

# ESSENTIAL 9 RESETS

*For When  
You're Not On*

SPEAKING TERMS  
WITH YOUR BODY

HeartBody METHOD

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Welcome, dear one. I'm so glad you're here.

If you're reading this, it's probably because somehow, in some way, you are feeling a disconnect between your body and the rest of you. Maybe you feel like your entire body belongs to someone else, or maybe there are a few areas that you just can't access. You can't feel them, imagine them, activate them. If you're speaking with your body, you may notice that your tone is distant, reserved - or maybe angry and resentful. Some days, you probably feel afraid or filled with guilt and shame.

You're not alone.

Most of us aren't fully engaged. Some of us are really disengaged.

I get it.

I know what it's like to give my body the silent treatment. I know what it's like to feel too afraid to move. I know what it's like to feel overwhelming shame when I focus on one area of my body, while feeling grief or anger with another. I know what it's like to avoid, to punish, to bribe, to shame. I've done this to myself. To some degree or another, we've all done this to ourselves.



And yet you're here. You're here because you know there's more for you. Some part of you is calling out for your love, asking you to show up a little bit more, to start a conversation, to wade a little deeper into the water of your HeartBody.

Wherever you are on your journey, the following resets will help you get back on speaking terms with your body. They will support you in releasing and breathing and garnering the insight and support you need to finally feel at home.

Are you ready for that? Are you ready to come home?

Read on.

XOXO

Jen



JENNIFER GLEESON BLUE  
NUTRITIOUS MOVEMENT™ CERTIFIED  
RESTORATIVE EXERCISE SPECIALIST

05

TAKING  
STOCK

05



AS THE SAYING GOES, "WHEREVER YOU ARE, THERE YOU ARE." OUR FIRST SET OF RESETS ALL HAVE TO DO WITH TAKING STOCK OF WHERE WE ARE, WHERE WE'VE BEEN, AND WHERE WE IMAGINE WE MIGHT GO. PERHAPS IT'S HELPFUL TO IMAGINE WANTING TO RESTART A FRIENDSHIP OR GET OUT OF A RUT WITH YOUR PARTNER. IF YOU DON'T EVEN KNOW WHERE YOU STAND ON THE RELATIONSHIP, THERE'S NOT MUCH ROOM FOR CHANGE.

LET'S BEGIN.

# RESET 1

## Take in the Sensations

### **Scan the Body**

Lie or sit comfortably, maybe with some blankets over you, taking a few gentle breaths, allowing yourself to become restful. Bring your attention to your toes. Can you feel them? What do they feel like? Notice any sensations, emotions or thoughts that arise. Move up to your lower leg...and so on. No judgment, just taking stock of what is there. Today. In this moment.



## RESET 2

### Take in the Reality

#### **Be clear about what's not working**

Write a list of what's not working well, where you have pain, what diseases you are living with. Are there parts of you that are injured? Are there systemic problems? Do you have fatigue, depression, anxiety? Write it all down.

#### **Inventory what IS working**

Write a list of the ways your body feels good, the ways that it does work, the things you appreciate about it. What is your body enabling you to do **RIGHT NOW** that you feel grateful for.

#### **Enumerate your fears**

What ailments are you concerned about developing? And this: if you start to feel your body, what are you afraid will happen?

## RESET 3

### Take in the story

#### **Take a good look at your inner world**

Now it's time for a free write. You know all those thoughts that whirl around about your body, all the negativity, the criticism and complaints. Write them out. Take what's in your mind and transfer it to paper so you really know what you're looking at. Maybe it helps to pretend your body can't hear as you vent out all your anger and resentment and fear. You can write generally about your body and you can write about specific body parts. Keep writing until you're tired of hearing yourself. And then maybe write some more.

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INVITING  
CHANGE

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IN MANY WAYS, TAKING STOCK OF WHERE YOU ARE NATURALLY UNFOLDS INTO AN INVITATION TO CHANGE. THE FOLLOWING RESETS MAKE THIS INVITATION EXPLICIT, ALLOWING THE HEART AND THE BODY CONNECT MORE DIRECTLY AND FULLY.

## RESET 4

### *Invite New Sensation*

#### **Place your hands on yourself**

Gently place your hands over the area of your body that you are having trouble connecting with. If you feel disconnected from your whole body, try placing your hands on your belly. Can you feel the weight of your hands? Can you feel the warmth or coolness of your hands moving into the layers beneath them? Maybe you can feel the reciprocal pressure coming up into your hands. Keep breathing.

#### **Follow the movement of the breath**

While your breath moves into your lungs, the movement of the breath can travel anywhere in the body. Lie flat on the ground and bring your attention to the part of your body where you feel disconnection. On an inhale, imagine the breath traveling to this part, the energy of it nurturing the tissues there. You might wish to picture a color or light or waves moving to and through this area. Repeat for five breaths.



# RESET 5

## Invite Support

### **Find your guides**

The journey into your HeartBody is sacred work. And fun work. And it is enriched by the support of those who are already traveling this path. When you begin looking, you will find your supportive guides. These can be somatic therapists, movement teachers, bloggers, coaches, spiritual teachers, authors, friends. Notice who you are attracted to, who turns you off. Seek out people who are doing their own work, who are pushing their own boundaries, who are dedicated to deepening their connection with their own bodies and are willing to acknowledge their limitations. Follow any inner leading and trust that you will find what you need as you need it.

