“Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me.”

John 15:4

“In those days Mary set out and went to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the child lept in her womb. And Elizabeth was filled with the Holy Spirit.”

Luke 1:39-41

Abiding. What is not yet born stirring, leaping within us. These are experiences that cannot really be described or explained. They are only experiences that can be, well, *experienced.* And even more, experienced as sensation in our bodies.

In Western Christianity, we have often negated the experience of our bodies. We have even thought, and taught, that the body is evil. And perhaps at the time that some of these tenets became popular there was some point to their teaching; however, they have cut us off from our inner aliveness – the sensation of being alive here and now.

As a way of reconnecting to the aliveness, to the wisdom that is here in our bodies, we might recall what it was like to experience awe. Or gratitude. Or joy. Not as a mental concept or construct but as a living encounter – as a living encounter with God, the Living One.

In Embodiment practices we do just this – bring awareness to what is happening in our bodies in the here and now. It can be as simple as sensing our feet as we stand or sensing ourselves held by a chair. We can even reflect on what we can be aware of in our mind and in our hearts as we sense the ground under our feet – the chair under our bodies.

What if we allowed this three-fold experience of sensation in the body, feeling in the heart, and thoughts in the mind to inform how we move through our day? What if we allowed such a collected experience to be an encounter with the Holy – with God who is within us and all around?

Embodiment practices can be on a meditation cushion – and they can also be in our lives. They can guide our decision. They can inform us about our work. They can allow every breath, every moment to be an encounter with the Holy Spirit – the Holy Spirit that is always breathing in us and through us.