



Feel With Gratitude

Ground • Grow • Give Thanks

“Your body, your healer.”

Sonya Weiser Souza, LMT

Hi friend, I’m Sonya — Barnes Myofascial Release practitioner, movement coach, fascia whisperer, and your guide to feeling with gratitude. After decades of helping bodies heal from the inside out, I’ve learned this simple truth: your body already knows how to heal; it just needs some time to listen. These three mini-practices are my favorite place to begin that conversation. So take your time, move with curiosity, and remember — feeling is healing.

Why These Practices Matter

If your body’s been feeling a little loud lately — tight here, tense there, or simply tired of being “on” all the time — these three practices are your gentle way back home. They’re not about fixing what’s wrong; they’re about remembering what’s right. When you pause, breathe, and rebound, you invite your fascia and nervous system to work with you again — restoring connection, calm, and flow.

“Pain isn’t asking you to suffer; it’s inviting you to surrender.”

GROUND — The Pause at the Barrier

Theme: Safety through sensation

Plant your feet, soften your pelvis, and rest your hand over any spot that feels the loudest. Apply light pressure and wait for the tissue to soften like warm butter sinking into a soft roll. Instead of pushing past pain, pause and meet it, until the tissue begins to yield. Stay curious, not forceful.

■ **Why it works:** Gentle sustained pressure engages the collagen matrix, signals safety to the nervous system, and calms the amygdala’s threat loop.

Cue: “Wait, breathe, and feel what happens when you stop running from sensation.”

Reflection: Where do I notice my body softening when I give it time to respond?

GROW — The Breath-Back Loop

Theme: Expanding trust through breath

Pain often makes you hold your breath, a sign of bracing. Try a long exhale (count 6–8) followed by a soft inhale through the nose. Imagine your breath moving into the area of tension.

■ **Why it works:** The vagus nerve senses slow, extended exhalation as a cue of safety. This lowers protective tone in fascia and muscles, helping the body shift from fight/flight to rest/repair.

Cue: “Let your breath be the bridge between holding and healing.”

Reflection: How does breathing into tension change what I feel?

GIVE THANKS — The Gentle Rebound

Theme: Gratitude in motion

Squeeze your whole body with a soft contraction. Exhale and release all the accumulated tension. After melting or unwinding, add a micro bounce, think jellyfish or heartbeat rhythm. This tiny sway restores the body’s natural fluidity and reminds you that resilience is movement, not rigidity.

■ **Why it works:** Rebounding reeducates the vestibular system and cerebellum, syncing fascia and nervous system into rhythmic harmony.

Cue: “Gratitude is movement returning to flow.”

Reflection: What small movements remind me that life is still pulsing through me?

Feeling Is Healing

Feeling is how we return home to ourselves.

Gratitude begins in the body — every breath, every softening, every pulse of presence.

“Your body, Your healer.”

InTouch • InCourage • InJOY — Sonya

