



## **Radiant Body Alignment Practice**

### **How to Recognize a Full-Body Yes vs. a Subtle No**

The body often recognizes alignment before the thinking mind does. This simple practice helps you pause, listen to subtle signals, and move from internal clarity rather than pressure.

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### **Step 1: Pause and Settle**

Before making a decision or taking action, pause for a moment.

Take several slow breaths and allow your body to soften. Relax your shoulders, unclench your jaw, and let the breath move naturally.

The goal is not to analyze the situation yet—simply return awareness to your physical experience.

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### **Step 2: Present the Choice**

Gently bring the decision or action to mind.

Examples might include:

- accepting an invitation
- starting a new project
- making a commitment
- initiating a conversation
- changing direction in a situation

State the option quietly to yourself and notice what happens next.

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## Step 3: Observe the Body's Response

Rather than thinking about the decision, pay attention to how your body reacts.

### A Full-Body Yes May Feel Like

- openness in the chest or ribcage
- grounded steadiness in the belly
- relaxed shoulders or upright posture
- calm excitement or quiet enthusiasm
- a natural sense of forward movement
- clarity that feels simple and settled

A full-body yes may still include nervous energy if the step is meaningful, but underneath that excitement there is a sense of alignment.

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### A Subtle No May Feel Like

- tightness in the stomach
- pressure or contraction in the chest
- tension in the throat
- fatigue or heaviness when imagining the action
- a feeling of being pulled backward
- persistent hesitation or unease

These signals often appear quietly at first. When ignored, they may grow louder through stress or exhaustion.

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## Step 4: Distinguish Fear from Intuition

Not every uncomfortable sensation means something is wrong.

Growth opportunities can activate the nervous system. Fear may show up as nervous energy, racing thoughts, or excitement about the unknown.

After taking a few calm breaths, notice what remains.

If the body gradually relaxes and curiosity appears, the direction may still be aligned.

If the body continues to feel contracted or resistant, it may be wise to pause and reconsider.

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## Optional Support: Working with Angelite

Angelite is often associated with calm awareness and intuitive listening.

To incorporate Angelite into this practice:

1. Hold a piece of Angelite in your hand or place it near your heart.
2. Take several slow breaths to settle your nervous system.
3. Bring your decision to mind.
4. Notice the body's response without rushing to interpret it.

Angelite encourages a quieter internal environment, making subtle signals easier to recognize.

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## Remember

Your body often recognizes alignment before the mind explains it.

With practice, learning to notice these signals can help you:

- move with better timing
- recognize red flags earlier
- maintain steady boundaries
- act with calm confidence
- allow opportunities to arise naturally

Sometimes the most powerful action begins with simply pausing long enough to listen.