

What Does Your Body Already Know?

The mind can build an argument for almost anything.

It can explain why you should stay.

Why you should wait.

Why your discomfort is probably unreasonable.

Meanwhile, the body has been answering in another language.

The shoulders that rise around one person.

The breath that deepens when a plan is canceled.

The exhaustion that follows a certain conversation.

The quiet relief when you finally admit what you want.

Your body is not always giving you the whole answer.

But it may be offering important information.





You do not have to obey every sensation.

You can become curious about it.

Where do you soften?

Where do you brace?

What feels spacious?

What leaves you feeling far away from yourself?

The body often notices a pattern before the mind is ready to name it.

So perhaps today, instead of asking,

“What should I think about this?”

ask:

“What happens inside me when I imagine each choice?”

Listen without rushing to decide.

Knowing may begin there.



Something to Sit With

What has my body been trying to tell me that my mind keeps explaining away?

