

I don't feel it

A conversation about emotions in the climate crisis

– Being in the world and being with myself

We start standing and walking.

You can walk through the room at a pace that feels comfortable for you.

How does the floor feel under your feet when you take a step? How does your skin feel when you are in motion? Look around you, what do you notice with your gaze? Who do you see?

When you meet others, look them in the eye for a moment. You can also nod or smile at them. Now keep moving and try to interact with others as little as possible. What do you notice? What sounds, smells, maybe you can notice your breathing?

Now slow down and stop walking. Focus on one point or object in the room and concentrate only on it. What do you notice?

Gradually let go of your focus and allow your gaze to become wide and soft. If it helps, close your eyes a little so that you can no longer see sharply.

You can do the next part standing, sitting or lying down.

Find a comfortable position standing, sitting or lying down. You can keep your eyes open, with a soft, clouded gaze, or close them. Now feel how your body touches the floor. Feel the skin wherever it is in contact with the floor.

Keep breathing. Feel how you inhale and how your body moves. And how you exhale. Let the breath come and go as it is. You don't have to do anything about it.

Now feel your feet again, how they are connected to the floor. Feel the toes, the balls of the feet, the heels. And now move your attention up to your ankles, over your lower legs to your knees. Feel into your thighs, over your bottom to your hips and finally to your belly. Feel how your belly rises and falls as you breathe. If you like, you can place a hand on it.

Now move your attention to the back of your body via your lower back, spine, upper back and shoulders. How do your shoulders feel? Now feel over the upper arms and elbows to the wrists, and further into the hands and fingers, all the way to the fingertips. Breathe in and out once here. Now move your attention upwards again, over the arms to the shoulders and into the chest. Feel how your chest moves as you breathe. And now move your attention over the back of your neck and throat to your ears, the back of your head, and from there to your forehead, eyes, nose, mouth and jaw, cheeks and chin.



Guided Meditation

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ALTERNATIVES

And feel your breath again. Has anything changed? Let your breath flow through your whole body once again, all the way to the top of your head, to the tips of your fingers, to your toes.

You can slowly make small movements, open your eyes or lift your gaze.
Thank you for your trust.

