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# Treating Your Body with Respect;

## A step-by-step guide for radical Mindfulness

1. **NOTICE** what you are feeling (i.e., sadness, frustration, pain in arm, etc.)
2. **ASK YOURSELF**, “Where in my body am I feeling that sensation or emotion?”
3. **FOCUS** on how the emotion and the sensation in your body feel **without trying to figure out** why it is there or how you can make it go away.
4. **BE OPEN** to whatever happens next. Let yourself “swim” in the sensation and/or emotion as long as it is there. If a new emotion comes up (i.e., guilt, fear, anger, etc) then allow it to come into focus and begin again with step 1. The sensation or emotion may get bigger or smaller or change. All of those results are perfect and your job is just to pay attention.
5. **CONSIDER USING A JOURNAL.** Every few minutes, write a stream of consciousness account of what you are noticing.

**Note:** It is very helpful to combine a physical sensation with an emotion. If you are starting with an emotion, try to locate a corresponding sensation in your body. If you are starting with a physical sensation (most likely pain), then let yourself explore the exact location of the pain in your body (“Can I feel the edges of the pain?” or “Is the pain deep or on the surface?”) and ask yourself if there is an emotion associated with the pain. If there is an emotion that goes along with the pain, let yourself feel both of them together.

**THE MOST IMPORTANT THING IS THE INTENT TO HONOR WHAT YOUR BODY IS TELLING YOU.**

We are not smart enough to always know why our body does what it does. Emotions and sensation can be as mysterious and powerful as weather patterns.

By listening to your own body in this way, you are cultivating a sense of respect and honor. By not getting in the way of your body’s processes, many emotions and pain can move through you like a passing thunderstorm.