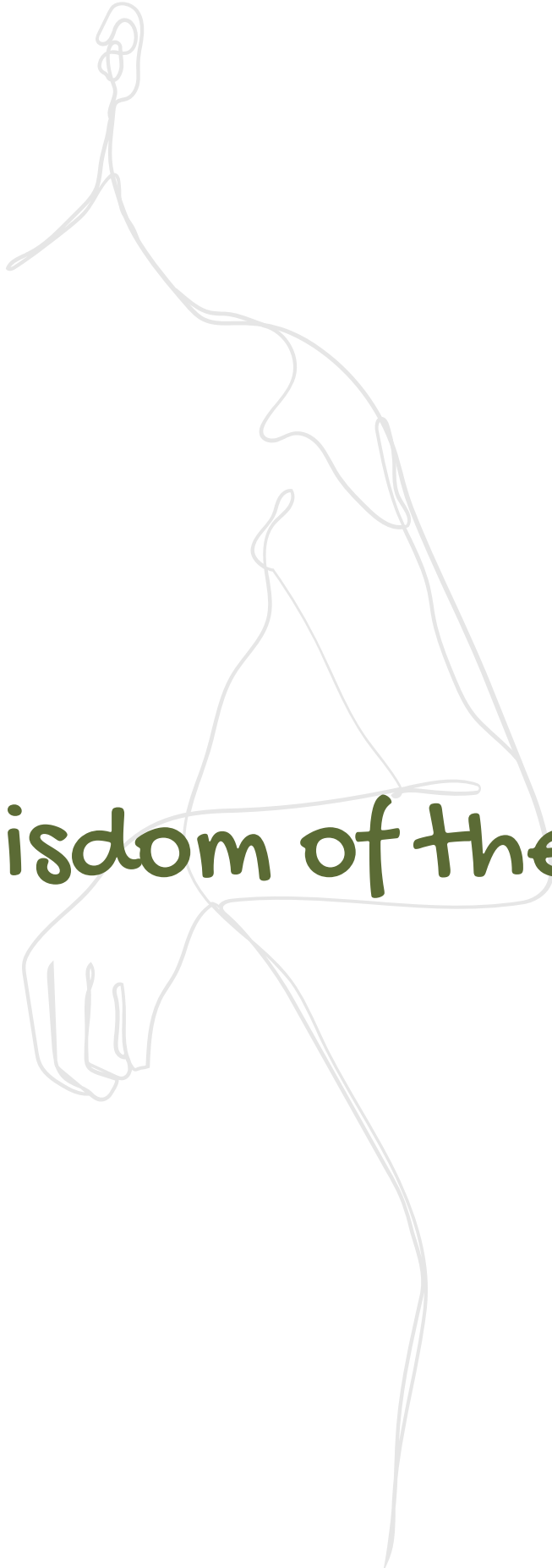




The Wisdom of the Body

Body Literacy
Body Translation Method
MaleeCaridad

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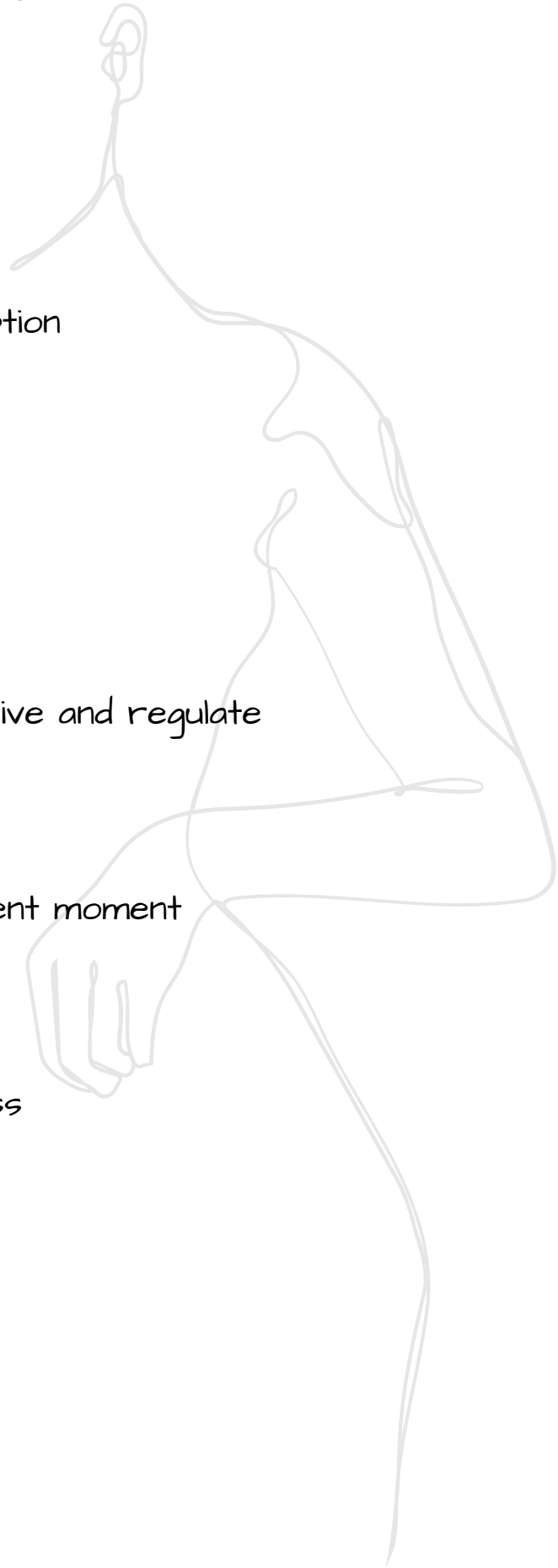
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Hi, I'm MaleeCaridad, and I'm really glad to open this space with you.

