

YOUR BODY KNOWS

A PRACTICE

When the world around you and the world inside you feels too loud, too much, and all you want to do is rest, here is one small practice. It makes everything go quiet so you can finally hear yourself.

Take a deep breath. Then pause.

Wiggle your toes on the floor, or on whatever surface is under you. Feel that little movement travel through your whole body.

Put one hand on your chest and one hand on your belly. Hold yourself. Just breathe. Feel your feet on the floor.

Name what your body is feeling right now. Warm. Heavy. Tingly. Tight. Whatever is there, just name it.

On your next exhale, let your shoulders drop.

On your next inhale, let your ribs expand wide.

On your next exhale, unclench your eyebrows. Let your face go soft.

Let your tongue rest loose in your mouth. Feel your throat let go.

Name what your body is feeling now.

You are worthy of this pause. You are held by your own precious body.

Wiggle your toes. Wiggle your fingers. Wrap your arms around yourself and give a squeeze.

Feel how held you are. Your breath. Your body. You.

That's the practice.

WATCH THE PRACTICE

[Watch the practice with Jacquelin](#)



QR code: scan to watch the practice with Jacquelin

JACQUELIN JOY

loud on the inside