

Your Body Is Not Interrupting You

The tight chest, the hot face, the knot in the stomach are not distractions from the inner work. They are where the work has arrived.

We often speak about fear as though it were a thought. We say the mind is racing. We say we are worried about tomorrow. But by the time we notice the thought, the body may already be carrying the whole conversation.

The chest tightens. The stomach turns. The face gets hot. The breath becomes shallow. Something in us feels heavy, almost physical enough to touch.

Then we make a very human mistake. We treat the body as an interruption. *I would be fine if I could get rid of this feeling. I could handle the meeting if my heart would settle down. I could make the decision if my stomach would stop doing this.*

But the body is not getting in the way of the work. The body is showing us where the work is.

Michael Singer describes the heart as an energy valve. It opens. It closes. Experiences move through us, and some of them do not finish moving. We resist them, store them, or build a life around avoiding the conditions that might bring them back. Eventually that unfinished energy announces itself through the body.

This does not mean every physical sensation has a spiritual cause. Bodies need medical care, sleep, food, movement, and attention. It means that when a feeling arrives with fear, grief, or tension, we should not assume it is meaningless noise. It may be the most honest information in the room.

The mind is an excellent public-relations department. It can explain why we are calm while the jaw is clenched. It can insist we are not angry while the shoulders are pulled up around the ears. It can prepare a very intelligent presentation about why everything is under control while the breath barely reaches the chest.

“*It was just to sit through it and stay focused on what was in front of me.*

TIM O. DAVIS, FRIDAY GROUP CALL

The body is less interested in the presentation.

So the first practice is not to fix the sensation. It is to locate it. Where is it? Does it have an edge? Is it moving, pulsing, fluttering, pressing, burning? Can you feel it without immediately naming the person or situation you believe caused it?

That last question matters. The story pulls us outward. The sensation brings us inward. If we can stay with the physical energy before turning it into an argument, we begin to meet the experience directly.

The second practice is to soften around it. Softening is not surrendering your judgment or agreeing to something harmful. It is simply ending the internal brace. Let the shoulders drop. Let the belly move with the breath. Give the sensation enough room to be exactly as large as it is.

This can feel inefficient. Yet fighting the sensation consumes enormous energy. Part of us is handling the day, and another part is holding the door shut. Softening lets that second part stop guarding.

Then do what is in front of you. Not as an escape from the feeling, but as a way of allowing life to keep moving while the energy moves too. One breath. One conversation. One honest next step.

Release is not always dramatic. Sometimes the chest opens a fraction. Sometimes the breath drops lower. Sometimes we notice the next morning that the heaviness is gone. The measure is not whether we forced the feeling out. The measure is whether we stopped making it unwelcome.

Your body is not betraying your spiritual practice. It is participating in it. Listen before you correct it. Breathe before you explain it. What feels like an interruption may be the old energy finally asking to complete its journey.

THE PRACTICE

When a strong feeling appears today, pause before naming the story. Locate it in the body. Take five slow breaths and soften the muscles around it. Then ask: what is the next honest thing in front of me?