

OPTIONAL TOOL

BODY COMPASS

A simple way to listen
when your mind gets loud.



Sometimes reflective work causes the mind to get busy.

The second guessing starts. You write something down and immediately wonder whether it's true or if you just think it should be.

The Body Compass, also known as the Human Pendulum, is a simple tool that can help you check in with your own body. You don't need any equipment. Use it whenever you want, or not at all.

It's here if you need it.

How to use the body as a compass:

Stand with your feet hip-width apart. Relax your shoulders. Take a breath. If it feels comfortable, close your eyes.

Say: "Body, please show me a yes."

Notice what happens. You may experience a subtle forward lean, a sense of opening, softening, or expansion. That's your yes.

Then say: "Body, please show me a no."

Notice the shift. You might experience a subtle backward lean, a sense of closing, heaviness, or contraction. This is your no.

PLAY WITH THIS

Now test it with something obviously true. For example: "My name is [your name]."

Notice your body's response.

Then think of something you know to be false. For example: "My name is [someone else's name]."

Notice the shift.

You now have a compass.



QUICK PRACTICE

Use this tool whenever you feel uncertain while working through this workbook.

State your answer out loud or to yourself and notice what your body says. Play with it. Get curious. There's no wrong way to do this.

You're not trying to force an answer. You're learning how to listen to yourself.

Stand up and say out loud, "I'm ready for my next aligned home."

Notice what comes up for you.

Disclaimer: The Body Compass is a self-awareness tool, not a substitute for professional, financial, medical, or real estate advice. Use it alongside practical due diligence and trusted support.