



"The thinking mind doesn't hold  
a candle to the feeling body"  
Judson Brewer

Interoceptive awareness is the act of sensing into the feeling body. It is the practice of not explaining or defining a feeling in the body but sensing in and experiencing the body.

Everything we experience throughout the day both in the average moments of life and when we are going full force at something our body is activated and responding. It does so most often without conscious awareness, and this is very useful. If we have to stop every moment to think and activate a body response of action, we would hardly be functional let alone productive.

Practicing sensing into the body though is a very useful act as it builds our mental awareness of how to be with difficulty both mentally and physically in a more timely and efficient way. It is a core skill in resilience as it works our mental muscle of awareness to be with something rather than to deny or ignore what is showing up. It also provides a very useful roadmap to care for ourselves. Clenching of the jaw is a common place we hold tension in the body. When one practices noticing and sensing into this part of the body, they often find they can release tension much quicker before it turns into more, deeper pain such as TMJ, headaches, or earache.

**REFLECTIONS TO CONSIDER THROUGHOUT THE WEEK:**

1. What difficulties if any did you have with sensing into the feeling of the body?

2. When you were sensing in did you find yourself going to the thinking mind state of explaining or defining the feeling rather than being with the feeling?

3. As you practiced the full body scan did you notice distractions or discomfort? If so were you able to notice and come back to the full practice without judgement?