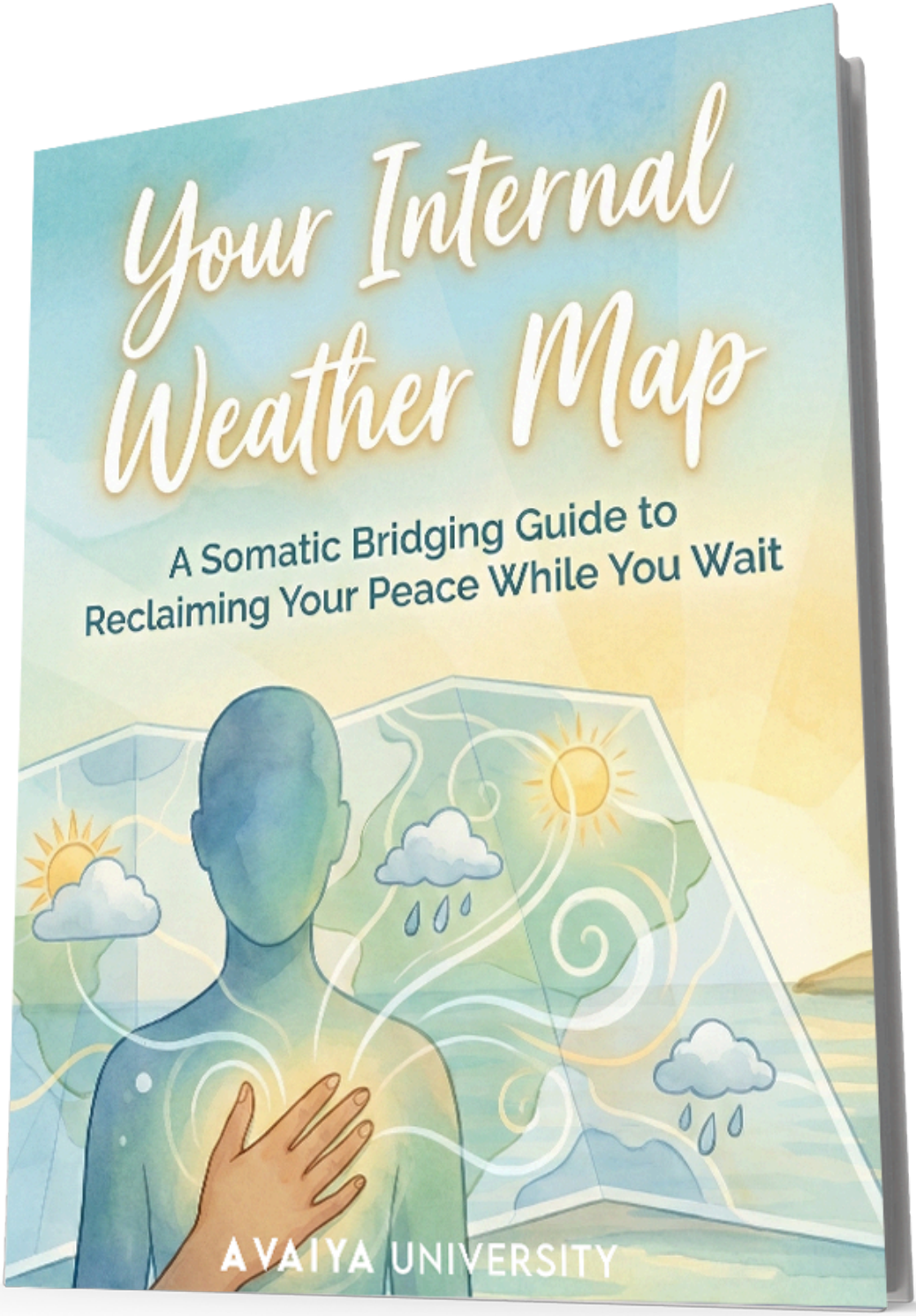

Your Internal Weather Map
A Somatic Bridging Guide to Reclaiming Your Peace While You Wait
AVAIYA UNIVERSITY

Your Internal Weather Map

A Somatic Bridging Guide to Reclaiming Your Peace While You Wait

Let's talk about something we all deal with but rarely talk about honestly: **the struggle of waiting.** Whether you're waiting for a breakthrough in your healing journey, a callback from a doctor, for your pipes to thaw out after a snowstorm, or just for the person in front of you to finish their order, that feeling of impatience is one we all know! 🙂

When I get impatient, I leave the present moment and go into an exhausting loop of thoughts and judgments that go round and round. I tell myself things like “this shouldn’t be happening” and “what’s taking so long?” Then my body starts feeling tense, my shoulders hike up toward my ears, I feel a tightness in my chest, and I stop being aware of my breath.

That's why I'm so excited to share these somatic exercises with you! I've found that the fastest way to get out of impatience, urgency, and trying to control what’s happening outside of us, is to move our attention to our bodies, physical sensations, and back to the present moment.

These five practices are designed to help you let go of the racing thoughts and judgments and tap back into your physical reality, where peace is actually available to you right now. Try them whenever you feel that itch of impatience starting to take over…

- Ande

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1. The "Contact Point" Check-In

When our minds are racing toward the future, we tend to lose touch with our physical presence. This exercise helps you "land" back in your body.

