

THE

ignited
PATH

The Secret Language of the Body

SENSATIONS



The Ignited Path's The Secret Language Of The Body: Sensations

Connecting to and communicating with one's body is vital to healing, without this you leave an important part out of the process.

Yes.....sensation is a language! Yes.... You can learn it....

BUT what's the point??

Well sensations are the words of the body.....they are felt. This is how our body communicates with us....the question is..... ARE YOU LISTENING?

Quite often we forget the body has a mind and wisdom all of its own (until you cut yourself...then you see that it can repair itself in most cases with very little help!)

Learning to speak Sensation allows us to interact with our bodies in a non-invasive, gentle way.

Learning to speak Sensation allows us to communicate to others what our body feels.



A sensation IS a physical feeling in the body, based on the five senses.

It is also important not to confuse sensations with emotions. Emotions do have accompanying sensations, but the EMOTIONS themselves ARE NOT sensations.

Sensations give us a very concrete way to interact and listen to our bodies....

remember the art of communication takes time to learn and to integrate it you do not have to have it all figured out the first time you read this.....

allow it to be a process that unfolds over time.

*****This list may not be complete, you may find more sensations to add to your vocabulary, so keep an ear and eye open for others.....you will know it belongs here, when you feel it.***



Skin sensations

- Smooth
- Brittle
- Damp
- Goosebumps
- Prickly
- Sweaty
- Clammy
- Flushed
- Itchy
- Tingly
- Moist
- Dry
- Bubbles

Muscle sensations

- Achy
- Crampy
- Fluttering
- Shuddering
- Trembling
- Tense
- Spasming
- Sore
- Strong
- Tender
- Shakey
- Pulsing
- Shivering

Intensity of sensations

- Sharp
- Jagged
- Intense
- Weak
- Hard
- Soft
- Light
- Dark
- Dull
- Pounding
- Sensitive
- Tender
- Pressure
- Electric
- Burning
- Nervy
- Heavy
- Empty

Temperature sensations

- Frozen
- Cold
- Numb
- Hot
- Steaming
- Icy
- Cool
- Warm
- Boiling



Constriction sensations

- Constricted
- Congested
- Tense
- Bloated
- Paralyzed
- Tight
- Knotted
- Blocked
- Closed
- Compressed
- Stuck
- Restricted
- Breathless
- Suffocating
- Clenched

Expansion sensations

- Expansive
- Floating
- Fluid
- Waves
- Spacious
- Moving
- Flowing
- Relaxed
- Open
- Growing
- Releasing
- Streaming

Whole Body sensations

- Trembling
- Puffy
- Light
- Calm
- Jumpy
- Fuzzy
- Vibrating
- Heavy
- Buzzing
- Flacid
- Still
- Frantic
- Dizzy
- Luminous
- Nauseous
- Fidgety
- Pressure
- Electric
- Burning
- Energized
- Faint
- Spinning
- Tingling
- Jittery