



Like the sky above and around us, our feelings are in constant motion. We never see the same sky, and we never have exactly the same feelings, or exactly the same experience of the feelings. By nature, those things are forever moving, affirming, and astounding us.

Body Maps can help to slow things down. They are an invitation to allow breath to anchor us as we choose to feel what we feel. We can use the maps to help us notice and record energy and sensations in the physical, energetic, mental, emotional, intuitive, and *possible* parts of us—the koshas, or sheaths that comprise us.

Body maps can help us follow the feelings for a period of time as we endeavor to know and eventually let go of them. Yoga encourages us to surrender—to arrive at the fifth kosha of bliss and non-attachment. Body maps are a powerful tool in the quest to know and trust and be still in the body.

“HOW I FEEL” MAPS

In this set of downloads are **two free body map printables** that you may use to capture your feelings, thoughts, and sensations—in general, or as you work towards a goal. You may use any visual art supplies you like. You may find that tactile elements (gluing down bits of glitter and found objects) can be especially nurturing, as it involves more of the senses. Be expressive with the maps! They will show you bits of yourself that you are ready to see and know.

- a **2-body maps “Before & After”** option to use when navigating a specific event or experience.
- a **28-body maps** option to use to record something that you expect to shift over time. The rows of 7 bodies make the layout seem almost like a calendar of 4 weeks, so it's easy to identify patterns as you look back over your illustrations and notations.

These resources are for personal use only, and NOT to be used in any commercial or instructional way.

Thanks and enjoy!

Sara