

When Your Body Speaks

A Gentle Path to Understanding Chronic Illness, Trauma & Your Inner Wisdom

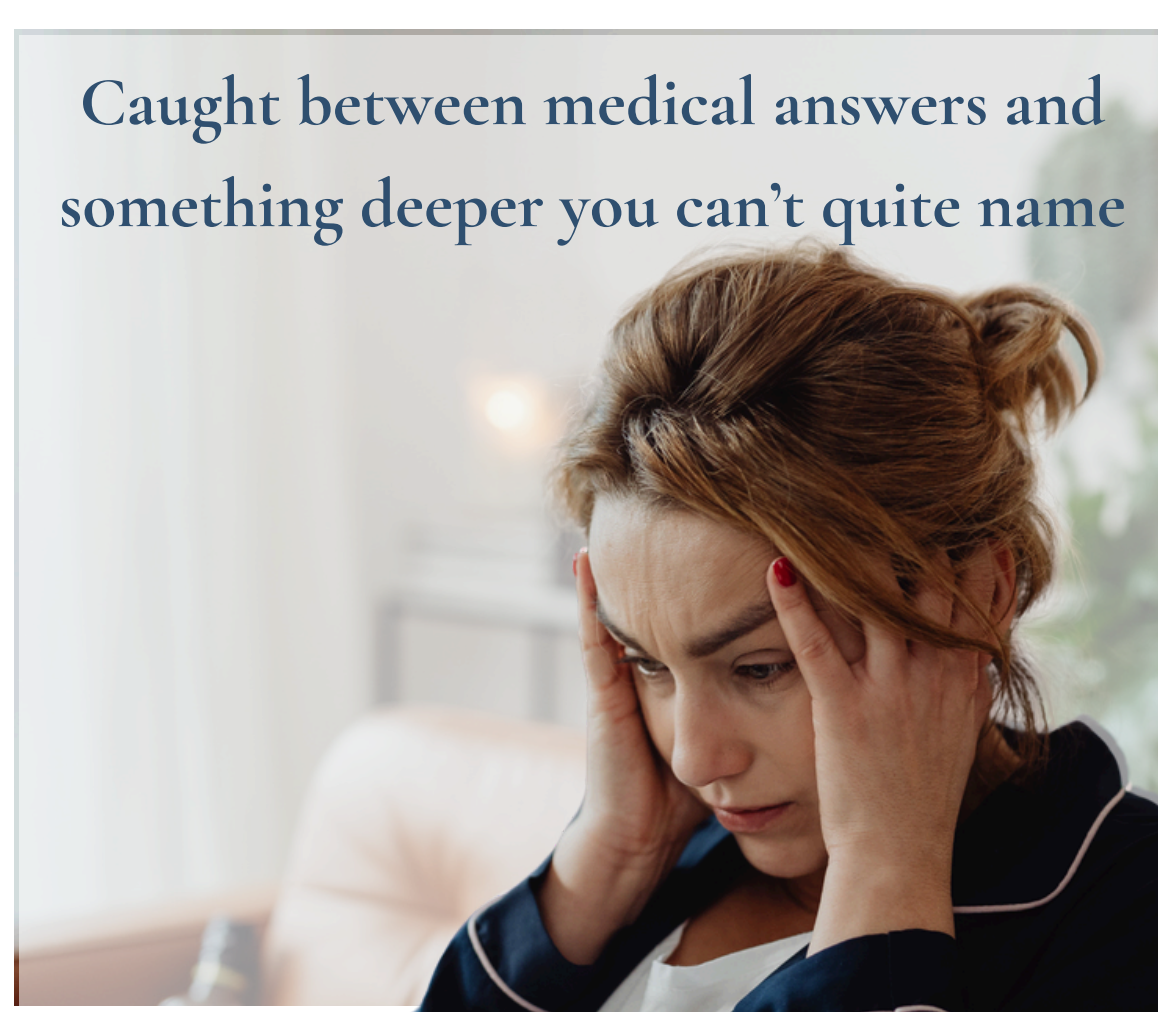