- **How to do it:** Wherever you are—standing in a line or sitting at your computer—shift your entire focus down to your feet.
- **The Shift:** Don't just think about your feet; really *feel* them. Notice the weight of your heels pressing into the ground. Feel the slight pressure of your shoes or the texture of the floor. If you're sitting, notice the feeling of your legs against the chair.
- **Why it works:** It's almost impossible to be fully lost in an impatient thought when you're 100% focused on a physical sensation. It signals to your nervous system that you're safe and supported right where you are.

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2. The "Detail Detective"

This is one of my favorite tools for those moments when I'm feeling stuck or restless. It breaks the "hypnotic" spell of the mind's stories.

- **How to do it:** Look around and pick one random object in your environment. It could be a houseplant, a coffee mug, or even a speck of dust on a window.
- **The Shift:** Observe it with total curiosity. What's the exact shade of color? Are there any patterns or tiny imperfections? How does the light reflect off the surface?
- **Why it works:** By shifting your attention to the *physical reality* of an object, you're pulling your energy out of those "beLIEfs" in your head. It anchors you back into the world as it is, rather than how your mind wants it to be.

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3. Naming the "Itch"

Impatience isn't just a thought—it’s a physical experience. It might feel like a flutter in your stomach, a tightness in your jaw, or an internal “itch.”

- **How to do it:** Take a quick "scan" of your body and find where that impatience is living right now.
- **The Shift:** Instead of labeling it as "I’m frustrated," just describe the physical sensation. Say to yourself, *"I notice a warmth in my belly"* or *"I feel a buzzing in my chest."* *
- **Why it works:** When you name the *sensation* instead of the *emotion*, you become an observer rather than a victim of the feeling. Once you observe that "internal weather" without trying to change it or judge it, you'll find it usually starts to soften and clear up all on its own.

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4. The "Long Exhale" Reset

When we’re impatient, our bodies often go into "fight or flight" mode. Our breath gets short and high in the chest, which tells our brain there’s an emergency. This simple breathwork trick flips the switch back to calm.

- **How to do it:** You can do this anywhere without anyone noticing. Take a deep breath in through your nose for a count of four. Then, purse your lips like you’re breathing through a straw and exhale as slowly as you can for a count of eight.
- **The Shift:** Don't worry about "doing it right"—just focus on making the exhale longer than the inhale. Feel the air moving past your lips.
- **Why it works:** By extending your exhale, you’re physically forcing your nervous system to relax. You’re moving out of that "hurry up" mental state and back into a rhythmic, physical flow.

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5. The "Texture Walk"

If you're waiting for something and you have the space to move—maybe you're pacing in your house or walking through a parking lot—don't just walk to get it over with. Use the movement to get grounded.

- **How to do it:** As you take each step, pay close attention to the transition of weight from your heel to your toe.
- **The Shift:** Really notice the different textures you're walking on. Does the carpet feel soft and springy? Is the pavement hard and uneven? Hear the sound your shoes make with every step.
- **Why it works:** Usually, when we're impatient, we're "walking into the future," trying to get to the next thing. By focusing on the literal texture of the ground, you're bringing your awareness back to the only place life is actually happening: right here.

A Final Thought: Remember, this isn't about being "perfect" or never feeling impatient. We're all human, afterall. It's simply about noticing when you've wandered into impatient thoughts and knowing you have the tools to come back home to yourself.

Keep coming back to the present moment and remember … we're all on this "AVAIYA Journey" together.

We're all life explorers here, but—we aren't always moving at the same speed. And you know what? That's completely okay.

At AVAIYA, we believe we're all on our own individual "AVAIYA Journey," yet we're traveling side-by-side.

You're gonna love the days when you're piloting a rocket ship, breaking barriers, and flying high. But there're also going to be days where you feel like a car stuck in traffic.

You might even have days where you break down on the side of the road and just need to sit there for a while, feeling a little frustrated or sad. And

hey, that's okay, too. Whenever you're finally ready, you just lace up your sneakers and walk the path—one step at a time—back toward your best life.

We'll Meet You Where You Are.

At **AVAIYA**, we don't care if you're speeding down the highway or taking the scenic route. We just want to make sure you have exactly what you need to keep moving.

Think of us as your roadside support and your launchpad all rolled into one:

When you're walking, we're the bridge to get you over the gap.

When you're driving, we're the premium fuel to keep your engine running.

And when you're finally ready to fly? We're the runway.

How We Support You

Every single week, we send out supportive resources designed to meet you at the moment.

Keep an eye out for our free **Tuesday Tune-ups** and our **Thrifty Thursdays.**

Take advantage of the resources that'll support you right now, and if one week doesn't speak to you, don't worry—next week will most likely have just what you need.

Plus, we'll continue to create our Deep-Dive Free Online Conferences and other supportive materials to keep your tank full.

No matter where you're trying to get to—or how long it takes you to get there—we're building new pathways to help you arrive.

Warmly,

iKE ALLEN & Ande Anderson, MS, RD

Co-Founders of **AVAIYA** University

