time and place, begin by rooting your feet to the ground beneath you. Feel yourself connected to this place, to the Earth. Take a few deep breaths, breathing slowly in through your nose and exhaling through your mouth. Be present – here and now.

When you are ready, ask your body, If it were just for you, how would you move?

Once you ask your body this question, listen. Feel. And let your body take the lead. Enjoy how it feels to move like no one is watching and every movement is only for you.

Imagine, and know, that no one is watching. There is no one to impress or to excite. There is no one to judge or admire. There is only you and your body -- and perhaps a loving tree, rock, or a body of water. But don't worry about those witnesses; they are kind and enjoy you as you are.

You can do this exercise while standing next to a holly tree, or you can take a few drops of holly flower essence before you begin. Spread some holly leaves or berries at your feet. If you would like, then invite her in so she can teach you.

There are many beautiful, sensual, powerful -- even silly -- ways your body wants to move. Let it.



