

*Judyth O. Weaver*

## SOMATIC MEDITATION 2

Have you been sitting for a while?

Do you feel you need to move? To stand up? To walk?

Get a drink? Relieve yourself in other ways?

Did you feel that before you read it here?

How did you respond?

How do you answer your needs?

Do you ignore them at times?

How does that feel to you?

How are you feeling now?

Is your vision different?

Is your breathing different?

Is your posture different now?

How are you NOW?