



Understanding Somatics
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Have you ever said “yes” when your body was screaming “no”? What did that cost you?



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What if your body is more trustworthy than your mind — and everything you’ve been taught says otherwise?



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Did you know consent isn’t just a mental decision? There are actual physical signals for “yes” and “no” in your body. Can you feel them?



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What would change if you let your body vote in your decisions — not the only vote, but a real one?



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We rush from experience to experience without integration time. What have you lost by never pausing to let things sink in?



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Do you think healing happens in the breakthrough moment — or in the silence afterward that we always skip?



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What if “doing nothing” after a powerful experience is actually the most important thing you could do?



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Your culture lives in your body — in how you stand, how close you get to people, how you hold pain. Have you ever examined that?



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Did you know that trauma can be passed down through generations — not just as stories, but as actual patterns held in the body?



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What parts of your identity — your family, your culture, your community — do you carry in your posture, your gestures, your voice? Did you choose any of them?





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What if personal healing can only go so far — and real change requires healing in community?



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Have you ever felt your opinion physically shift in your body — not just changed your mind, but felt your body rearrange around a new truth?



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When people say “listen to your body,” what do you do with the fact that your body has been shaped by trauma, culture, and experiences you didn’t choose?



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What if your body holds wisdom your mind can’t access? Can you think of a time it showed up uninvited?



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We treat the mind as the boss and the body as the servant. What if that hierarchy is exactly backward?



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Have you ever made a decision that made no logical sense but felt completely right in your body — and it turned out to be the best decision you ever made?



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What does your body need more of right now — rest, movement, safety, or connection? Why aren’t you giving it that?



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If your body could talk, what would it say you’ve been ignoring?



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What would change if we stopped treating bodies as things to control and started treating them as things to collaborate with?



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Have you ever struggled with something for years and then realized it wasn’t just yours — it was something your family or community has been carrying for generations?

