

3 ways

TO
Check in
WITH YOUR
BODY



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COLLECTIVE

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Introduction



GREETINGS BEAUTIFUL SOULS!

Firstly I'd like to acknowledge and thank you for taking this time for yourself.

For many of us we lead busy lifestyles that at times can be quite (or very) stressful.

Often this leads to a state of 'Autopilot'.

While this state helps us to carry out mundane tasks, it can leave us feeling disconnected, it's important we check in with ourselves

and... one of the best ways to do this is asking the body.

Because the body doesn't lie.

My name is Jade, I come from a movement-based practice centered around healing and uplifting.

I hope you find this guide grounding.

Thank you for joining the collective



Mauri Ora

Offering 1

BREATH

This seems like an obvious one, but that's for a good reason. Conscious deep breathing activates our parasympathetic nervous system to calm down our body and puts us in a good state to check in with ourselves. Let me give you some prompts



Sitting down, close your eyes and notice the sounds you are hearing, then pay attention to the parts of your body in contact with a surface, inhaling slowly-pause-and as you release your breath feel your body soften into the surfaces you are touching. Repeat 3 more times.



Adding loving touch with deep breaths provides comfort as well as engages mind & body connection. You could experiment with placing a hand on your tummy, chest, or forehead. Listening to where in the body could use some extra love and attention. That could look like an injury or an emotion stored somewhere in the body, for example: if you're feeling heartache you might place a hand on the chest.



Acknowledging the environment you are in may assist in grounding and gratitude. Coming to a standing position with eyes open, imagine you are standing on a compass and face what you consider East- where the sun rises and we begin a new day/new cycle. Taking a deep inhale notice the space in front of you, on the exhale send gratitude to the space (it can be beyond walls). Repeat this facing South, West, and lastly to the North.

Offering 2

YES/NO

Getting to know your body's signals for a yes and no is so important. It helps us listen to intuitive bodily responses.



Finding a quiet space, place your hand on your heart. Say aloud something you know to be absolutely true, it could be as simple as saying "My feet are on the ground." Tune into how that feels, notice if your body responds in any way.



Now tread lightly with this next part. With your hand still on your heart say something out loud you know to be false. Pay attention to how your body responds to this statement. Notice any discomfort.



We start to gain an understanding of what is true and false in the body. Now we can ask ourselves a yes or no question out loud like "Do I want to go for a walk?" and notice if the body responds like the first exercise or the second, true/false, yes/no.



We can gently ask ourselves deeper questions, to uncover false truths we tell ourselves. This is often a defence mechanism and when you uncover one you can say "Thank you for keeping me safe, but I no longer need to hold onto this belief."

Offering 3

BODY SCAN

Bringing attention to the body and scanning areas helps with awareness of how your body is feeling.

This is a self scan through visualisation and movement.



Start with tuning into your body, find a comfortable position sitting or lying down. Notice the parts of your body that are in contact with the floor or seat. As you exhale release deeper into the surface.



Imagine a glowing light starting at the top of your head. Slowly see this light trace through your head and notice what you feel in your mind/eyes/nose/ears/face/skin/muscles.



Continue down the neck, to the shoulders, scanning your body slowly with this glowing light. Make notes of the areas you feel tender, stiff, uncomfortable, or sore. After scanning right down to your toes take a deep breath of gratitude for your body.



Return to the areas that are asking for attention and place loving touch on those areas and say "I'm listening and I am grateful for all you do". Remembering to thank your body for how it shows up for you day after day. You could also explore if the area needs movement, stretching or rest.

Summary



Taking the time to check in with yourself can really strengthen your connection to your body. Your body also serves as a guide in feeling your intuition and inner knowing.

Simple practices such as:

Slow deep breathing

Finding your Yes and No

Body scanning

Massage

Time in nature

Play

Going for a short walk

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These can all assist in checking in with your body and clearing your mind.

At the end of the day the most important thing is to find what works for you. Experiment in a safe space, show gratitude to your body through spoken words and touch. Lastly, be gentle and kind to yourself, just by reading this you are taking time for your wellbeing. So thank you for looking after yourself.