From a young age, movement was simply part of my life. Hiking, cycling, and yoga didn't just keep me active - they became ways of meeting myself.

Over time, I began to understand that moving isn't only a physical practice.

It's a way of perceiving, of processing what we live through, and of being present. Through the body, I found a path to calm my mind, regulate my inner states, and build a more conscious relationship with myself.

But I also came to see something important: many of us live disconnected from our own bodies.

We get used to functioning on autopilot, holding rhythms we don't always have space to integrate, ignoring the signals until the body stops whispering and starts making itself known.

This process led me to deepen my listening - not only through movement, but through sensation, breath, and presence. I began to understand that the body doesn't need to be fixed, but understood.

In this ebook, I invite you to reconnect with your body in a simple and accessible way. Not as something you need to change, but as something you can learn to listen to.

You don't need previous experience, or more time than you already have.
Just curiosity.

Listening to the Body

The body is constantly communicating. Through the breath, posture, and internal sensations, it gives us information about how we are. However, we often don't notice it because we're used to living in our minds and on autopilot.

Listening to the body is not about analyzing it. It's about noticing what is already happening.

whether your breath is fast or slow,
if there is tension somewhere in the body,
if there is fatigue, restlessness, or calm.
This ability to sense the body from within is called
interoception.

It's not something you need to learn from scratch. It's a natural ability, but it's often underdeveloped because we're not used to paying attention to our internal sensations. When we begin to perceive the body more clearly, the way our nervous system responds also begins to change. If we constantly ignore these signals, the body can remain in states of tension or alertness.

When we pay attention, the system starts to regulate more naturally.

Listening to the body is the first step toward responding to what we need, instead of reacting automatically.

Listening to the Body

Practice

Body Observation

Take a moment to pause.

Bring your attention to your breath, without trying to change it.

Notice how the air moves in and out.

Then, notice your body:

Is there tension in any area?

Any part that feels more relaxed?

Any sense of weight, warmth, or movement?

There's nothing you need to interpret.

Just observe.

Stay here for a few moments before continuing.

A Conversation Within

Breathing is constantly changing depending on the state of the body.

When the Sympathetic Nervous System is activated, breathing becomes faster and more shallow. This system organizes activation in the body, preparing it to act, sustain effort, or respond to what is happening.

This is not something we consciously decide.

It happens automatically, often without us noticing.

Because of this, breathing tends to reflect the state we are already in.

Most of the time, we breathe on autopilot, following that state without paying attention to it.

However, breathing has a particular quality within the nervous system: it can be observed and consciously influenced.

This doesn't mean controlling it in a rigid way, but rather beginning to notice how it is.

That shift in attention already creates a change.

It allows us to move out of autopilot and begin to perceive the state of the body.

From there, small adjustments can influence how the body organizes itself.

Lengthening the exhale or softening the rhythm of the breath can help reduce activation and bring a greater sense of stability.

It is a simple way to begin relating to the nervous system through the body, without needing to make it complex.

A Conversation Within

Practice

4-4-8 Breathing

Take a moment to pause.

Inhale through the nose for 4 seconds.

Hold the breath for 4 seconds.

Exhale slowly through the mouth for 8 seconds.

Repeat this cycle several times, without forcing it.

Notice how the breath changes
and how the body responds.

If those counts feel too long for your current breath capacity, you can start with shorter rhythms like

(2-2-4) or (3-3-6)

and gradually build from there.

Moving with Awareness

Movement is not just an action.
It is a way of perceiving the body.

