Recognizing the Body's Language

Notice what repeats without assigning it a fixed meaning.

REFLECTION / A PRACTICE OF RECOGNITION

ORIENTATION

Repetition allows a pattern to come into view.

The body develops its own ways of communicating. A tightening in the chest, warmth through the body, a softened breath, restlessness, fatigue, or a desire to withdraw may appear in particular conditions.

One occurrence may simply be a moment. When a response repeats, you can begin learning the language particular to you.

BEFORE YOU BEGIN

Review a few recent observations from your journal or recall several moments that drew your attention. Bring the observations with you without deciding what they mean.

A USEFUL DISTINCTION

A pattern is something you have observed more than once. Its meaning can remain open while you continue noticing.

THE PRACTICE

Recognizing the Body's Language

01

Gather what you have noticed

Choose several observations rather than explanations: a sensation, change in breath, feeling, impulse, or shift in energy.

02

Look for repetition

Notice whether a response appears more than once. Ask: What seems to repeat? Look for familiarity, not certainty.

03

Notice the conditions

Recall where you were, who was present, what had just happened, and the atmosphere surrounding the experience.

04

Notice the contrast

Compare different conditions. Did your body soften or brace, open or contract, become energized or depleted?

05

Name the pattern gently

Complete: I am beginning to notice that... Let the recognition remain provisional as you continue observing.

A QUIET RETURN

I can recognize a pattern without deciding its meaning too quickly.

PATTERN REFLECTION

What is beginning to repeat?

The signal or response I have noticed more than once:

The conditions that tend to surround it:

What changes when the conditions change:

I am beginning to notice that...

CONTINUE WITH THE COMPANION

Recognition Reflection Companion