

LISTENING TO Your Body

GoVegan!

5 Step Self-Care Practice



1. Listen To What Your Body Needs



2. Inquire into your emotions, sense what you feel, as you listen to your body (or a specific body part). Go inside of it - and listen.



3. Observe your body and emotions with equanimity, just watch and listen.



4. Ask your body and being for instructions. Observe any busyness of the mind, and just watch. Watch and listen. Follow what your body tells you.



5. Act upon the information your receive with consistency and diligence.