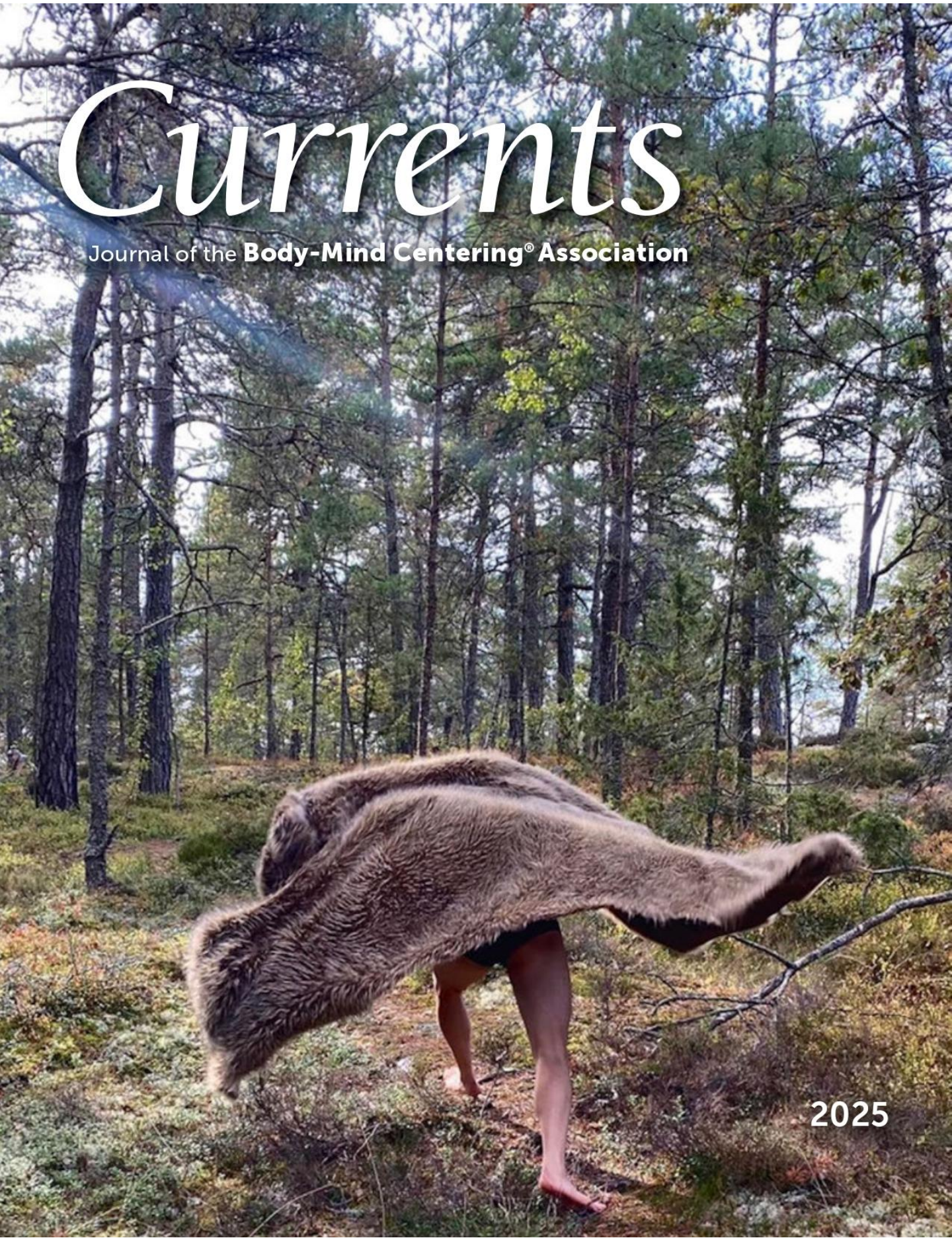
Currents
Journal of the Body-Mind Centering® Association
2025

Currents

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Body-Mind CENTERING®

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Call for Submissions!

Our 2026-27 Theme: *OPENING NETWORKS*

These will be Open Issues, which allow us to weave together threads that have existed for quite some time.

We invite new work emerging from our BMC community and from self-affiliated somatic explorers, including but not limited to:

- Independent scholarship and research (with/without peer review);
- Creative blueprints for education, arts, or other areas of inquiry;
- Somatic movement collaborations written in multiple languages;
- Case studies: Discover the universal in the singular;
- The Archiving in Community Project: share our past, bring us forward.

LET US KNOW WHAT YOU ARE DOING AND THINKING!

For more information, see BMCA's website or contact Kate Tarlow Morgan, Editor, at currentsbmca@gmail.com.

