

## **The Language of Sensations: Increasing Somatic Awareness**

The body speaks in the language of sensation, and sensation has its own vocabulary. A good place to start (re-)learning this language is to start to pay attention to: Temperature, Pressure, and Movement.

Temperature: Where are you warm? Sweating? Sweltering? What's cool, chilled, shivering, frozen?

Pressure: What's contracted? Heavy? Loose or slack? Light? What feels numb or absent?

Movement: What's spinning, buzzing, tingling, rushing, beating, streaming, trembling? What's still?

Mood: What's your background mood? Mood is a much richer landscape than we usually allow for. Are you joyful? Agitated? Excited? Calm? Angry? Enthusiastic? Irritable? Lost? Worried? Sad? Elated?

Here are some words to help grow your awareness.

Hot

Cold

Warm

Cool

Tepid

Soft

Hard

Tingly

Burning

Screaming

Billowing  
Weak  
Heavy  
Dense  
Light  
Airy  
Effervescent  
Expansive  
Strong  
Contraction  
Flowing  
Tense  
Twisting  
Rotating  
Restless  
Irritated  
Goopy  
Sticky  
Sharp  
Prickly  
Rough  
Smooth  
Wavy  
Watery  
Pulsing  
Calm  
Moving  
Still  
Pressure  
Tense  
Tight  
Silky  
Shivering  
Vibrating

Trembling  
Quivering  
Pain  
Liquid  
Sleepy  
Pulling  
Lengthening  
Numb  
Pins and needles  
Relaxed  
Frazzled  
Chocking  
Wrapped  
Electric  
Blissful  
Racing  
Bumpy  
Slimy  
Scratchy  
Prickly  
Awake  
Yawning  
Itchy  
Bubbly  
Sticky

You can also become aware of things like:  
What's the overall felt sense?  
What's this one specific space or area like?

Does this sensation have a color?  
A texture?  
What size is it?  
What shape?

