

**Body Wisdom**

**Guided process to move through challenging times.**

**A free resource. Feel free to share.**

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I have written the following series of questions as an invitation to explore our inner feelings to the unprecedented COVID-19 situation. Undoubtedly, we have all been impacted — and each of us differently. How we perceive and respond to stress in our lives is directly linked to our past experience ~ our sets of habituated patterns. Often times, these patterns and feelings may be connected to historical memories or images — and sometimes even cultural & ancestral narratives.

While there is currently real risk in our world, and we take action to be safe individually and collectively in the face of that risk, there is also room to know more about what is operating inside us. Our feeling centers can react to perceptions of crisis, panic or sudden change from a pre-conditioned set of survival strategies. The following is designed to help us move out of reaction, and into response and presence.

This process invites us into **welcoming and experiencing our feelings** through the aperture of awareness, so that a clearer picture can emerge. When we do that, we can not only cope with challenges from a stronger ground, but we can also **create more fulfillment and joy in our lives** while they are happening. In this way, we can cultivate a more empowering perspective. And so, the invitation is to take this time to listen to our body wisdom directly, while setting aside the mind, if only for a brief moment.

Before you begin, I do suggest you **create an intention for yourself** while you do this exercise. Perhaps an intention to be open and curious in learning something new about yourself. Anything you discover, is worthwhile.

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These questions are intended to be a guide or map through an internal process. **If you feel you need to adjust or go off this route — of course feel free and honour yourself.** You can do this alone or with a partner. Make sure you give yourself some uninterrupted time to do this. **An estimated time is 30mins.** I also suggest you have a pen and paper handy to write down answers as it can deepen and anchor your process. Enjoy :)

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1) Take a moment to reflect on **how your life has been impacted** by the pandemic. What aspects of your life have changed? Things that were one way before it started, and now are another way. Write or list them all out, so you can see the big picture.

- Examples could be: financial difficulties, working from home/not working, more time alone, more time with partner/kids/roommates, time online on social media/watching news, degrees of social contact, etc. etc...

2) Now after listing all these changes, take a deep breath and notice **how you feel** about the above. There may be many feelings, just allow them and take notice of what emotions or sensations arise in your body.

- Then pick one feeling or sensation that is the strongest or the one you feel most drawn to working with in this moment.

3) Take another deep breath. Give yourself a few minutes now to **just feel and allow** this one feeling to be here in your body. See if you can be curious and non-judgemental, exploring as many nuances as you can without labeling or using words.

- Where do you feel it in your body? Is it static or moving?  
- What sensations do you notice in that area of your body?  
- What qualities does it have? (how big/small, shape/colour? contracting/expanding? .. etc.)

4) Now, see if this feeling has an **impulse**.

- If it wanted to express itself, what would it want to do? If it had a voice, what would it want to say? Let the feeling inform you, there's no right or wrong here. It could be a movement, sound, visualization, image, statement(s) ~ whatever comes to you, trust it.

5) Whatever arose for you, give that impulse some space now to get bigger. **Amplify it** ~ allow it to have freedom of expression, either internally or externally.

- If it's a movement, you can let it move your body physically, or watch the movement inside. If there's a statement, say it out loud or say it internally. If it's a sound, let it come out — or vibrate in you. If it's an image or visualization, see it even more and let it unravel. Whatever the impulse, follow it ~ it may morph from movement to sound, sound to image.. etc. Give yourself some time here to explore.

\*Note\*: If it was challenging to allow this part to express itself, that's ok! — That's exactly what needed to happen. Perhaps there is another part of you or a feeling that is in resistance to the first part/this process. If so, take some time to welcome and explore this part of you using the same prompts. If not, then move on to #6.

6) Now after giving some space to this impulse, see if you can ask it some questions ~ and trust what arises. Don't answer them from your mind, ask the feeling directly and let the part speak for itself and write its answers directly to you.

- **What do you need?**

- What's in the way of you getting this need met?  
- When did you first originate? The first time you appeared in me?  
- Let this part continue to speak directly on the page, borrowing your hand to write more about itself.

7) See if you can respond back to this part of you — is there a way you could give this part what it needs? Take some time to explore how you can meet and nourish this part of yourself ~ trust any impulses that arise.

8) What relevance and meaning does this have to your present day life? Where else does this part/need show up in your life? Take some time here to journal or reflect.

Some additional questions to consider:

- Perhaps there's a way for you to incorporate some activity into your daily routine/ practice that could support this part?
- Perhaps there's something that you need to limit or remove out of your life in response to this new awareness?
- Perhaps this need involves a relationship or group of people in your life. See if there's something you need to say, or a risk you may want to take that would be affirming for you.
- Imagine what your current life would look like if this need was completely and entirely met. What would you be doing and feeling?
- Take a moment to thank this part of you that you just explored for all that it has shown and given to you.

You will know when your process is complete, and that may or may not be right now. Either you will feel better, or you will have some insight into your situation and connection of your body feelings to it. That may be now, or perhaps your process may continue for some time in the coming days. Be gentle with yourself ~ sometimes it takes time for the fruit to ripen. Our body and feelings process much like nature, which has its own timeline.

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In this process, I've been inviting you to say yes to all of yourself. All the different voices, feelings and parts that make up your humanness. When we can say yes to all of ourselves, we forgo inner oppression and leave no part in exclusion or isolation. This creates a healing space in us, where love and acceptance can arise. And when we can do this in ourselves, creating healing in the world becomes a natural byproduct of our presence. Hopefully, if you were touched by this process, you can also touch others. Know that you can use these prompts with any future challenge in your life. Wishing you good health and well being.

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