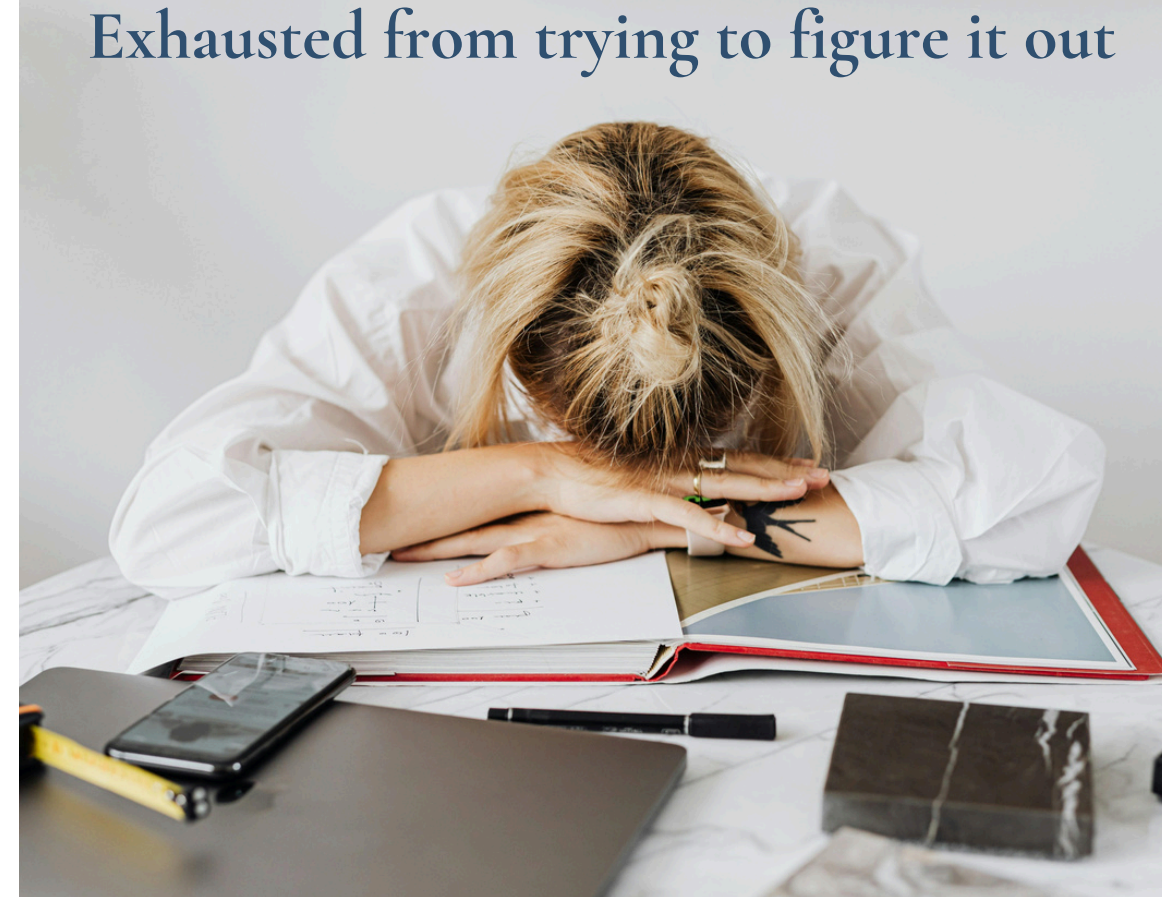
If you are here, there is a part of you that already knows...

