Embodied Action Integration exercise

www.faryabarlas.com

This somatic and reflective exercise ties action-taking to body awareness, helping you align your actions with your deeper values and embodied presence.

Step 1: Reflect on Your Body's Signals

Think about an aligned action you've been avoiding. Where do you feel this resistance in your body? Is it tightness in your chest? A heaviness in your stomach? Write down what you notice.

Step 2: Shift from Resistance to Expansion

Somatic Practice:

- 1. Sit comfortably and close your eyes.
- 2. Place your hand where you feel the resistance in your body.
 - 3. Breathe deeply into this area and ask:

What is this part of me trying to tell me? How can I reassure it that it's safe to take this step?

Journal Prompt:

· Write down what came up during this practice.

Step 3: Anchor Into Your Values

Prompt:
What value or purpose does this action reflect? Why is this action meaningful to you?