



TODAY I OBSERVE MY BODY

DAY.3

Our body never
lies.

Our body is doing its best to support us in our busy lives. Without it, we couldn't achieve anything.

Our body is undeniable proof of **how we treat ourselves**. Our body is like a vehicle. How we use this vehicle throughout the years is reflected in our skin, our bones, our back, or our internal organs.

Our body's condition is affected by our thoughts, our emotions, the environment, and what we consume.

It sends us warning signals of future physical or emotional breakdowns.

Every time our body needs sleep and we don't rest, every time we eat something that our body is not compatible with, when we over-work, over-exercise, or we don't exercise at all,

our body whispers. But we usually don't listen until it screams.

The best way to begin an awareness practice is to start with the body.

Developing greater awareness of **bodily sensations** can help us feel more connected to our physical self and gain greater insight into potential causes of **unwanted** feelings. This knowledge can make it easier to address what's wrong, leading to improved wellness in body and mind.

According to the American Academy of Pediatrics, a mindful practice, observing bodily sensations (**body scan practice**) just before bedtime is highly recommended to prevent or relieve insomnia, stress, and negative thoughts.

DAY.3

Phrase of the day: 'Today I observe my body'.

Write this phrase in your journal

PRACTICE: BODY SCAN practice.

Today I invite you to **observe how your body feels** during the day.

Start this morning's practice by listening to the **meditation 'BODY SCAN'**. Imagine a white light scanning your body from head to toe. Go through all the parts of the body.

Observe any sensations, pains or tight spots.

Do this practice with **care and curiosity**.

Don't judge & leave expectations aside.

Write in your journal any sensations that arise from this practice. You can also use the following sentence and fill it in multiple times during the day.

I feel ___(sensation) in my ___(body part) when ___(I do__, think, listen__, consume ___)

During the day, stay aware of any tensions, sensations. Positive or negative. No judgement, just observing.

Enjoy!

PS. The **'BODY SCAN' meditation** is also a great way to unwind, and get out of the head, and into the body, before bedtime.