

The Body Compass Exercise

This exercise is from Martha Beck and can be found in her book, Finding Your Own North Star. It is a fundamental exercise I take all of my 1-on-1 clients through to begin to tap into their body's wisdom.

READING YOUR BODY COMPASS - EXERCISE

Sit or lay down in a quiet place, free from noise for 20 minutes. Have some paper and a pen handy.

STEP ONE: To begin, imagine something negative that has happened in your life, maybe a recent argument or disagreement with someone. As you imagine this scenario, as if you were there again, notice how your body feels and what physical sensations arise.

- A) List all of the negative feelings and physical sensations noted during the visualization.
- B) Give those feelings an overall rating from 0 (neutral) to negative 10 (very negative)
- C) Lastly, come up with a name for that feeling, such as the 'Shackles On' feeling to help remind you of when your body is giving you a no/negative response.

STEP TWO: Shake off the negative reading exercise and now lets move to the positive. Close your eyes and imagine one of the most positive experiences in your life. As you imagine this scenario, as if you were there again, notice how your body feels and what physical sensations arise.

- A) List all of the positive feelings and physical sensations noted during the visualization.
- B) Give those feelings an overall rating from 0 (neutral) to positive 10 (very positive)
- C) Lastly, come up with a name for that feeling, such as the 'Shackles Off' feeling to help remind you of when your body is giving you a yes/positive response.

STEP THREE: Listening to your body in this way may take some practice, so I suggest using your Body Compass throughout your day-to-day life to tap into what you are truly feeling about something. This could be your weekly to-do list, your job etc.

STEP FOUR: Begin to align your life with what feels positive. If something doesn't feel positive, ask yourself if you can make it more positive, or whether you may need to let go of that thing in your life.