

## **Week 2 Handout: Body Wisdom: Gut & Goosebumps**

**\*Print out the Yes/No chart from the resource page or at the end of this handout. \***

### **ASK AND YOU SHALL RECEIVE**

**Remember to ask for help, from your Spirit Team, Mother Earth, and most importantly, your inner guidance, to support and to guide you to understand your Nos and move toward your highest good yesses for you.**

We are complex beings. Knowing our body wisdom is important, yet it is also important to understand our triggers or where we have stored pain, resistance, past grief or stored beliefs that are no longer true, and past traumas. Sorting through all these places in the body takes time. Deep meditation and relaxation help us to go inward and rest in the still space within, so we can discern what our true yes and your true no can be in a given situation. By clearing the blocks, we can discern more clearly when to pause, when to move forward, and what is true for us.

### **Past Trauma**

Medical situations aside, many times an old grief or trauma, a body pain or emotional overwhelm bubbles up when the body is ready to let it go. **It is as if the body is trying to get your attention and says,**

**“I held onto this as long as I could, to protect you, to help you survive, but I can’t hold on any longer. I want to be free of this!”**

This is the good news! It usually means that you are strong enough to heal now, even though it may feel like you are falling apart or you don’t know what to expect. The truth is, your soul and your body are ready to help you release it. It may take a lot of courage, yet after crying, releasing, feeling, you often feel more room in your body. You become free in some important way.

### **Triggers**

If you react more than a situation warrants, or you cannot see what is happening, you may be triggered from a memory from the past. It is just a clue to do inner healing. It is very important to immediately go inward, calm your breath, and find out:

**What do I need?**

**How old am I feeling right now?**

**Is this a memory from long ago?**

**What can I do to soothe my inner child?**

**You can say: I see you, I hear you, and I am here for you.**

**Tap your hands at your heart, or place your hands at your heart and take long deep breaths.**

**Or**

**Go into a deep meditation and rest in inner stillness.**

**Stay with that part of you as long as you need until you feel calmer.**

## **Body Wisdom**

There are times when your body feels irritated or angry, because you have not honored a truth or spoken truth in some way. Journaling about that truth, then speaking it aloud, is key. Often, we are betraying an important wisdom. We may have to set a boundary or take an action, and once we do, the body relaxes. We are no longer betraying ourselves. (We will cover more on boundaries another week). Untangling the triggers and pain from the true body clues takes time. Knowing what our true yes and our true no is in a given situation is so important. There are clues that are unique to you that are different for someone else.

**Print out the Yes/No Chart from the resource page, or in your journal, write out the following 3 columns:**

- 1. Body sensation**
- 2. Memory when it happened**
- 3. What your body clue wants you to know**

**We will use this format for both our YES and NO body responses. Each person's body is unique in how it gives clues. Let your body teach you.**

## **Breath Meditation**

**Breath meditation. Inhale for 5 seconds, hold gently for 5 seconds, exhale for 5 seconds.**

**Rest here, hands on the heart or palms up one on top of the other in your lap. Just rest/be.**

**Identify if mind overrides your yes/no intuition, you are not in your body, overthink it, or act out of response that doesn't include your clues.**

**For example, in the past there were times when I have truly WANTED something to be a yes and did not wait and listen to my inner heart and body first, it either fell apart or taught me to look at the reasons why I was saying YES. Often when we look OUTSIDE of ourselves to PLEASE someone else or THINK our RESPONSE only, we may ignore our important NO body clues.**

## **NO body responses:**

**Example:**

**For me, when I have a sick feeling in my stomach or I feel a bit nauseous, my body is telling me something is off or not right for me, or that I am exposing something that was a hard truth and feel vulnerable. Everybody's body expressing itself differently. Find out how your body speaks to you is so important to knowing your own rhythm and body wisdom.**

1. Think of a situation when your body had a strong response.
2. What was that body response or responses? (Examples may be: nauseous, pit in my stomach, nervous, feel like I have to be on my guard, my breathing stops...etc.)
3. How your body gives you unique clues that something is not right for you somehow?
4. Did you ever live with a situation that was a mixture of it feels hard but right? Explain.
5. Did you ever choose a situation that felt like you were settling for something that did not satisfy your soul?
6. What does sacrifice or obligation feel like in your body?

Now, feel a yes and a pause sometimes because another way wants to come to you that you cannot yet imagine. For example, when I feel something is true for me, I get goosebumps all up and down my entire body. A friend once shared “Bliss Bumps” on one part or all over your body. I noticed also that I felt bliss bumps on body when I received a message from a loved one who passed away and shared it aloud to someone...I felt love was flowing fully through me and the other person could feel that love, too.

Another example for me is when I ask if something is a yes for me, and it is a huge “hell yes” as someone once said, I breathe a deep sigh in my gut that it is right for me.

