

# THE INTIMACY VAULT

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## THE FELT SENSE

### DEFINITION

A connection to your Soma (Body, Mind, Spirit). It is the ability to notice the familiarity of body sensations, thoughts, and intuition to begin to connect the dots to other experiences (ones that don't seem relevant until you dig deeper.). It is the ability to recognize our natural patterns, sensations and energy flow in order to repair any of the frayed connections that have caused some wear and tear on our nervous system.

### FELT SENSE VOCABULARY

Ways to describe what you are sensing within your body

Achy	Bloated	Breathless	Brittle	Bruised	Bubbly	Burning
Buzzy	Calm	Clenched	Cold	Contracted	Cool	Damp
Dense	Dizzy	Dry	Dull	Electric	Energized	Flaccid
Flushed	Free	Frozen	Full	Fuzzy	Heavy	Hollow
Hot	Icy	Itchy	Jittery	Jumpy	Light	Nauseous
Numb	Open	Pounding	Pressure	Prickly	Pulsing	Queasy
Quivery	Radiating	Raw	Releasing	Shaky	Sharp	Smooth
Sore	Spacious	Spinning	Sweaty	Tender	Tense	Throbbing
Tight	Tingling	Trembling	Twitchy	Warm	Wobbly	Weak

### What do you notice?

- **What does your body tell you when you slow down and come into stillness?**
  - Be curious and allow the sensations to appear.
  - Don't attach story to the sensations.
- **Why is this important?**
  - To go deeper into our body allows us to recognize what our body needs.

# HOW DO I NURTURE THIS SKILL?

## Guidelines for cultivating a robust Felt Sense



- Spend 3-5 minutes each morning practicing.
- Make notes of what you notice everyday.
- Get more curious each day.

- Create story around what you notice or feel.
- Apply logic to why you feel what you feel.
- Ignore smaller sensations/subtle sensations.

### Use this space to track your daily Felt Sense Mapping

Day One: \_\_\_\_\_

Day Two: \_\_\_\_\_

Day Three: \_\_\_\_\_

Day Four: \_\_\_\_\_

Day Five: \_\_\_\_\_

Day Six: \_\_\_\_\_

Day Seven: \_\_\_\_\_