



## Listening With Your Bones

**TOOLS:** your skeletal system

**TIME:** whenever you are in communication with another during this week, regardless of age or species.

**DIFFICULTY:** middling, but mostly in prompting yourself to do it many, many times.

**RISK LEVEL:** not high, but may need some agility in adjusting to the results

### HOW TO PLAY:

Before your next interaction, learn that our ears have been discovered to be primitive and ineffective, and that it is in fact your bones that are your most sophisticated organs of hearing. They aren't used to being used as such, so stay conscious especially at first, but they will adapt to their new work rapidly. Begin to use them as you approach the next person, feeling whatever is expressed as landing in your skeleton to be absorbed, processed by your brain and then responded to. Pay attention then to what this person chose to say, how they say it, what they share. What is the same? What is different? Attitude? Content? Alertness? Intimacy? Candor?

If you wish, titrate back and forth with using your ears a few times, noticing how each strategy shows up in your body, your relationship, your health. (As always, dear one, take running notes in your working log because you *will* forget what happened in a few days, like what you had for breakfast today.)

Use your body, beloved.

Use your words.

Onward, my warrior.

