



A Body/Soul Practice

for ([Life's Healing Mosaic: Dot-by-Dot Blog Article](#))

5 Minute Body Check-In

Mr. Duffy lived a short distance from his body. -James Joyce (Dubliners)

Purpose/Rational: To cultivate of the fundamental skill of Body Awareness.

We must first be consciously present [i.e., Alive] *IN* our Body [Embodied Presence] before we can be present to Our Soul, Creator, Others, or the World.

Duration: 1 Week

Frequency: 5 minutes – 3 x daily

1. Determine three times during the day that you will do this Body Check-In:

🌹 Am I consciously aware of the following?

- My breath: Location.
- My feet on the floor/ground.
- My physical energy Level; Location; Flow; Blocks; Shifts.
- My tempo [moving fast/slow] [walking, talking, or other actions, etc.]
- What I am Touching; Seeing; Hearing; Smelling; Tasting.
- Comfort/Harmony or Discomfort/Disharmony in my Body: Location & Intensity.
- Muscle tension: Location & Intensity.
- My Body temperature.
- My Body as I move through space or as I am still.

🌹 Am I grounded/rooted in my physical body? Or feel distant/disconnected to my physical body?

🌹 Am I experiencing a strong sense of Body Attunement; Integrity; Authenticity?

2. Jot down notes; Track patterns; Review at the end of the week & journal.

🌹 What did I learn about my patterns of Body Awareness & Embodied Presence?

🌹 What will I do with this learning?