

Befriending Body Awareness

Sensing into and communicating what you are feeling is all about describing your sensations: How do they move? What is their texture? Their shapes? Their colors?

The clearer you can describe what you are feeling, the more intimate you become with yourself and how your body intelligence communicates with you.

Sensations

Fluttering	Tight	Blocky	Wiggling
Touch-tender	Constricted	Pulling	Melty
Buzzy	Tickling	Steely	Streaming
Fuzzy	Tingling	Trembling	Broadening
Throbbing	Spreading	Heavy	Harmonizing
Lengthening	Flowing	Closed in	Pulsing
Burning	Aching	Fluttering	Creeping
Dissolving	Whirling	Pressing	Shivering
Crackling	Clenched	Humming	Glowing
Dancing	Stretching	Congested	Cinching
Twisting	Hot	Floating	Misty
Bubbling	Poking	Lumpy	Cloudy
Hollow	Foggy	Waving	Velvety
Zinging	Stinging	Twinkling	Creamy
Narrowing	Pressing	Dragging	<i>Add your own:</i>
Piercing	Searing	Knotting	_____
Melting	Creaking	Queasy	_____
Glowing	Pounding	Held in	_____
Bunched	Achy	Butterflies	_____
Cord-like	Grating	Zig-zaggy	_____
Compressed	Wiggling	Vibrating	_____
Tightening	Popping	Shortening	_____
Twisted	Jarring	Gyrating	_____
Dense	Pricking	Pinching	_____
Itching	Racy	Laughing	_____

Feelings and Experiences

How do I know what I'm feeling?

Creativity (all-over sensations)

Wonder (all-over sensations)

Joy (all-over sensations)

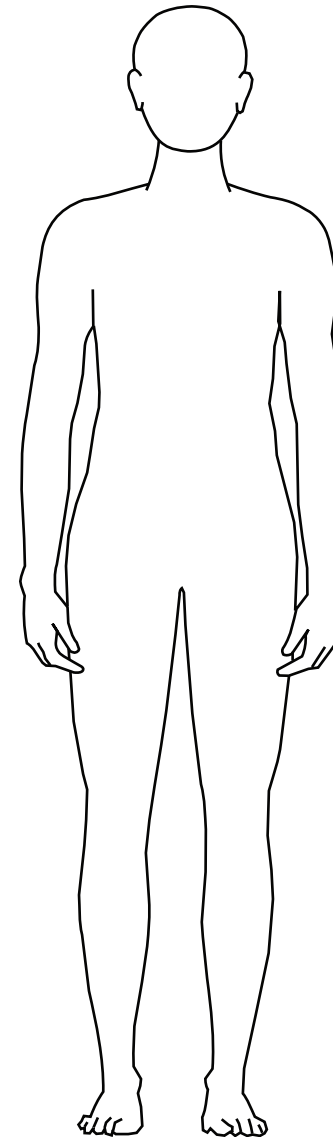
Anger (jaw, back, back of neck, across shoulder blades)

Sadness (high chest, upper throat)

Fear (belly)

Sexual Feelings (pelvis, genitals, erogenous zones)

Notes:



Befriending Body Awareness

Am I willing to see my body and body sensations as allies?

How can I meet my body sensations with curiosity and openness to discovery?

How can I listen generously to what my body is communicating?

How does my body want to move to make friends with my sensations?

How/What are my body sensations communicating with me?