***Currents*, the annual journal of BMCA, is a professional periodical that publishes writing on the nature of the body-mind experience and its interrelationships across disciplines. Supporting both scholarly and creative texts, *Currents* is unique in its attention to the development of somatic writers and their writing.**
We welcome fresh research, rich description, and embodied documentation of diverse modes of healing and expression.

We invite submissions from both beginning and advanced writers.

Dates for Spring 2026 publication are as follows:
Feature length abstracts to be considered: June 1–September 15, 2025.
Final Drafts: December 1, 2025.
Short pieces, poems, visuals, and ads: October 1, 2025.

Full submission guidelines and formatting can be found at:
https://bmcassociation.org/publications/currents

Submit all materials to:
BMCA Journal c/o Kate Tarlow Morgan
Box 149
Marlboro, VT 05344
currentsbmca@gmail.com

Full advertising guidelines can be found at:
https://bmcassociation.org/files/currents/JournalAdGuidelines20.pdf

Uyen's Bean Bag Practice
Thực tập Buông bỏ

I first got to know Bonnie and her work through Dianne Bruni-Young's Facebook post some six years ago. As soon as I saw Bonnie's work and approach, I started watching her brilliant short videos on Youtube.

Although I didn't immediately understand everything that Bonnie meant in these videos, I found that her voice and her practice triggered something important in my brain — a cascade of desire to learn and get to know myself.

I have watched some of her short videos nearly 100 times and practiced along every time. Although the videos are short, they captured something I felt I had been searching for, without knowing it, for a long time!

Bonnie and her practice came into my dreams for so many nights. I decided to wash off everything I had been trained about yoga meditation in Vietnam and other countries and began my journey to study and practice with Bonnie. From her teachings, the whole world opened up again; along with the community that has grown for the last 50 years. I also get great help and ideas attending Thomas and Carla's BMC support group—along with a better understanding of the material from Bonnie's online series.

In this series, Bonnie has demonstrated the many ways of LETTING GO. For myself and others, letting go is the most difficult thing to do. I can imagine the letting go, but I do not know in my viscera—truly letting go. As a result of a childhood trauma I'd experienced, my nervous system chooses to tune out so I do not need to face both joy or pain.

Bonnie's teaching reminds me that **to let go of something, you need to feel it first**. She has introduced me to the idea of carrying a heavy object (a rock/a heavy book) and to walk around with it and feel its weight, and then learning to put the weight down. What a marvelous practice for a human being!

In my work with clients, I had already been using props in my classes— simple props anyone can find in their kitchen, such as egg whiskers for hip joint movement or a fruit bowl acting as a pelvis bowl! However, with the "letting go" teachings, I started to use **bean bags** to help myself to feel what I am carrying (the weight) and make decisions on when I want to chuck it and feel the after and before effects. The fun is never-ending. I placed the bean bags all over my body, sometimes on top of my head, sometimes on my elbows, sometimes everywhere on my body to mimic the sense of being really stuck. I played with this lying down, standing, kneeling, sitting on a chair and in any and all positions that I could possibly do.

I started to introduce the bean bag work into my classes (for people from 7 to 100 + years old). Here are some photographic samples of people from my classes to illustrate the playful, healing practice of "taking on" the bean bag and the "letting go."

If you are interested, please try this for yourself.

• Mời bạn thực tập bài Buông bỏ này cùng Uyên nhé!

1. Choose any position that feels most comfortable for you, either standing up or lying down or sitting on a chair.
   • Chọn bất kỳ tư thế đứng, nằm hoặc ngồi mà bạn cảm thấy thoải mái nhất cho mình.
2. Hold a few bean bags on your hands and start to drop them a few times as your warmup. Create your own way of letting go of the bean bags (chuck it over your shoulders, chuck it from high up, etc.).
   • Khởi động: cầm trên tay một vài túi cát ném loại nhỏ (loại túi cát mầm non cho trẻ vận động) và thực tập buông túi cát (từ tay bạn, cho túi cát rơi thả tự nhiên xuống đất).
   • Sáng tạo: mời bạn sáng tạo cách buông bỏ của riêng mình (ví dụ: có người buông bỏ túi cát bằng cái ném túi cát qua vai, hoặc ném thẳng xuống đất hoặc quăng túi cát cao lên trời v.v..).
3. Place bean bags anywhere on your body as you choose. Stay quiet for a moment, tune in, feel the weight of the bean bags. Start to walk around with this weight as if you are going through your day with this weight.
   • Trải nghiệm:
   • Mời bạn chất một số túi cát ở bất kể nơi nào trên cơ thể bạn (mỗi lần một vị trí) và tập trung trở về cơ thể của bạn để cảm nhận trọng lượng của các túi cát. Bắt đầu di chuyển sao cho túi cát vẫn còn ở yên vị trí bạn đặt như thể bạn đang đi đứng nằm ngồi làm những công việc hàng ngày với gánh nặng này trên cơ thể và tâm trí của bạn.