Through movement, the nervous system receives constant information about where we are, how we are organized, and how much energy we are using. This ability is known as proprioception: the internal sense of position, balance, and movement.

We don't need to think to know where our hands are or how we are walking. The body already perceives it.
However, we often move without actually inhabiting the movement.

We complete actions: walking, exercising, stretching.
But we don't always register what is happening in the body while we do it.

Moving is not the same as perceiving.
When movement becomes conscious, the way the nervous system organizes itself begins to change. There is more information, more regulation, and a greater sense of presence.

Movement stops being only functional and becomes a way of connection.

It's not about doing more, but about noticing how the body moves.

The speed, the weight, the rhythm, the tension or the softness start to become noticeable.

From there, movement can begin to regulate the internal state.

Slower movements can reduce activation.
Broader movements can help release tension.

Moving with Awareness

Practice

Freedom to Listen

Take a few minutes to move without a fixed form.

You can do this standing, sitting, or on the floor.

Start with simple movements:

move your shoulders, rotate your neck, shift your weight.

There is no need to do it "right."

Notice how the body moves.

Gradually, allow the movement to change on its own.

Follow what emerges:

slower, wider, softer.

Notice what sensations arise as you move.

The body as a Sensory Antenna

Through the senses, the Nervous System receives information that helps it orient, adapt, and respond to what is happening in each moment.

Seeing, hearing, smelling, and touching are not just isolated functions.

They are ways of perceiving safety, novelty, or discomfort.

This information doesn't always go through thinking.

The body registers it directly.

A sound can calm or activate.

A scent can create a sense of closeness or rejection.

A type of touch can make the body open or contract.

The senses are a continuous channel of communication

between the body and the environment.

However, we often stop perceiving them clearly.

Attention shifts toward the mind, toward what we are thinking

or need to do, and sensory awareness moves into the

background.

When we return to the senses, the body reconnects with the present moment in a more direct way.

Vision can widen.

Hearing can become more nuanced.

Touch can feel more defined.

This doesn't only increase perception.

It can also create a greater sense of stability.

The nervous system uses this information to evaluate the environment.

When it perceives signals of safety such as soft sounds, stable light, or pleasant contact the body can reduce activation.

The body as a Sensory Antenna

Practice

Exploring the Senses

Take a moment to pause.

Look around without rushing.

Let your gaze move through the space.

Listen to sounds nearby and in the distance, without trying to identify them.

Notice any scent in the air, even if it's subtle.

Bring your attention to contact:

your clothes, the surface beneath you, the air on your skin.

There is nothing you need to change.

Simply observe what is present
and how the body responds to it.

CONSCIOUS PAUSE

The body doesn't only need to move.
It also needs to pause.

Rest is not just the absence of activity.
It is a process through which the body can recover energy,
reorganize, and integrate what has been experienced.

Much of this process is connected to the
Parasympathetic Nervous System, which supports functions
such as recovery, digestion, and internal regulation.
When this system has space to activate, the body can reduce
tension, soften the breath, and access a state of greater calm.

However, rest often becomes secondary.
We sustain constant rhythms, remain active even during pauses,
or try to rest without actually releasing the body's activation.
The result is a kind of rest that doesn't fully restore.

Rest can also be a practice.
It involves allowing the body to slow down, without forcing it, and
developing the capacity to remain in that space.
Sometimes, the body needs time to come out of the inertia of
activity..

Conscious Pause Practice Diaphragmatic Activation

Find a comfortable position, sitting or lying down.

Place one hand on your chest and the other on your abdomen.

Inhale through your nose and notice which hand moves first.
Allow the breath to gradually move down toward the abdomen, without forcing it.

As you exhale, let the air leave naturally.
Repeat several times, observing the movement of the body with each breath.

There is no need to do it perfectly.
Simply allow the breath to become fuller
and the body to begin to soften.

Body Literacy

Throughout this process, the body is no longer just something that moves or is observed.

It begins to become something that can be understood.
Integrating the body is not about adding more information.
It is about learning how to relate to what is already happening.

The body's experience can begin to be read:

Recognizing is noticing what appears:
a tension, a shift in the breath, an internal sensation.

Naming is giving that experience a simple form:
pressure, expansion, calm, discomfort.

Interpreting is observing what that might be expressing in the
body,

without the need to overanalyze.

Integrating is allowing that information to have a place,
without rejecting it or forcing it to change.

If you feel the desire to go deeper into this process,
you don't have to do it alone.

A guided space allows you to explore with more depth,
respecting the body's rhythm and expanding your capacity to
regulate.

It's not about doing it better,
but about doing it with more awareness.

with love, Malee