That what you're experiencing in your body is not random.
Not imagined.

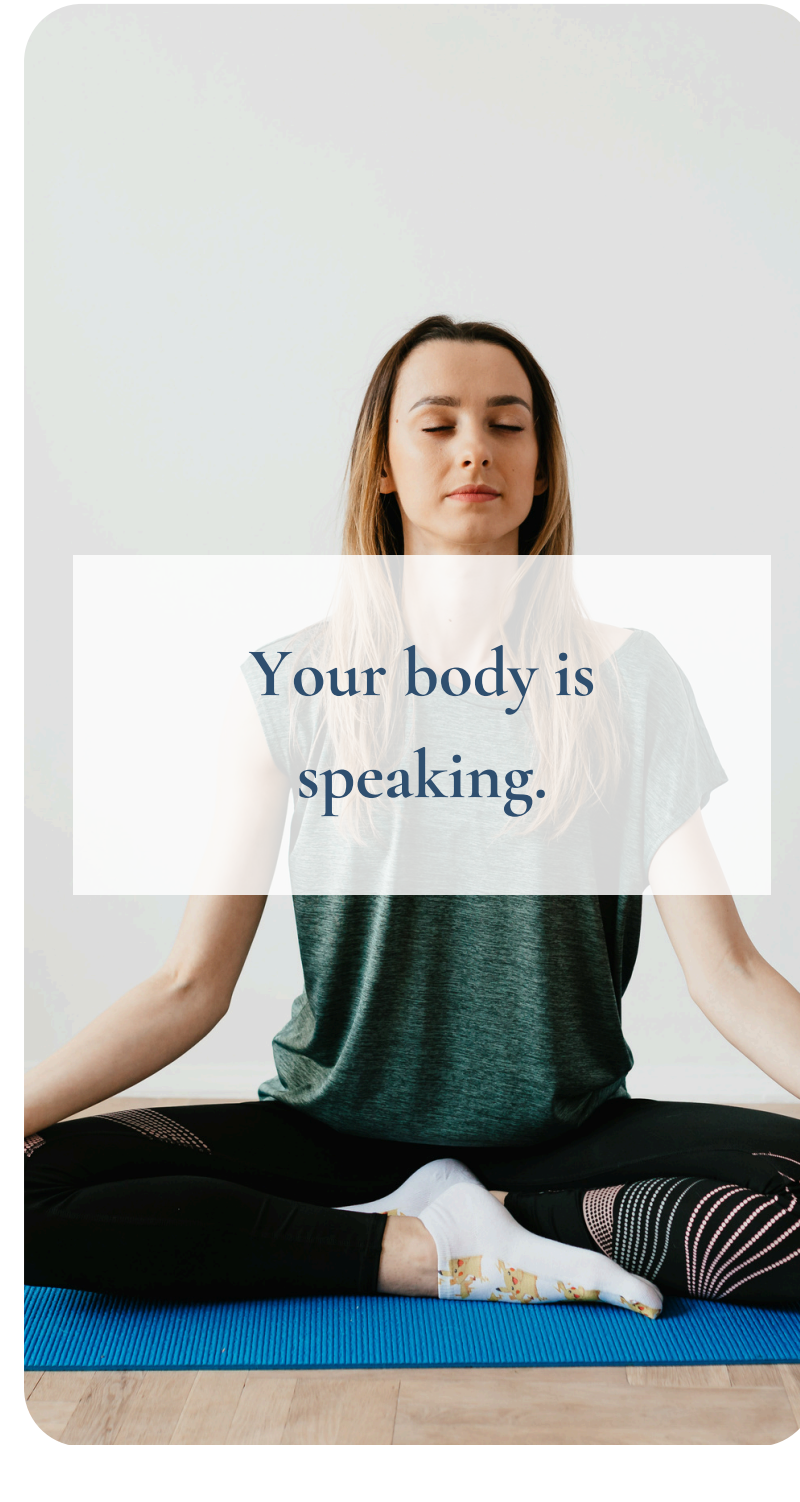
Not “just stress.”

And yet...

You may also feel:



*I want you to know something first
before we go any further:*



And gently... we are going to begin listening.



Many women living with chronic illness have also experienced some form of trauma—whether that was:

- Emotional (not being seen, heard, or safe to express yourself)
- Physical or medical trauma
- Relationship wounds
- Long periods of stress, pressure, or survival

But trauma isn't just about **what happened**.

It's about what your body had to do to survive it.

Your body is incredibly intelligent.

When something overwhelming happens, it adapts by:

- Holding tension
- Suppressing emotion
- Staying hyper-alert... or shutting down
- Storing what couldn't be processed at the time

Over time, this can begin to show up as:

- Chronic fatigue
- Autoimmune responses
- Pain, inflammation, or sensitivity
- Nervous system dysregulation

Not because your body is failing...

But because it has been **protecting you for a very long time**.

Healing does not begin by forcing your body to change.

It begins by helping your body feel safe enough to soften.

And that starts with awareness—

Not overwhelming awareness...

But kind, compassionate noticing

Practice 1: Meeting Your Body Where It Is

This is not about fixing anything.

This is about **rebuilding trust**.

Step 1:

Sit or lie down somewhere comfortable. Place one hand on your heart, one on your lower belly.

Step 2:

Take a slow breath in through your nose...

and gently out through your mouth.

No need to deepen it. Just notice.

Step 3:

Ask quietly (in your mind or out loud):

“Body... what are you feeling right now?”

Do not analyze.

Do not interpret.

Just notice:

- Sensations (tight, heavy, warm, numb)
- Areas calling your attention

Step 4:

Instead of trying to change it, simply say:

