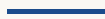




FREE RESOURCE · BEING

Reconnecting With Your Felt Sense

*A gentle introduction to the intelligence you have
been carrying all along.*



Five practices · A few minutes each · Begin anywhere

Your body is thinking too.

The body is not a container for the mind. It is an intelligent system in its own right, processing experience and generating responses that often arrive before conscious thought.

The felt sense is the name for this. It is the physical texture of experience, the thing you mean when you say a decision sat badly with you, or that something in the room felt off, or that you knew before you could explain how. It is not vague. It is simply pre-verbal, which is a different thing altogether.

*You already have this.
It has never stopped transmitting.
What follows is only
a return to listening.*

WHAT IT IS NOT

The felt sense is not intuition in the mystical sense, and this guide asks you to believe nothing. It is the ordinary, continuous stream of physical information that your nervous system generates as it responds to the world. Sensation, tension, warmth, contraction, ease. All of it carrying meaning.

Learning to read it is a skill. Like any skill, it develops through practice rather than insight, and it improves considerably faster than most people expect.

A GENTLE ORIENTATION

This guide has three parts. What the felt sense is. Why it grows quiet. And five short practices for turning back toward it.

Nothing here requires belief, equipment or a great deal of time. Begin wherever you like, and go at whatever pace feels genuinely yours.

Why it grows quiet. And why that made good sense.

Very few people arrive at adulthood with full access to the felt sense. The reasons below are among the most common, and each one describes something skilful rather than something broken.

You were taught to think first

Analysis is genuinely rewarded, and you became good at it. The mind simply grew louder than the body over time, which is what happens to any capacity we practise a great deal.

The pace left no room

Noticing requires a pause, and pauses have been steadily engineered out of modern life. The signal is still arriving. There has simply been nowhere quiet enough to receive it.

Feeling was not always welcome

In some environments, keeping your composure was the intelligent move. Turning the volume down was a form of care, and it protected something that needed protecting.

The body carried something difficult

Where an experience overwhelmed the system, stepping back from sensation was the most protective thing available. That was wisdom, not avoidance, and it can be gently revisited when the time is right.

Nobody showed you how

Most of us were never taught this. It is a vocabulary, and vocabularies are learnable at any age.

WORTH HOLDING

None of these represents a loss of the felt sense. Each describes a turning of attention elsewhere, usually for reasons that were sound at the time.

Attention can turn back. That is the whole of what follows.

A vocabulary for sensation.

The most common obstacle is not an absence of sensation. It is an absence of words. People say they feel nothing, when what they mean is that they have no language for what they find.

The list below is a starting vocabulary. You are not looking for the correct word, only for the one that fits. Precision here matters far less than honesty.

Tight	A gathering or gripping, often in the jaw, throat, chest or belly
Open	A sense of space or width, most often felt across the chest
Warm	Heat rising, in the face, the hands or the centre of the body
Cool	A drawing away or a settling, sometimes a distancing
Heavy	Weight, downward pull, a sense of being pressed toward the ground
Light	Buoyancy or lift, an ease of movement
Buzzing	Activation, energy moving quickly, sometimes at the surface of the skin
Still	Quiet, settled, an absence of urgency
Hollow	Emptiness with a shape, most often in the chest or stomach
Solid	Groundedness, density, a sense of being supported from within

HOW TO USE THIS

Keep this page nearby for the practices that follow. When something arises and you cannot name it, look here.

Over time you will develop your own words, and yours will be more accurate than these.

Turning back toward listening.

Each practice below is short, and none requires anything you do not already have. Choose one and stay with it for a week before adding another. Depth serves you better here than variety.

01 The three-breath pause

ONE MINUTE · ANYWHERE · SEVERAL TIMES A DAY

Stop whatever you are doing. Take three slow breaths, and on each one, place your attention somewhere different. The feet on the floor. The weight of the body in the chair. The temperature of the air on your skin.

That is the whole practice. You are not trying to relax, and you are not trying to achieve anything. You are simply arriving back into the body, briefly, on purpose.

Why it works. Access is built through frequency rather than duration. Sixty seconds, six times a day, will change more than a single long session once a week.

02 Naming what is here

TWO MINUTES · SEATED · ONCE DAILY

Sit somewhere comfortable and close your eyes if that feels right. Move your attention slowly through the body, from the jaw to the throat, the shoulders, the chest, the belly, the hands.

At each place, ask one question. What is here? Then use the vocabulary from the previous page and simply name it. Tight. Open. Warm. Still.

If you find nothing, name that too. Neutral is a genuine finding, and it is often the beginning of noticing something finer.

Why it works. Naming a sensation is what moves it from background noise into information you can actually use.

03 The body's answer

TWO MINUTES · BEFORE ANY DECISION

Bring to mind a decision you are holding. Say the first option out loud, or silently, and then wait. Notice what happens in the body before the mind offers its reasoning.

Then do the same with the second option. Notice again.

Something usually opens and something usually closes. That difference is data, and it belongs alongside everything else you are weighing rather than instead of it.

Why it works. The body registers a response several seconds before conscious thought produces one. This practice simply catches the earlier answer before the later one arrives to explain it away.

04 Tracking a conversation

ONGOING · DURING ANY INTERACTION

The next time you are with another person, hold a small part of your attention on your own body while you listen to them.

Notice what shifts. When do the shoulders rise? When does the chest open? When does something in you want to move closer, and when does something want to step back?

You are not analysing the other person. You are gathering information about yourself in their presence, which is a different and far more useful thing.

Why it works. The felt sense is at its most articulate in relationship, because that is precisely the environment it evolved to navigate.

05 Where it feels good

THREE MINUTES · SEATED · WHENEVER YOU WISH

Search the body for the place that feels most at ease. There is always one, even on a difficult day, and it may take a little patience to find it.

When you find it, stay there. Give it your full attention for two or three minutes, and notice whether it grows, spreads or deepens.

Why it works. Most somatic attention goes to what is uncomfortable, which trains the system to associate listening with difficulty. This practice does the opposite. It teaches the body that being noticed is safe, and safety is what allows everything else to open.

BEGINNING

Two questions to carry with you.

Which of the five practices feels most possible this week?

Choose the one you would genuinely do, not the one that sounds most impressive.

When do you already listen to your body well?

There is somewhere. Hunger, tiredness, the sense that a room is wrong. Start from what works.

WHAT COMES NEXT

Nothing here was lost. It was only waiting to be heard.

The felt sense has been with you your whole life. It does not need to be built, installed or believed in. It needs only to be listened to, and listening is a practice like any other.

Begin with one thing, and be patient with yourself. This is a conversation that has been quiet for some time, and it will take a little while to find its voice.

*Your body has been speaking
all along. This is simply
where you begin to answer.*

BOOK YOUR EXPLORATORY SESSION

45 minutes · No commitment · Online globally or in person in Lisbon

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WHOLE BY DESIGN. HUMAN BY NATURE.

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