You can think of these weights as the weight of :

• Bạn có thể liên tưởng trọng lượng của những túi cát này như gánh nặng của:

- thoughts when you put bean bags on your head.
- những suy tưởng và suy nghĩ khi túi cát nằm trên đầu bạn.
- things you have seen or are seeing as you put the bean bags on your eyes.
- những điều, vật hoặc người bạn đã thấy khi túi cát nằm trên đôi mắt bạn.
- things you have heard or are hearing when you put bean bags on your ears.
- những âm thanh hoặc lời nói bạn đã nghe khi túi cát nằm trên đôi tai bạn.

- things you have said or saying when you put bean bags on your lips.
- những điều bạn đã nói khi túi cát nằm trên đôi môi bạn.

- things you have smelled or are smelling when you put bean bags on your nose.
- những mùi hương bạn đã ngửi khi túi cát nằm trên mũi bạn.

- things you have said or are saying when you put bean bags on your throat.
- những điều bạn muốn nói nhưng không nói ra được khi túi cát nằm trên cổ họng bạn.

- things you are holding onto when you put bean bags in front/back/sides of your heart.
- những việc và những thứ bạn ghim chặt trong tim khi túi cát nằm trên trái tim của bạn (hãy thử đặt túi cát ở nhiều vị trí khác nhau của trái tim bạn).

- and explore other places...
- mời bạn đặt túi cát ở những vị trí khác trên cơ thể mình.

4. Make your own decision when you want to let these bean bags go and feel how it feels through your whole body as you let go.
    - Sau khi cảm nhận gánh nặng (thể chất hoặc tâm lý), mời bạn tự quyết định thời điểm buông bỏ túi cát và trọng lượng của gánh nặng mà bạn quyết định buông bỏ.
    - Sau khi buông bỏ, hãy dành một ít thời gian để cảm nhận cơ thể và tâm trí của bạn sau khi buông bỏ gánh nặng.

5. Ask a partner to place bean bags everywhere on your body to create a sense of getting stuck, as though in the whole of society, friends, family, for whatever reasons, whether they did it out of love or ignorance, to add stress and burden on you. Take time to feel this stuck-ness and in your own time make your own decision when and how to let go. After you do let go, feel and sense yourself. Enjoy and appreciate what you feel!
    - Hãy nhờ một hoặc vài người bạn hoặc người thân của bạn đặt túi cát khắp cơ thể bạn như thể do vô tình cả thế giới này chất gánh nặng trên thân thể và tâm trí của bạn. Dành thời gian để cảm nhận toàn bộ gánh nặng này một cách trọn vẹn. Một lần nữa, mời bạn tự mình quyết định thời điểm và cách thức buông bỏ (thoát khỏi trọng lượng của túi cát theo cách của bạn). Sau đó, cảm nhận cơ thể và tâm trí của bạn sau khi buông bỏ hết gánh nặng. Mở rộng lòng và trân trọng cảm giác của riêng bạn sau khi thực tập buông bỏ! Chúc bạn có một buổi thực tập tuyệt vời!

If you have any question about this practice, please do write to me at uyenyoga@aol.co.uk. Thank you.

- Nếu bạn có bất kỳ câu hỏi gì liên quan đến bài thực tập bên trên, vui lòng gửi Uyên email qua địa chỉ uyenyoga@aol.co.uk. Cảm ơn bạn!

Angela is sad because of problems and they don't leave her until...

She becomes strong enough to throw them away and lay her burdens down to be free. again!

Before the class: My mind was very busy and my body was tense. I hold a lot of tension in my shoulders. I don't know why, but I always have.

After the class: I noticed that my posture changed completely! My shoulders were relaxed for the first time in ages. I didn't realize I needed to just let go. I never really understood how to let go before. The physical letting go of the bean bags really helped my mind recognise we are actually letting things go. I did feel emotional after, because I was clearly holding on to so much and my body was grateful for me allowing myself to let go. It was beautiful!

Exploring weight on the eyes (things you have seen/saw/see).

Carrying the weight of the world.

Let go some and decided to keep some.

Exploring weight on the ears (things you have heard/ hear.

Let go of it and his head is free to turn.

When life weighs Anne down with trouble and strife...

she throws them out and finds happiness again.