Listening to Your Body Differently

Kindred Heart Collective · Oct 20, 2026

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Most of us talk to our bodies in commands: push through, hurry up, stop feeling that. This practice swaps the command for a question.

Time: 2 to 3 minutes

The Practice

1. Pause and let your attention drop from your thoughts into your body.
2. Ask gently: *What is here right now?* Notice without needing to fix. It might be tightness, warmth, buzzing, heaviness, numbness, or nothing you can name.

3. Choose one sensation and describe it in simple words: size, edges, temperature, movement.
4. Ask: *What does this part of me need?* Wait without forcing an answer. A small impulse is enough, like a stretch, a sip of water, a hand on your chest, or rest.
5. If it feels safe, offer that one small thing.

Why It Helps

Curiosity toward sensation, instead of judgment, builds trust between you and your body over time. You are practicing noticing, not analyzing.

A Note on Pacing

If a sensation feels overwhelming, shift your attention to somewhere neutral or steady, such as your hands, your feet, or the room around you. You can come back later, or not at all. Choosing where to place your attention is itself a form of care.

Reflection

- What did I notice in my body before this practice? What do I notice now?
- What did my body seem to ask for?
- What would it mean to be kind to myself about how this went?

There are no right answers. "Nothing really changed" is a complete and honest reflection.