

BODY SENSATIONS

comfortable:

airy
balanced
bubbly
centered
calm
cool
ease
energized
energy
expanded
expansive
floating
flowing
fluid
fullness
lightness
open
quiet
relaxed
releasing
resonant
smooth
softness
spacious
streaming
stillness
strength
warmth
whole
wholeness

uncomfortable:

acidic
aching
blocked
burning
clenched
closed
compressed
congested
constriction / contracted
cold / chills / frozen / icy
damp/ sweaty
dark
disconnected
dizzy
dullness
empty
fatigue
hard
heat
heavy
hollow
knotted
nausea
numbness
pain
pounding
pressure
prickly
pulsing
queasy
shaky
sharp
shivery
shortness of breath
sore
sour
suffocated
tense
throbbing
tightness
trembling
twitchy
weakness
wobbly

either / unsure:

buzzing
draining
electric
flushed
fluttering
itchy
radiating
sensitive
sensitivity
tenderness
thick
tingling

verbs

buzzing
concentrating
decreasing
dissipating
fluttering
floating
flowing
increasing
pulling
pulsing
pushing
radiating
releasing
stabbing
swelling
twisting

spatial

contained
deep
implacable
just above the skin
on the surface
pointed
round
shallow
spread throughout