

Experiential teaching method. After self-experiments, clinical observations and theoretical dialogues, an integrative group experience with dance, meditation and autobrainspotting was carried out. Such experience resulted in a body approach of group direction, which opens space for individual self-processing, organized in two moments:

1) Moment of “Integral Syntonic Dance” (DIS): work of tone, focused attention, expressiveness, body awareness and relational attunement based on the *Contact Improvisation* method (Paxton, 1979).

2) Moment of Bodyspotting Meditation (MB): Self-guided meditation, composed by a Brainspotting psychotherapy tool (Grand, 2016), focused attention type (on breathing, points and body expressiveness).

MB Model Transcendent Processing: autobodyspotting, respecting a sequence of energetic elevation of the physical dimension, passing at the emotional and mental to the spiritual (Devi, 1970) or transcendental (Osho, 1905; Yogi, 2017).

MB Model Transcendent Diving: concentration on the top of the head (20 minutes) that activates “self-transcendence” and “expansion of consciousness”. A mantra and a “slap top” facilitate the process.

Weekly group meetings support individual self-care, carried out at home.

It was observed that self-contact, *contact improvisation* and free bodily expression of emotions (free play with their sounds and movements) establish an atmosphere of mutual acceptance that helps in the individual internal experience of self-processing, internal silence and expansion of consciousness.

Social vulnerabilities added to a pragmatic, hyperconnected and immediate way seem to increase anxiety and aggression among Brazilians. Bodyspotting Meditation is seen as an approach of cultural preparation to deal with losses, suffering and pain, thus mitigating new collective and individual traumatic experiences.