

## Preparation for T315 – Being a Body

Some things we experience are purely mental, such as joy or fear or solving some complex mental exercise. Many others are purely physical such as the sun warming your face or the pain of stubbing your toe on something. This session will help us think about what it means to live inside a physical body and the realm of the physical feelings we experience.

1. Do you ever feel like you would like to leave your body behind? Why? Would you be so eager if it meant moving in to a realm of purely mental stimulation without any of the physical?
2. There have been many advances in medicine, yet we still need blood donors and organ donors because there is no artificial substitute for some things. How does this make you feel? If you found yourself at some point in future where there was a choice between an artificial organ versus one from a human donor which would you choose, and why?
3. No one likes to feel pain, yet there are times when people say that at least pain lets them know they are still alive. Have you ever had this experience? When and what was it like? What other physical sensations help you to feel alive?
4. Our modern culture puts out many oppressive messages about what a "beautiful body" should look like. Describe an experience when you have appreciated your body--its capacities, its senses--no matter what it "looked" like. What helps you to be in touch with your body in a positive way now? How does it feel to know that this kind of appreciation is "countercultural"?
5. So many of our physical characteristics are genetically determined, how tall we are, how big our feet are, what color our eyes are. Are there any of your genetics that you are proud of or ashamed of? Why?
6. In reality our minds and bodies are intricately intertwined and often we seem to get some peace of mind through a physical reward. What are some of the physical things that you do to reward yourself?
7. What is your favorite sensory experience? Which is your favorite sense? Why?