Bodysurfing Brief

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Abstract

Home is where the heart is. Literally. How at home do you feel in your body? Memories, dreams and wisdom are built and stored in muscles and other tissues of the body. Your body is the vital, inescapable instrument for any writing or research you conduct whether formally, or as part of your everyday life. Do you give your body due care, respecting the data it provides? You attend to your car and computer when they crash. How much do you know about your heart's home? If you split off, to engage in virtual journeys of the mind, is your body a comfortable and welcoming place to return to? When you write, is your body an ally? Explore some hands-on Ortho-Bionomy <http://www.ortho-bionomy.org/> and process work <http://www.processwork.org/> ways to access and journal the body's wisdom and voice through its direct, simple, sensational language. The body contains vast, mysterious seas and landscapes, subterranean and extraterrestrial territories, miraculous and mundane vistas to voyage in and explore. Surf's up