

Body Conversations



A CONVERSATION WITH YOUR SHOULDERS

Your body has been talking to you for years.

This page is one small conversation from a larger guide, offered as a gift. It takes ten unhurried minutes.

Find a quiet seat, put your phone somewhere else, and begin.



Shoulders carry more than handbags. They carry roles, responsibilities, and the weight of being needed. For many people, especially those who have spent years holding things together for others, the shoulders quietly took on the job of carrying it all, and nobody ever told them they were allowed to put it down.



1 NOTICE

We begin by noticing.

Right now, without changing anything, where are your shoulders? Most people find them higher than they thought, quietly climbing toward the ears and staying there.



2 EXPLORE

We explore with curiosity.

Let your shoulders rise slowly, toward your ears, hold them there for a breath, then let them fall completely. Do this three times, slower each time. On the last one, notice the difference between how they feel dropped and where they usually live.



3 REFLECT

We ask the questions that matter.

Sit with these questions, in your head or on paper. Writing takes the conversation deeper.

- ♥ What have my shoulders been carrying lately that was never mine to hold?
- ♥ Who in my life would be surprised to learn how heavy this feels?
- ♥ When did I last feel my shoulders fully at rest, and where was I?



Gentler than you imagine.
Deeper than you expect.

