

# Embodied Mindfulness: Wise Mind and Wise Body

Name \_\_\_\_\_ Date \_\_\_\_\_

## Understanding Wise Mind and Wise Body

Your mind and body both hold wisdom. *Wise Mind* integrates logic and emotion, noticing patterns and making thoughtful choices. It’s being wise enough to change the things you can while having the wisdom to accept the things you can’t change.

*Wise Body* knows things instinctively through posture, tension, movement, and sensation, which guides decisions before thought catches up.

*Embodied mindfulness* is about tuning into your body to complement your mind, creating clarity, balance, and grounded action. Nature teaches this naturally: a deer senses danger before thinking, a migrating flock of birds adjusts its path instinctively, a tree grows where conditions allow. You can develop the same awareness by paying attention to your own bodily signals and internal sensations.

## Reflection Questions

When has your body signaled something important before your mind realized it (the most obvious example is a “jump scare” like being startled before becoming consciously aware of what was going on)?

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How does ignoring bodily signals affect your decisions or stress?

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Where in your body do you notice tension, comfort, or guidance?

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How could combining your mind and body wisdom change your experience?

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# Ecotherapy Exercise: “Body as Nature”

## Instructions

Go outside to a natural space where you can stand, sit, or walk comfortably.

Take a few deep breaths and scan your body from head to toe. Notice:

- 1. Areas of tension or relaxation
- 2. Your posture and weight on the ground
- 3. Any tingling, warmth, or coolness

Begin moving gently, paying attention to what your body wants to do:

- 1. Stretch, bend, sway, or take small steps
- 2. Notice how your movements affect your breath and awareness

Compare your bodily sensations to natural elements:

- 1. Standing firm like a tree
- 2. Flowing like water
- 3. Expanding like sunlight on leaves

Take a moment to reflect on a current challenge or decision. Notice what your body signals. How does your body feel when you contemplate this challenge? Observe any insight or intuition that arises when you integrate your mind and body awareness.

## Prompted Reflection

What did your body reveal that your mind didn’t notice before?

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How did moving and sensing in nature affect your awareness?

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Did combining bodily and mental observation provide more clarity or calm? If so, how?

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How could you apply this “wise mind + wise body” approach in daily life?

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# Integration: Practicing Embodied Mindfulness

## Journaling Prompts

What situations benefit most from integrating mind and body awareness?

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How can you recognize bodily signals as guidance instead of ignoring them?

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What is one habitual thought or reaction you could check with your body before acting?

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How might noticing your body more regularly change stress, focus, or decision-making?

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## Micro-Practice

1. Pause for one minute, notice your body and breath.
2. Ask: "What is my body telling me right now?"

Take one small movement or adjustment based on this insight.

## Optional Challenge

For one week, spend 5–10 minutes outside daily practicing embodied mindfulness:

1. Scan your body
2. Move naturally
3. Compare sensations to natural elements
4. Journal one insight from each session

Embodied mindfulness strengthens your ability to act wisely and live grounded. By integrating mind and body, your responses become clear, balanced, and aligned with both logic and instinct.