7. Describe a similar time/situation when your body gave you a huge yes that this was something was right for you or was the first step to take in a direction you were led to follow. It could be things worked out for you, flowed, decisions you made just felt right.
8. Describe how your body expressed that yes. (Examples: calm, peaceful, steady inner guidance even if stress happening around you, breathe a huge deep breath of relief, goosebumps all up and down your body, etc.)

As you know, you may have blind spots in this process, so you may get a yes about feeling comfortable with a particular PERSON, but the situation or overall job may not be right for you. OR, you may need to REFINED this process as you go, noticing any red flags or blind spots, not making full conclusions without gathering more body and wisdom first. Sometimes we are led to go down a path that may not work out, only to learn what to look out for next time, so we can refine what is true for us even more.

\*\*\*A good rule of thumb is that if you don't have a full YES, wait and tease out what is true and what is not. Clarify more.\*\*\*

### Body Meditation

Guided meditation tightening and releasing each muscle in the body, then once fully relaxed, breathe deeply. Go inward, into the still space within you. Rest there. Wait. Be. Call in parts of you that may be reaching outside of you for comfort only.

Bring them into your heart. Calm the mind, calling it in to rest in this space. Rest here. Only then, ask the body what it wants you to know.

Create a collage (or focus on your creative writing or activity) from your experience in the meditation. Allow the Divine within you to craft the process, to show you what you cannot yet see or understand regarding blessings within, around, and outwardly from your triggers and experiences.

**Journal Questions (Pick one or two that resonates) / Homework for the week:**

1. Flesh out the journal questions we asked earlier about the nuances of your yes and no. Ask your body. What are its unique body clues when things were/are a no for you? Pick at least 1 of the following nuances and journal about it.

How does your body tell you when it felt:

2. a no of sacrificing yourself or doing something out of obligation?
3. a no because of timing is not right yet?
4. a no because you need to feel/release something or nurture tender wounds from the past first?
5. a no because you are not fully receiving the yes that already wants to come? (You may be getting in your way...not making room for the yes in your life and in your heart yet.)
6. A no because you did not consent to it and need to speak what you need first?

Do the same for the Yeses.

7. What does say yes to an opportunity feel like in your body? What does a full green light yes feel like?
8. What does a yes this is hard but my soul wants to do it...what does it feel like in your body? (Example, when you want to become a parent; or your parent asks you to take care of your uncle to find a good assisted living situation: you know it is going to be hard, and you may not have all the skills to do it, but something deep within you just knows you choose to do it on a soul level.)
9. What if the yes is yes and wait or pause first? It may be a yes that is a future yes, or part of a long-term plan. The yes is anchoring in you what is coming, yet the focus then is just on doing what the next right thing to do next...how does that feel in your body?
10. What are yesses that your body wants to express with others? The body's way of telling you that you are safe and feel intimacy-building ways to interact with someone. For some close relationships, one example could be holding hands while listening, or offering a long hug first. For others, it may mean eyes looking at one another, holding space and offering a neutral presence to build more trust and understanding in the body before

responding. What works for you and supports you? It is different for everyone.

11. What does a YES of an equal exchange of energy and co-creation from another person feel like in YOUR body, a movement back and forth that dances together? You both feel spiritually or deeply nourished by the interaction. It could be a soul friend or anam cara. How does that feel in your body when you encounter this person?

### YES/NO with others

Notice the yes/no body clues of the OTHER person, especially those you are collaborating or co-creating with. When you notice behaviors change, ask questions or offer to pause if someone needs more time to gather their responses first. Asking for consent or inviting others to share their body wisdom is powerful and builds connection. Notice body clues in other people that you interact with. Do you notice when things shift or when someone pulls back a bit. Be curious and ask for more information from them.

12. Speak to the shift in body movements when they happen, saying, “I noticed you pulled back a bit when I mentioned that. Can you tell me what you are feeling?”
13. What do you see/feel in them?
14. What is the other person’s level of comfort with what you are inviting/proposing (each person has different levels of body comfort)?
15. Do you ask for consent first before offering an opinion, hugging someone, or asking if they would like you to listen or offer advice / solutions?
16. Do you invite different levels of no and yes with others?

Knowing how your body speaks to you and knowing the same for your partner or friend or child can help you strengthen connection. Remember, you are the one who knows YOU the best, and it is up to you to know yourself and then be able to pull back and discern what you need in any given situation and take care of you.

\*\*\*This week’s class is part of a Body Wisdom: Gut and Goosebumps course as a self-paced offering or part of a live group course. Find out more [HERE](#).  
[www.tinakaragulian.com](http://www.tinakaragulian.com)

**NO Body Clues**

<b>Situation</b>	<b>Body Sensation</b>	<b>What your body wanted you to know</b>

## YES Body Clues

Situation	Body Sensation	What your body wanted you to know