

SENSATIONS:

Sensations are naturally occurring gifts our body gives us in order to communicate. Please refrain from using labels such as pain. When labels and judgments are used it forms energy to reinforce those labels and judgments. Labels and judgments prevent the new canvas or healthy way of being to manifest or get reinforced in its full glory. To show up in your full capacity practice breathing into sensations and learning from them. Sensations do not have the charge labels do so this consistent practice can also lower stress hormone levels.

The more you practice staying free from labeling/judging and just breathe with the sensations until they are done, the greater the impact will be from the clearings. This will also help you hear and understand yourself better.

Sensations are things such as tight, soft, open, light, pressure, contracted, tingling, heat, cold, pulsing, evaporating, twisting, twitching, wet in eyes, mucus flowing, etc. Notice the list is free from anger, pain, sad, etc.

BODY PARTS TO CONSIDER:

You will outline the parts of the body you are noticing sensations in such as ears, eyes, mouth, jaw, throat, neck, trapezoid, shoulders/rotator cuff, arms, wrists/hands, chest, lungs, heart, solar plexus, stomach, liver, sexual organs, butt/sacrum, hips, lower back, middle back, upper back, thighs, knees, calves, ankles/feet/toes, and/or bottom of feet/plantar fasciitis.