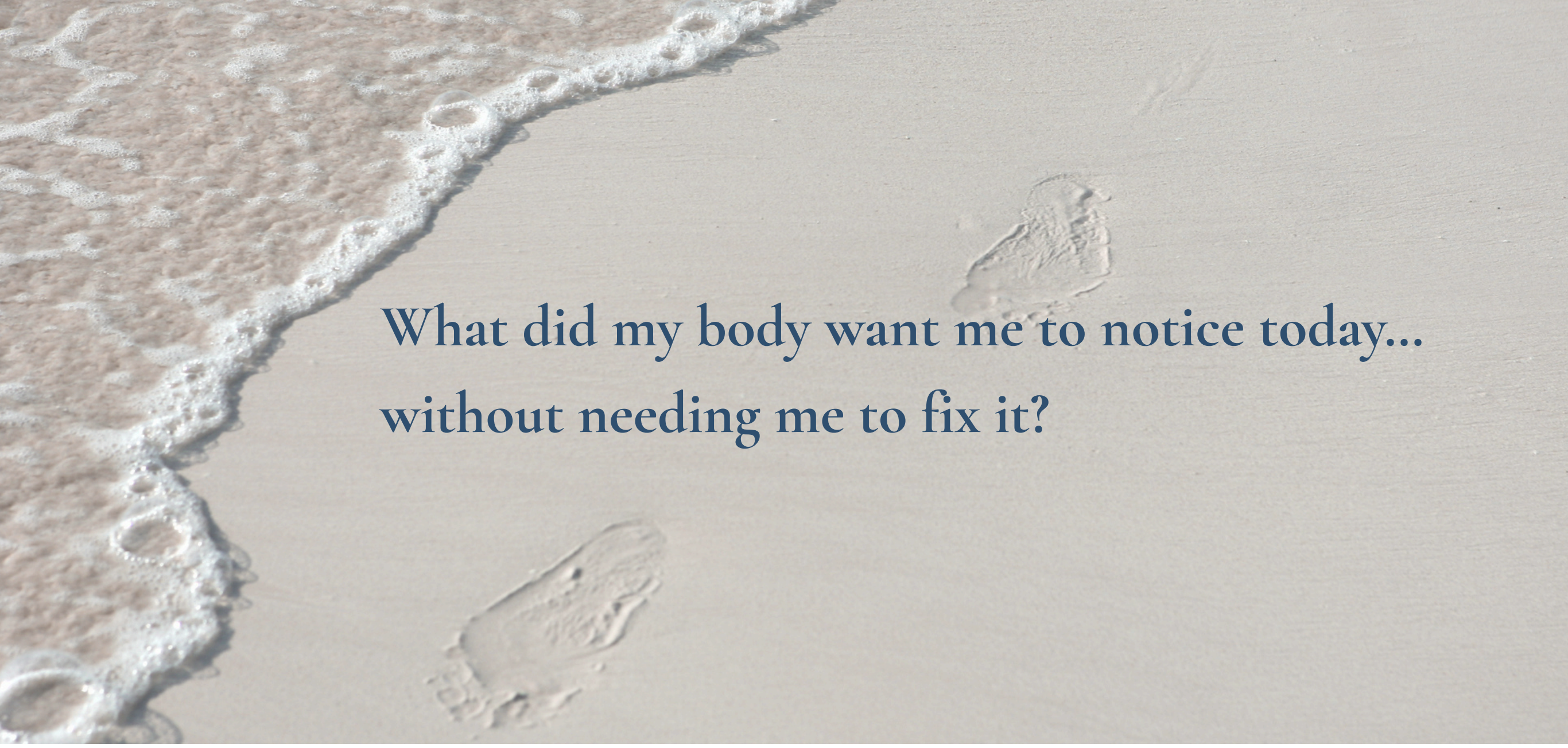
“I feel you. You don't have to hold this alone.”

Stay here for a few breaths.

Why This Matters

This begins to shift your body out of isolation and into **relationship**.

And relationship is where healing begins.



What did my body want me to notice today...
without needing me to fix it?

Practice 2: Following the Thread (Without Overwhelm)

This practice helps you begin to notice patterns
without diving into trauma or triggering your system.

Step 1:

Choose one recurring symptom (fatigue, pain, flare-ups, etc.)

Step 2:

Gently reflect (you can journal or just think):

“When does this tend to show up or worsen?”

Not perfectly—just loosely.

Step 3:

Now ask:

“What is happening in my life or emotions around those times?”

Examples:

- Conflict or tension
- Feeling overwhelmed
- Not expressing something
- Pushing past your limits

Step 4:

Pause and remind yourself:

