



# TODAY I OBSERVE MY BODY.

## DAY.1

### Our body never lies.

Our body is doing its best to support us in our busy lives. Without it, we couldn't achieve anything.

Our body is undeniable proof of **how we treat ourselves**. Our body's like a vehicle. How we use this vehicle throughout the years is reflected in our skin, our bones, our back, or our internal organs.

Our body is affected by our thoughts, our emotions, other people, and what we consume.

It always sends us warning signals of future breakdowns. Physical or Emotional.

Every time our body needs sleep and we don't rest, every time we eat something that our body is not compatible with, when we over-exercise, or we don't exercise at all,

our body whispers. But we usually don't listen until it screams.

The best way to begin an awareness practice is to start with the body.

Developing greater awareness of **bodily sensations** can help you feel more connected to your physical self and gain greater insight into potential causes of **unwanted** feelings. This knowledge can make it easier to address what's wrong, leading to improved wellness in body and mind.

According to the American Academy of Pediatrics, a mindful practice, observing bodily sensations (**body scan practice**) just before bedtime is highly recommended to prevent or relieve insomnia, stress, and negative thoughts.

# DAY.1

Phrase of the day: 'Today I observe my body'.

*Please also write this phrase in your journal*

**PRACTICE 1:** BODY SCAN practice.

Today I invite you to **observe how your body feels** during the day.

1. During the day, imagine a white light scanning your body from head to toe. Go through all the parts of the body.

Observe any sensations, pains or tight spots.

Do this practice with **care and curiosity**.

Don't judge,

& leave expectations aside.

2. Write in your journal any sensations that arise from this practice. You can also use the following sentence and fill it in multiple times during the day.

*I feel \_\_\_\_ (feeling) in my \_\_\_\_ (body part) when \_\_\_\_ (I do \_\_, listen \_\_, I consume \_\_)*

**PRACTICE 2:** You can listen to the meditation again, after our AWARENESS session, during the day, anytime you have 10' of uninterrupted time, or anytime before bedtime.\*

Good luck!