



Reflection:

Breath, voice and belonging.



From the podcast:

The Human Story

S2 E3 - 13/11/2025

Breath, Voice & Belonging - Embodied Healing
with Dr. Sarah Matchett

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1. Grounding Reflection

Take a moment before answering. Sit comfortably. Place one hand on your chest and one on your belly.

- What do you notice about your breath right now?
- Is it shallow or deep? Fast or slow?
- Where in your body do you feel it most?

Insight:

Your breath is not just air—it is **your anchor to the present moment** and your entry point into your body.



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2. The Body Holds the Story

In the episode, we explored how experiences—both personal and inherited—are held in the body.

Reflect gently:

- Where in your body do you tend to hold tension? (e.g., neck, chest, stomach)
- If that tension could speak, what might it say?
- Does this feeling belong only to you, or could it be connected to something older (family, past experiences)?

Practice:

Close your eyes and bring awareness to that area. Instead of trying to fix it, simply **notice it with curiosity**.

3. Breath → Voice → Expression

Voice gives form to breath. When breath moves, voice can follow.

- When was the last time you fully expressed yourself without holding back?
- Do you tend to silence yourself, or speak freely?
- What stops you from expressing what you truly feel?

Micro-Practice (2 minutes):

- Inhale deeply through your nose
- Exhale with a soft sound (e.g., “ahhh”)
- Let the sound come from your body, not your throat

Notice: What shifts?

4. From Holding to Releasing

We learned that unlike animals, humans often **hold stress instead of releasing it**.

- What emotions do you tend to hold in your body?
- How do you usually cope with stress—do you suppress, distract, or process it?

Reflection Prompt:

“What might it look like for me to safely release instead of hold?”

5. What Does It Mean to Belong?

Belonging is not just external—it is deeply internal.

- When do you feel most connected to others?
- When do you feel disconnected or alone?
- Do you feel at home in your own body?



Truth to consider:

Belonging begins when you feel **present within yourself**.

6. The Power of Relational Living

In the episode, relationality was central—connection with family, others, and even ancestors.

Reflect:

- Who are the people that make you feel seen and heard?
- How often do you engage in meaningful, device-free conversation?
- What is one small way you can deepen connection this week?

7. Curiosity Over Story

We often get trapped in mental narratives instead of staying with bodily experience.

- What story do you often tell yourself about your life or struggles?
- What happens if you pause the story and simply notice the feeling instead?

Practice:

Next time you feel triggered:

- Pause
- Notice the sensation in your body
- Ask: “What am I feeling, physically, right now?”

Stay there—without explaining it.

8. Daily Breath Practice (Your Anchor)

Consistency creates reconnection.

Commit to this simple rhythm:

- **Morning (5 min):** Sit quietly and breathe deeply
- **Evening (5 min):** Reflect on your day through your breath

Journal Prompt:

“What did my breath teach me today?”

9. Integration: Your Personal Commitment

Choose ONE practice from this worksheet to carry forward:

- ☐ Daily breath awareness
- ☐ Expressing your voice (sound, journaling, speaking truth)
- ☐ Noticing body sensations without judgment
- ☐ Deepening one relationship
- ☐ Creating space for play or creativity



Write your commitment:

“This week, I will...”

[illegible]

Closing Reflection

You are not just a thinking mind.

You are a **breathing, feeling, expressive body.**

Continue the Journey.

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