A COMPANION TO SENSATION

Sensory Awareness Journal

A journal for noticing the body, in your own words and at your own pace.

Notice what is here,
before deciding what it means.

A place for small observations, bodily sensations,
and the details you wish to remember.

SENSATION • ATTENTION • REFLECTION

THIS JOURNAL BELONGS TO

AN INVITATION

Begin where you are

A few words can hold a meaningful moment.

Use the room, then use these pages

The Sensation page holds the guided practices. This companion gives you space to record what you notice afterward, or to keep a brief note during the day.

Choose what serves you

Use one page at a time, return to a familiar prompt, or leave a page blank. You do not need to complete the journal in order. Print the pages you wish to reuse.

Separate sensation from interpretation

“Warmth across my cheeks” describes a sensation. “I am embarrassed” offers an interpretation. Both can be recorded; give each its own space.

Keep meaning open

A bodily sensation may have several explanations. One moment does not need to become a conclusion. Look for patterns with curiosity and context.

Let comfort guide the pace

Choose an ordinary, comfortable sensation. If inward attention feels too intense, pause, look around, move, or return to Arrival. You may finish at any point.

NOTICE BEFORE NAMING

What is physically here?

Give the observation room before deciding what it means.

DATE _____ PLACE / MOMENT _____

WHERE I NOTICE IT IN MY BODY

ITS PHYSICAL QUALITIES

Possible words: warm, cool, light, heavy, firm, soft, tingling, still, moving.

THE EXPLANATION THAT ARRIVED, IF ANY

WHAT I CAN LEAVE OPEN FOR NOW

SLOW NOTICING

Give it a little time

Record a small sequence without asking the experience to change.

DATE _____ PLACE / MOMENT _____

WHAT I NOTICED AT FIRST

WHAT I NOTICED A LITTLE LATER

WHAT REMAINED STEADY, SHIFTED, OR BECAME LESS CLEAR

WHAT IT WAS LIKE TO GIVE THIS MOMENT TIME

BODY SIGNALS

Follow a small change

Keep the setting alongside the sensation. No change is also an observation.

DATE _____ PLACE / MOMENT _____

THE SENSATION: LOCATION AND PHYSICAL QUALITIES

THE CONTEXT: WHAT WAS HAPPENING AROUND ME?

A SMALL ADJUSTMENT I MADE, IF ANY

WHAT I NOTICED AFTERWARD

WHAT I WOULD LIKE TO OBSERVE AGAIN

MAPPING BODY SIGNALS

A map in your own words

Use marks, shapes, or words. The map can remain simple.

DATE _____ PLACE / MOMENT _____

SKETCH A BODY OUTLINE OR NAME THE AREA HERE

A dot for location. A line for movement. A shaded area for extent.
Add your own key if you wish.

THE WORDS OR SYMBOLS I USED

A DETAIL I WANT TO REMEMBER

A GENTLE CHECK-IN

In the middle of living

Choose an ordinary transition. A brief note is enough.

DATE / MOMENT

One sensation I noticed

One small act of care, if wanted

What I want to remember

DATE / MOMENT

One sensation I noticed

One small act of care, if wanted

What I want to remember

DATE / MOMENT

One sensation I noticed

One small act of care, if wanted

What I want to remember

REFLECTION & INTEGRATION

What am I beginning to notice?

Look back gently. Repetition is a question to explore, not a verdict.

AN OBSERVATION THAT HAS RETURNED

THE SETTINGS OR MOMENTS IN WHICH IT APPEARED

WHAT HELPED ME PAY ATTENTION WITH EASE

ONE WAY I WOULD LIKE TO CONTINUE

Continue with Sacred Wisdoms: An Invitation to Notice and
An Invitation to Notice — Integration. Find them through the Sensation page.

FIELD NOTES

A page to return to

For a sensation, an unfinished thought, or a detail worth keeping.

DATE _____ PLACE / MOMENT _____