



## SOFT ANIMAL

### Soft Animal . . . *a teaser*

*a simple anytime, anyplace, exercise for mothers. . . and others*

Today I am going to introduce a simple exercise for you to use in moments of overwhelm. It is a tool I share with all my clients at, or near, the outset of our journey together and so it is something you will now have in common with the MamaMuse (Soft Animal) community. It comes from witnessing animals in nature and has been confirmed by the science of neurobiology. It is for busy mothers so don't worry about being ready or in the right frame of mind or proper location.

#### The Exercise: Soft Animal Orientation

Our Soft Animals, like *all wild animals*, really, really, really need to feel **safe**. What does a wild animal do when it is walking through the forest or across the savannah to feel safe?

What we see in nature is that it **orients** itself to its environment by *allowing its eyes to go where they want to go*. Really this is the whole exercise: **The animal lets its eyes go where they want to go**. That's it. Now, this is not an exercise where you look at anything in particular, or at beautiful things or anywhere that you might think you *should* want to look. This is a surrender, an allowing, a *letting* of the eyes. Your eyes may want to look in only one place or they might want to *not*-look in one direction or at something in particular, and that's just right. Let them just go and notice what they want.

*Try it now for a few minutes.*

*Settle into the sensation of allowing your head and neck to follow your eyes.*

*As you do this, what do you notice?*

*What occurs to you?*

Some people notice that they really do love something quite odd in the room and perhaps memories bubble up, ideas occur to them, or maybe some emotions move through. Some people notice a subtle but profound settling in their body and breath. Others report an aversion to some part of the room and a kind of peace in letting their eyes not-go there.

*After a few minutes take a moment to write down what occurred to you?*

*Keep this exercise in your purse, back pocket, locket, or psychic bag of tricks.*

*Pull it out when you feel the beginnings, or depths, of overwhelm.*

Here are a few examples:

- You get pissed off about an email from your mother (father, partner, or friend).
- Mister Baby-Head has been fussy all day and you haven't been able to put him down all day long and you're about to throw him in the garbage.
- Invasive thoughts about your birth keep coming up and you are searching from someone or something to blame so it will at least make some sense.
- You are in early labor and your past traumatic birth keeps freaking you out so you are resisting the whole process.
- You are in active labor and suddenly feel impossibly incapable and pathetic. Your toddler, or teenager is driving you crazy.

Trust your eyes to guide you and bring you into a place of deeper surrender and peace, your own always-accessible place of epiphany, connection and release. Welcome to your very own Soft Animal.

If it's convenient, jot down your experience or sit with it and integrate it for just a few minutes – if you can.

Thank you so much for joining me. I'd so love to hear your experiences. Send them to me if you are moved to.

*Krista*

*Don't want it to end?*

You might want to join me in the [Soft Animal Salon](#), a deeper journey into wholeness and belonging!

Krista  Arias

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For more information please visit [www.kristaarias.com](http://www.kristaarias.com)