**How to do movie yoga**

We watch a movie and pay attention to our reactions to it. Instead of crediting the film for what we’re feeling, we look inside ourselves. We try to find what it is within us that has been triggered by the scene in the movie. It maybe something we’ve known really well all our lives, or it might be something brand new - marvellous, or mystifying, or both.

Whatever it is, once we trace the feeling, as deep as we are able, we allow it to emerge into our awareness, and we embrace it as much as we can. That’s it! What we are actually doing through our movie watching is engaging in one of the deepest psychological and spiritual practices known to humanity.

**Moving towards wholeness**

We are all moving toward wholeness. Philosophers and seekers have been saying this for thousands of years. Our movement towards wholeness speeds up when we make a conscious effort to make it happen through practices such as therapy, yoga, meditation, dance and prayer. We can also do this by watching movies when we are willing to examine our emotional responses as possible routes to healing.

We can use the *awareness positioning system* (as described by Tav Sparks) to help us become aware of our triggers on the horizontal plane (our relationship with the world) that carry an emotional charge. We can then refer to our vertical plane (the relationship we have with self, our inner wisdom and our movement towards wholeness) to allow for our transformation.

In short:

* Notice what we experience in our relationship with the world that carries a strong emotional charge.
* Check to see whether this is a familiar feeling.
* Examine our past experiences.
* Welcome the experience as though our inner wisdom is drawing attention to something emerging from our unconscious that is ready to transform.
* Allow any realisations to contribute to transformation of consciousness through relationship with a wiser more whole self.

Adapted from *Movie Yoga: how every film can change your life* (Tav Sparks. 2009)