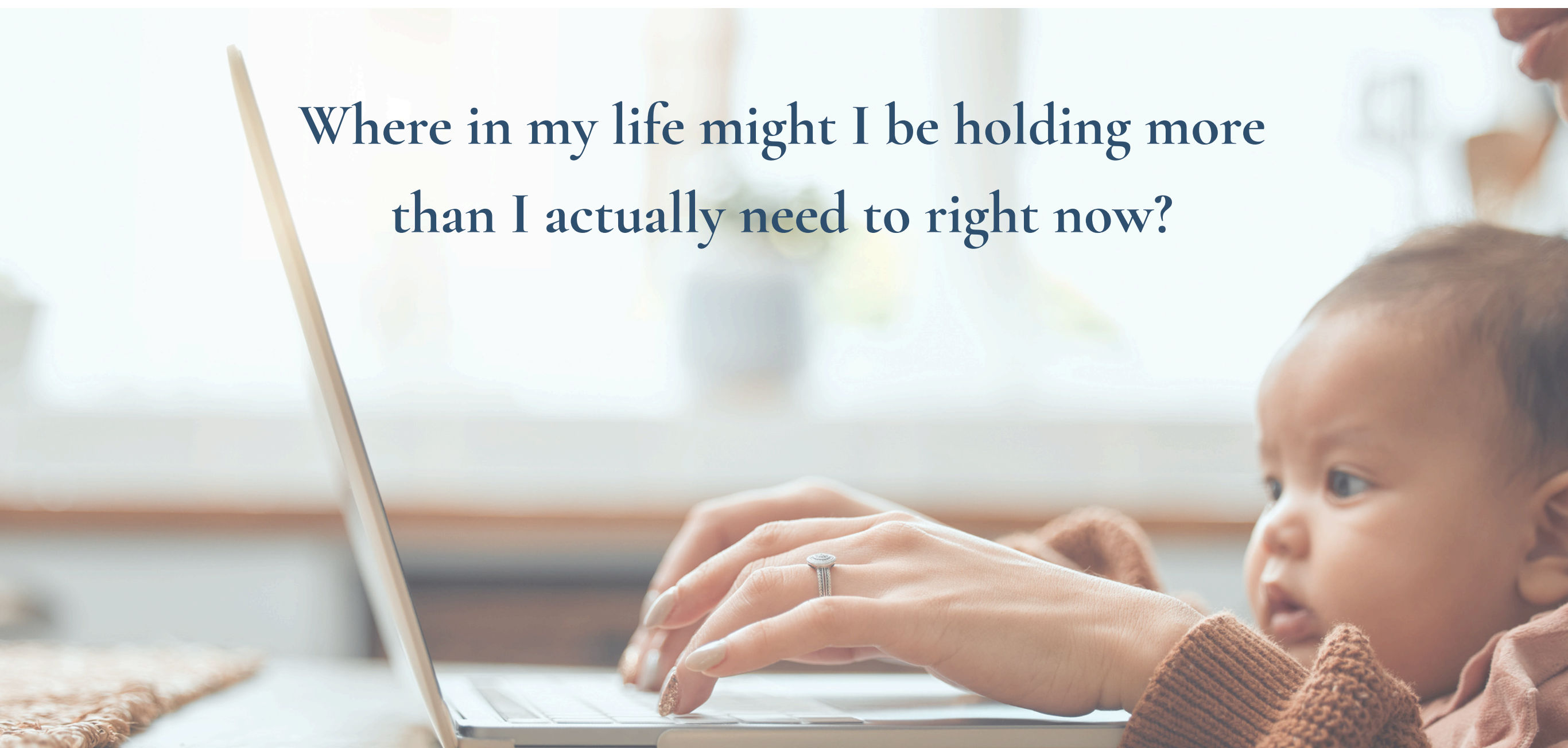
“I don’t need to figure this all out today.”

You are simply noticing a **relationship**, not forcing answers.

Why This Matters

This helps you begin to see that your body is not random—it is **responsive**.

And once you see the connection, you can begin to respond with compassion instead
of frustration.



Where in my life might I be holding more
than I actually need to right now?

Practice 3: Creating a Moment of Safety

Your body cannot heal when it feels unsafe.

This practice teaches your system what safety feels like
—without needing anything external to change.

Step 1:

Look around your space slowly.

Find:

- 3 things you can see
- 2 things you can touch
- 1 thing you can hear

Step 2:

Gently press your feet into the ground or your body into the chair/bed.

Feel the support beneath you.

Step 3:

Place a hand somewhere that feels comforting (heart, arm, face)

And say quietly:

“Right now... I am safe enough.”

(Not perfect safety—just **enough**)

Why This Matters

This begins to retrain your nervous system out of survival mode and into **regulation**
and **presence**.

And healing happens **here**.



What felt even slightly supportive,
comforting, or “safe enough” during this
practice?

(Even the smallest thing counts.)

Practice 4: The 10% Listening Practice

Most healing approaches unintentionally push people to go *all the way in.*

This one does the opposite

How it works:

1. Bring awareness to a symptom or sensation (fatigue, pain, pressure, etc.)
2. Instead of fully focusing on it, imagine you are only listening to **10% of it**
3. Let the other 90% stay in the background

Now gently ask:

“What does this 10% want me to notice?”

Stay for 1–2 minutes max.

Why this is powerful

- Prevents overwhelm and retraumatization
- Builds capacity slowly
- Teaches the body: **“We don’t have to dive in to be safe”**

This is especially supportive for highly sensitive or empathic women.



If my body could speak in simple, gentle words...
what might it be trying to tell me lately?

Practice 5: The “Before It Became Pain” Inquiry

Instead of asking “Why do I feel this?” (which can spiral), we gently explore timing.

How it works:

1. Think of a recurring symptom
2. Ask softly:
“What was happening in my life just before this began?”

Not the trauma story—just the *season of life*.

Then:

“Who did I have to be during that time?”

