

# When You're Body Says No

## A Gentle Beginning



## When Your Body Says NO

*The beginning of the end*

There are moments when your body begins to speak in ways you can't ignore.

Maybe it shows up as pain.

Maybe it's exhaustion that doesn't go away.

Maybe it's a quiet resistance to the life you've been trying to keep up with.

Whatever it looks like -this is not you. -or body failing you.

Or maybe there's a quiet pull inside you-

A sense that there is something deeper within you trying to be known.

A place inside you that holds strength, even when everything else has felt like it hasn't worked.

This short guide is not here to fix anything.

It's simply a place to begin.

## Listening Without Pressure

Find a place where you can sit or lie comfortably.

Let one hand rest on your heart or anywhere that feels natural.

not to change anything, Just to notice.

Take a slow breath in,

And let it go gently.

Ask yourself, quietly:

What is my body trying to tell me right now?

Don't search for an answer.

Don't try to figure it out.

Just notice what comes.

It might be a feeling.

A word.

A sensation.

Or- nothing at all.

Whatever you experience is enough.

Pause and breathe deeply..

## This is just the beginning.

You don't have to have clarity right away.

You don't have to understand everything today.

Listening is something that happens over time.

What matters is that you paused.

That you noticed.

That you noticed.

That you allowed yourself to begin.

If you feel ready to go deeper, there is more waiting for you.

But for now -this is enough.