

## JOURNALING GUIDE TO EMOTIONAL HEALING with SOMATIC INTEGRATION

### 1. “Very Good” – Returning to Genesis 1

Before anything went wrong, your body was called *very good* (tov me’od). This original GOODNESS is the truest story about you – you being, believing, and behaving in alignment with your Divine identity and purpose. Journaling here invites you to reconnect with the goodness that has always been present in your body, even if it’s been buried under shame or judgment.

#### Reflection Prompts:

- What parts of my body or emotional life have been hardest for me to see as “very good”?
  - When did I first learn that my body was something to mistrust, control, or judge?
  - How does it shift my perspective to imagine God delighting in my body as part of creation?
  - If my body could speak one sentence about its goodness today, what might it say?
  - Where do I sense an invitation to treat my body with honor rather than suspicion?
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### 2. “Offer Your Bodies...” – Romans 12 and the Body–Mind Connection

Romans 12 reminds us that transformation starts with the body. The body gives permission for change through signals of safety and connection to the brain to renew (transform) its perception of what feels true. The nervous system is one of the primary places we experience God’s renewing work. These prompts help you pay attention to where your body is already telling the truth.

#### Reflection Prompts:

- Where in my body do I most often feel anxiety, tension, or overwhelm?
  - What might those sensations be trying to protect?
  - What helps my body shift from survival (fight/flight/freeze/fawn) toward safety?
  - When was a time my body knew the truth before my mind could name it?
  - What small practices help me present my body to God – breath, stillness, movement, grounding, rest?
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### 3. Body Mapping – Listening to the Body’s Emotional Landscape

Your body carries emotional memory. Mapping somatic sensations to emotional patterns helps you see where feelings live, how they move, and what they’re asking from you. This section invites you to listen with curiosity instead of critique.

#### Reflection Prompts:

- As I scan from head to toe, where do I notice openness? Where do I notice constriction?
  - Which emotions tend to land in which parts of my body? (ex: anger in jaw, sadness in chest, fear in stomach)
  - What parts of my body feel forgotten or ignored? What emotions might be stored there?
  - Where do I notice a “no” in my body? Where do I notice a “yes”?
  - If I traced one emotion on a body map today, what color, shape, or movement would describe it?
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### 4. Integration – Somatic Practices for Returning Home

Healing becomes sustainable when our bodies participate in the story. Your body holds emotional signals in predictable places. This guide helps you notice where a feeling is landing and offers a small somatic practice to practices help create new patterns of safety, presence, and connection. Move slowly. Choose just one area to practice with today. **\*\*For a deeper experience, use essential oils like our JOURNEY blends to support your body-mind connection in emotional healing.**

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#### If your head or mind feels overloaded...

**What this often means:** mental overwhelm, spinning thoughts, internal pressure, perfectionism, or worry.

#### Try:

- **5-5-5 breath:** inhale for 5, hold for 5, exhale for 5.
  - Place one hand on your forehead and one on your heart; breathe until one softens.
  - Lower your gaze or close your eyes briefly to interrupt cognitive strain.
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#### If your jaw or throat feels tight...

**What this often means:** unspoken feelings, self-silencing, fear of expressing needs, frustration.

#### Try:

- Soften your jaw; release your tongue from the roof of your mouth.
  - Hum gently on the exhale for vagal support.
  - Place two fingers on either side of your neck and breathe into that space.
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**If your *chest or heart* feels heavy or constricted...**

**What this often means:** sadness, shame, grief, loneliness, or fear of vulnerability.

**Try:**

- Self-embrace: wrap your arms around yourself and hold gently.
  - Expand your ribs sideways with slow, intentional breaths.
  - Place your hand over your heart and name one feeling present.
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**If your *stomach or gut* feels tight or upset...**

**What this often means:** anxiety, fear, anticipation, people-pleasing impulses, boundary stress.

**Try:**

- One hand on your belly; breathe so your hand rises and falls.
  - Lengthen your exhale (inhale 4, exhale 8).
  - Press your feet firmly into the floor for grounding.
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**If your *shoulders or upper back* feel tense or braced...**

**What this often means:** carrying responsibility, hyper-vigilance, bracing for impact, “holding it all together.”

**Try:**

- Roll your shoulders back and down, slowly, three times.
  - Shrug up toward your ears, hold for 3 seconds, release.
  - Lean against a wall and let it take some of the weight.
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**If your *arms or hands* feel restless, numb, or clenched...**

**What this often means:** reaching for support, over-responsibility, helplessness, the urge to fix, or emotional overload.

**Try:**

- Shake out your hands gently for 5–10 seconds to release tension.
  - Open and close your fists slowly, noticing the sensation of letting go.
  - Rest your hands palm-down on your thighs and breathe until they soften.
  - Place one hand over the other and offer a quiet “I’m here” to yourself.
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**If your *lower back or hips* feel tight or locked...**

**What this often means:** stored fear, old emotional memory, lack of support, exhaustion.

**Try:**

- Gentle hip circles, seated or standing.
  - Slow forward fold (chin to chest, hinge at hips).
  - Press your palms into your thighs and breathe low and deep.
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**If your *legs or feet* feel restless, weak, or disconnected...**

**What this often means:** difficulty grounding, readiness to flee, instability, or dissociation.

**Try:**

- Grounding: feet flat on the floor, feel the texture beneath you.
  - Rock gently from heel to toe.
  - Imagine roots extending downward from your feet into the earth.
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## **5. BLESSING THE BODY**

Place your hands gently on the body area that is feeling anxious, afraid, ashamed, or angry right now. Speak these words of blessing over your body in gratitude for it carrying you this far.

Blessed is the body that has held so much.

Blessed is the breath that has never stopped fighting for you.

Blessed are the tremors, the tears, the tight places,  
for they are the language of healing.

And blessed are you – whole, beloved,

learning to live again from the goodness (tov) that has always been yours.

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