Examples:

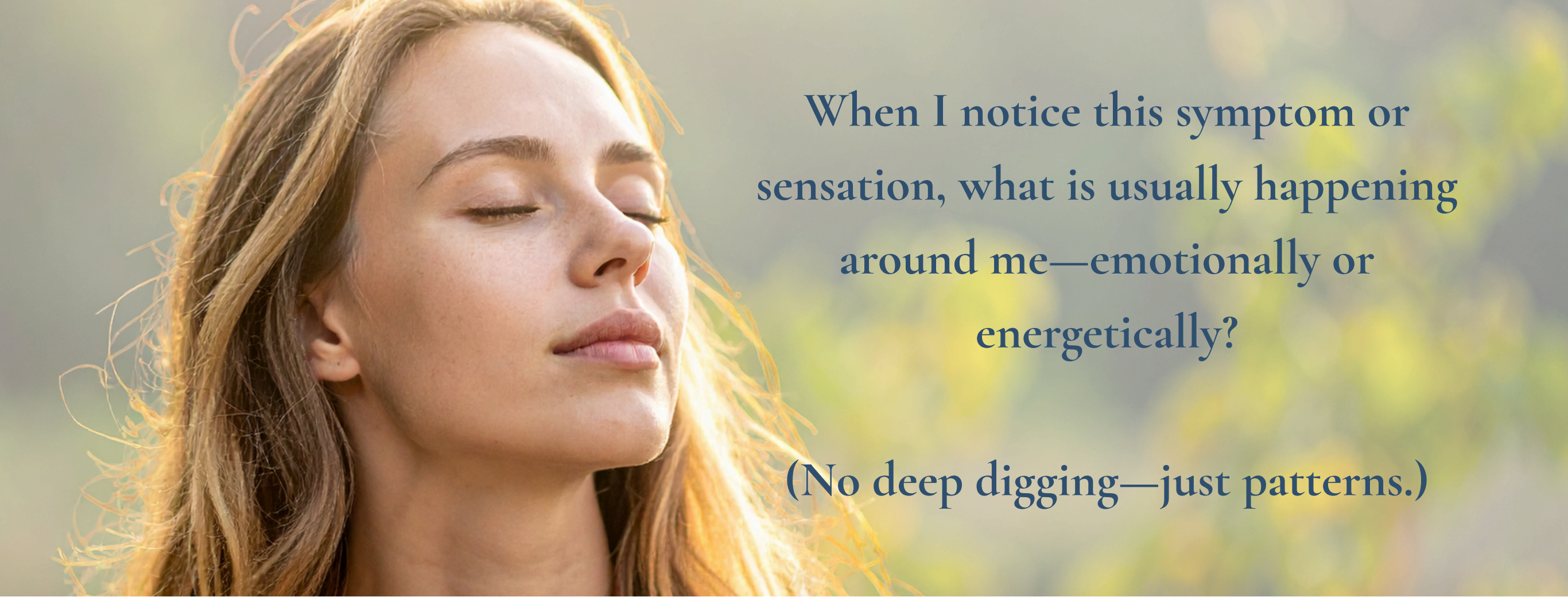
- The strong one
- The quiet one
- The responsible one
- The one who didn’t need help

Pause there. No digging further.

Why this is powerful

- Connects identity patterns to physical symptoms
- Avoids reliving events
- Reveals survival roles still active in the body

This often creates a quiet but profound “oh...” moment.



When I notice this symptom or
sensation, what is usually happening
around me—emotionally or
energetically?

(No deep digging—just patterns.)

Practice 6: The Micro-Yes / Micro-No Body Dialogue

Many women with chronic illness have learned to override their body.