Write the names of one to three people/resources you would consider supporting you in your journey.

## **Find your tribe**

Finding your tribe and finding your guides is often an interrelated proposition. Sometimes, they come as a package deal. But tribes can be found and made anywhere and even just one or two people who share your desire to be in a deeper, healthier relationship with their bodies can make all the difference. It's normalizing, it's encouraging, it's an infusion of oxygen to the soul. You might find these people at workshops, online, in movement classes or among your existing connections.

Write down one to three places you could turn to find potential community for your journey.

## **Get bodywork**

When you have lost your connection to your body, it is well worth having someone else put their gentle hands on you and sort out the physical stuff you're dealing with and just begin to reorient you toward restoring relationship. The following modalities are really, really solid places to start: acupuncture, visceral manipulation, Mayan abdominal massage, craniosacral therapy, general massage.

Make (at least) one appointment with a bodyworker. If you don't know of one, ask friends or family for a referral.

## RESET 6

### *Invite Movement*

#### **Play like a child**

Have you watched a young child at play? For this reset, simply allow your body do what it wants to do, whether it be dancing or letting your fingers squish through a banana or changing positions or climbing up a slide. Choose one movement right now that your body would enjoy. No overthinking it. Just move.

#### **Release your psoas**

The psoas release is a wonderful way to increase connection between your upper and lower halves and to release a little of the inner stuff that you may be ready to let go of. Lie on your back, with your shoulders and head bolstered up to allow space between the floor and your ribcage. Bolster at least six inches up or until the backs of your legs hit the ground. Legs go straight out in front of you, arms wherever feels good. Hang out. No efforting. Just lie here for at least five minutes and up to as long as you'd like. Allow the ribs to consider dropping toward the floor.

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STAYING  
PRESENT

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PERHAPS JUST THE IDEA OF STAYING PRESENT FREAKS YOU OUT. YOU'VE TRIED MEDITATION AND YOU SPACE WITHIN 15 SECONDS. OR YOU'VE EXPERIENCED THAT STAYING MINDFUL OF YOUR BODY BRINGS UP BIG FEELINGS AND YOU'RE NOT SURE YOU WANT TO BE WITH THEM. AS WE TAKE STOCK AND INVITE MOVEMENT, IT WILL BE HELPFUL TO STAY PRESENT WITH WHAT'S COMING UP, TO START HONORING THE RELATIONSHIP THAT IS GROWING BETWEEN YOUR HEART AND YOUR BODY. THE FOLLOWING RESETS WILL HELP YOU.



# RESET 7

## Stay Emotional

### **Create a container**

As mentioned, being with our bodies can bring up big feelings, which is a big reason we avoid them. If that's the case for you, create a container for body-related feelings. For five minutes, and in a space that you love, feel. Notice your feelings and allow them to be felt. This might mean tears, this might mean a smile, this might mean a heavy feeling on your heart. Whatever it is, see if you can allow it to be. It won't be forever. Just five minutes.

# RESET 8

## *Stay Focused*

### **Create a visual**

What represents this HeartBody connection to you? What is the image that comes to mind? The ocean, a warrior goddess, a child dancing, a specific yoga pose, a mother holding her child? Whether you need to purchase something or make something, bring a physical embodiment of what you desire in your life and put it where you can see it. It could be a candle, a piece of art, a picture, a vision board.

### **Make a plan**

It's really easy to get started on a journey and then to not follow through in the ways that you need. Tell people what you are doing and find people to do it with. Whether that's finding someone to walk with or making appointments with body workers or booking a retreat or setting your alarm to wake up five minutes earlier in order to get some time to tend to your feelings. Put measures in place to ensure you keep moving forward.

# RESET 9

## Stay Flexible

### **Respect your disconnection**

Sometimes we need the protective measure of *not* being connected to the body until we can work through something specific or until we marshal other physical or emotional resources. No need to judge yourself for checking out. It's been a useful and essential tool for you and you can trust that the ratio of presence to non-presence is changing as you bring your attention to your body.

### **Rinse, Repeat**

When you run into a tricky spot - a space in your body that scares you, a numbness or pain - keep showing up. No matter how many times you need to turn away first. We all have multiple layers of connection to discover and revisiting these resets will enable you to gently increase your capacity for this connection and you will find that different tools support you best at different times.

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YOUR  
HEARTBODY

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How was this for you?

I imagine that it might feel a little intimidating. It might feel like this is something other people do, people who aren't like you. It might feel like diving off a cliff.

I get this, too.

But know that this is something people like you do! Deeping your connection with your body doesn't have to be some huge, scary, oh-my-gosh-I'm-totally-overwhelmed experience. Actually, it's best if it's not. It's best if we integrate a little bit here and a little bit there, taking our good ol' time, in no rush. We don't get points for going harder and faster. But do we reap HUGE rewards by dipping our toes in just a bit. We get immense amount of insight, we start to know what we need, we begin moving again and moving more and moving better, and this movement broadens the whole scope of our health and wellness. As with all journeys, it's a risk, but the profound result is that we come to life.

Are you ready to offer yourself the gifts of self-knowing, of more health, of more life?

You now have essential tools for that journey. I hope you make use of them, folding them into your self-practice, supporting you to build a deep, true, loving relationship with your body.

You deserve it.

You can experience it.

You are lovely.



Love & Light  
to you!