

TURNING YOUR BODY INTO A LIGHTNING ROD

The Imagination

blocked by:
autobiography
released by:
vivid raw material

The Mind

blocked by:
self-consciousness
released by:
inner monologue,
suspecting the
thinker

The Eyes

blocked by:
frantic thought
released by:
blinking only
when you mean it

The Ears

blocked by:
poor line
memorization
released by:
"seeing" what is said

The Tongue

blocked by:
jaw tension
released by:
endowing image
words

The Heart

blocked by:
pessimism, sarcasm
released by:
playing the positive

The Lungs

blocked by:
nerves,
poor preparation
released by:
breathing all the
way out

The Hands

blocked by:
shoulder tension
released by:
playing to win

The Spine

blocked by:
lack of being
in the present
released by:
availability
to surprises

The Gut

blocked by:
lack of opinion
released by:
deep desires

The Junk

blocked by:
the need to appear
attractive
released by:
a desire for
ickiness

The Asshole

blocked by:
daily life
released by:
deliberate
relaxation

The Feet

blocked by:
stomach tension,
social discomfort
released by:
planting them
firmly on the floor