This rebuilds **communication without pressure.**

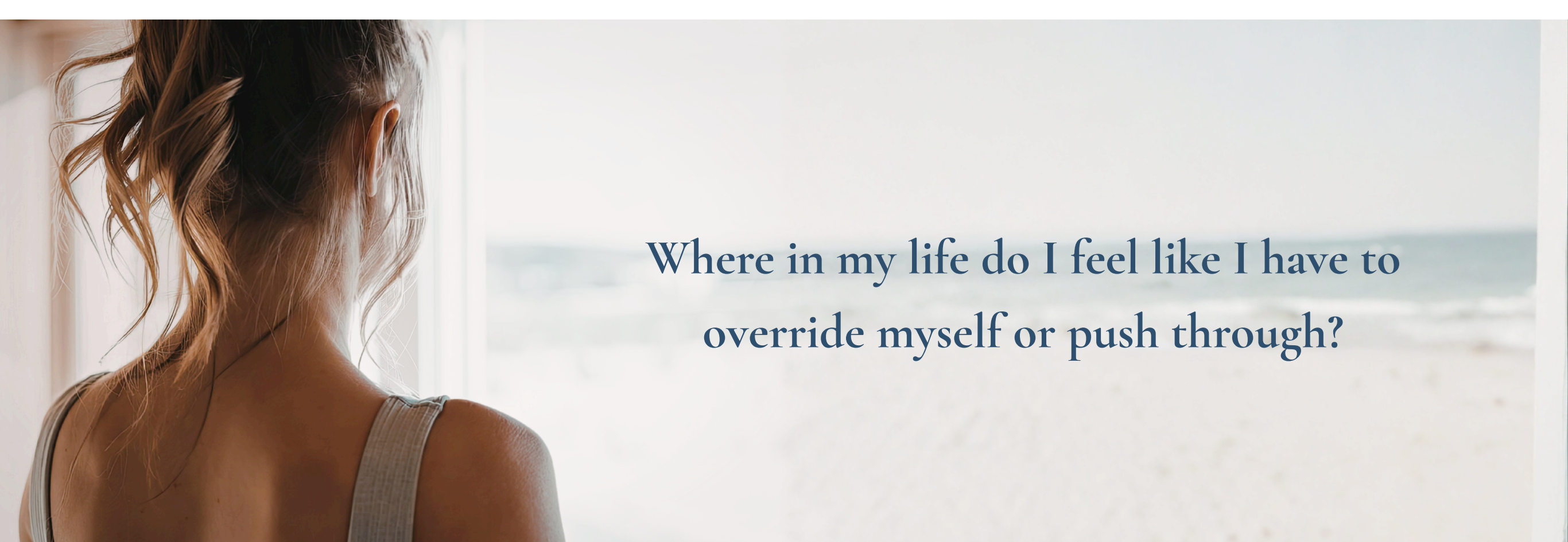
How it works:

1. Ask your body a neutral question:
“Would you like me to sit up or stay here?”
2. Notice the **subtle** response:
 - Expansion / contraction
 - Slight ease / slight resistance
3. Follow the response—even if it seems small.
4. Try 2–3 simple choices:
 - Drink water now or later?
 - Rest or keep going?

Why this is powerful

- Rewires self-trust
- Moves healing out of the mind and into the body
- Teaches: **“My body’s voice matters again”**

This is foundational for deeper healing work later.



Where in my life do I feel like I have to
override myself or push through?

Practice 7: The “Energy Leak” Awareness Scan

Chronic illness is often worsened by ongoing, subtle depletion.

This practice reveals **where your energy is still going**.

How it works:

1. Close your eyes and imagine your energy as a soft light within your body
2. Ask:
“**Where is my energy going right now that I haven’t called back?**”
3. Notice what arises—not analytically, but intuitively:
 - A person
 - A situation
 - A responsibility
 - A memory
4. Gently say:
“**I release what is not mine to carry right now.**”

No cutting cords, no intensity—just awareness.

Why this is powerful

- Addresses chronic depletion at an energetic level
- Builds boundaries without force
- Helps empaths reclaim energy safely



What is one small way I could respond to my body with more kindness this week?

Practice 8: The “Safe Enough to Soften” Practice

Instead of trying to feel “safe” (which can feel unreachable), we use a more honest entry point.

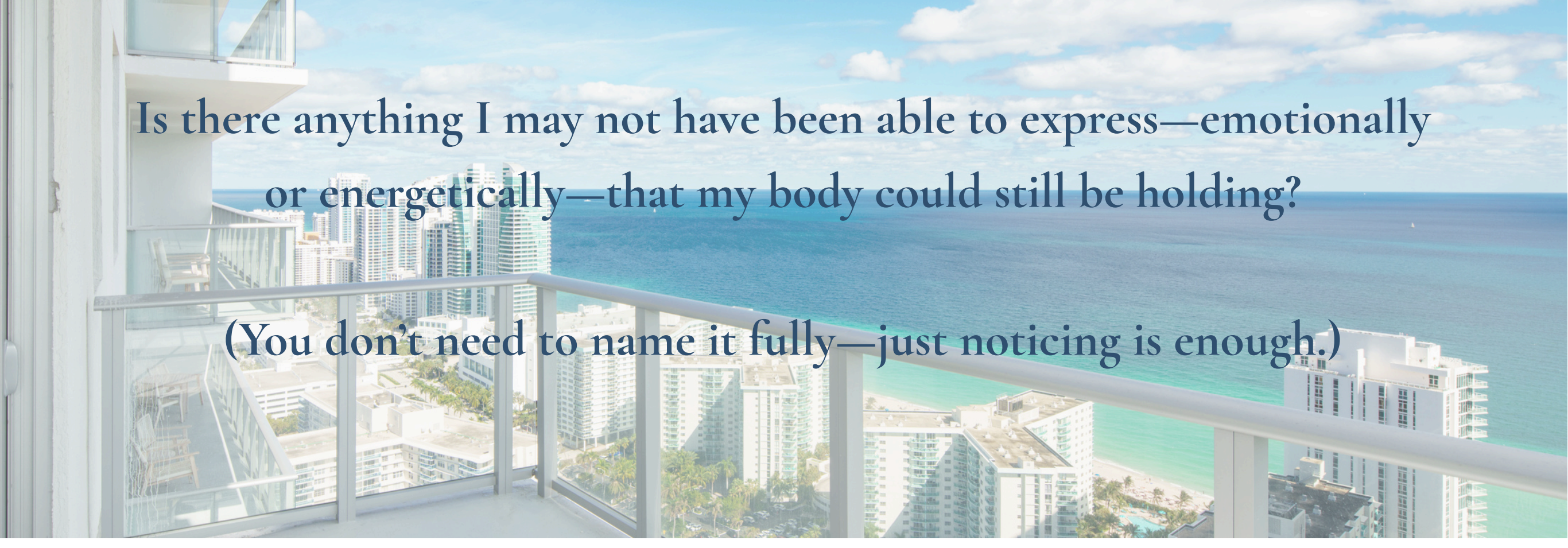
How it works:

1. Bring awareness to your body
2. Ask:
“**Is there even 5% of me that feels safe right now?**”
3. Find **that** place—even if it’s tiny:
 - A hand
 - Your breath
 - The support beneath you
4. Gently focus there and say:
“**This is enough for now.**”

Let the rest of your body be exactly as it is.

Why this is powerful

- Works with resistance instead of against it
- Builds safety incrementally
- Reduces internal pressure to “heal correctly”



Is there anything I may not have been able to express—emotionally or energetically—that my body could still be holding?

(You don’t need to name it fully—just noticing is enough.)

Practice 9: The Future Self Body Echo

This is not visualization in the typical sense—it’s **somatic anchoring**.

How it works:

1. Imagine a version of you who feels:
 - Slightly more at ease
 - Slightly more supported
 - (Not perfect—**just a little better**)
2. Ask:
“**How does her body feel different than mine right now?**”
3. Notice **one** small difference:
 - Softer shoulders
 - Slower breath
 - Less tension in the jaw
4. Gently allow your body to mirror just **5% of that shift**.

Why this is powerful

- Builds hope without pressure
- Creates embodied change (not just mental)
- Bridges present experience with future possibility



What does “feeling supported” look like for me right now —not perfectly, but realistically?

Practice 10: The “Unspoken Energy” Practice

Many symptoms in the body aren’t just from what happened...

They come from what **couldn’t be expressed** in the moment:

- Words you had to swallow
- Needs you couldn’t voice
- Boundaries you couldn’t set
- Truths that didn’t feel safe to speak

But instead of revisiting those moments (which can be dysregulating), this practice works with the **residual energy of expression**—in a safe, contained way.

Step 1:

Bring awareness to your body and gently ask:

“Is there anything in me that was never fully expressed?”

Do not search for a memory.

Just notice what arises in the body:

- Tightness in the throat
- Pressure in the chest
- A feeling of “holding”

Step 2:

Place a hand over that area (or wherever feels most supportive)

Take a soft breath and say internally:

“You don’t have to hold this perfectly anymore.”

Step 3:

Now, without words... allow **a very small expression** to move through:

- A quiet sigh
- A gentle exhale
- A subtle hum
- Even just the intention to release

No storytelling.

No reliving.

Just **energy completing its movement**.

Step 4:

Close with:

“That was enough for now.”

Then shift your attention back to your surroundings.

Why This Is So Powerful

This practice:

- Releases stored emotional energy **without needing to revisit the story**
- Bypasses mental overwhelm and goes straight to the body
- Gently supports the throat, heart, and nervous system
- Helps the body complete “unfinished responses” safely

Most importantly...

It teaches the body: **“Expression is safe now... in small, manageable ways.”**

**“I don’t have to
keep holding,
what I was never
allowed to say. “**



If no one has told you this before...

What you are experiencing is real.

Your body has been carrying more than it should have had to.

And it has done that because it loves you.

Healing is not about forcing your body to behave.

It is about:

- Listening
- Softening
- Rebuilding trust
- And allowing your body to finally feel supported

You don’t have to do it all at once.

You don’t have to go deep all at once.

You just begin... here.

What is one subtle shift I noticed in my body, energy, or awareness after this practice?



If this resonated with you, and you’re feeling the quiet knowing that there is more to explore...

I offer gentle, supportive spaces where we:

- Release what your body has been holding
- Reconnect you to your inner wisdom
- Support your nervous system and energy field
- Help you feel safe in your body again

Whether through:



Full Moon Release
Ceremonies



New Moon Intention
Ceremonies



Prayer & Energetic
Support



Clearing & Blessing of
your space

You are not meant to walk this path alone.