

Your Body Knows

How to Listen to the Energetic
Messages of Your Environment
and Heal from Within

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Trauma-Informed Shamanic Guide

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Hi love,

I'm so glad you're here. I created this guide after receiving deep wisdom during a recent mushroom journey. The message was clear: our bodies are constantly speaking to us. They react, respond, and hold energetic memory—especially when it comes to the environments we place ourselves in.

This truth hit even deeper for me because of my own healing journey. I've navigated breast cancer and other health challenges—without conventional treatments—and during my journey, the mushrooms told me that this is the wisdom I'm meant to share. That my own sensitivity is my superpower. And that others are searching for this same connection between body, energy, and environment.

This isn't about being overly sensitive. This is about being tuned in. You're not broken or too much. You're gifted with a compass. My hope is that this guide helps you reconnect with it.

I would never take you somewhere I haven't personally been. I'm so confident in my ability to guide you because I've walked this path myself. I've experienced firsthand the ways environments can affect our health and energy, and I know exactly how to help you release what's no longer serving you and reclaim your energetic vitality.



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The Energy of Environments

Every space has a frequency. From the land beneath your feet to the walls around you, energy is imprinted into everything. When you walk into a new place—your body knows. Some spaces feel like home. Others feel off, tight, or heavy. Your energy field is always scanning for safety and alignment, and your body will send signals if something doesn't resonate.

Learning to trust those signals is how you reclaim your power.



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Symptoms of Energetic Misalignment

If you've ever walked into a room and instantly felt exhausted, anxious, or uncomfortable for "no reason"—that is the reason.

Your body is wise, and it responds quickly when your energy is out of alignment with your environment. These physical symptoms are often the first sign.

Here are some ways that misalignment can show up:

Bloating or sudden digestion changes

Trouble sleeping

Fatigue or heaviness

Feeling like you can't breathe deeply

Anxiety or restlessness

Headaches or tension

Brain fog

Gut instincts saying "this isn't it"

These aren't random health issues or sensitivities—they're signals.
Your body isn't betraying you. It's guiding you.

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Somatic Check-In: Tune Into the Truth

Use this practice anytime you enter a new space or if you're questioning whether your current environment is supporting you. It's especially helpful when you're feeling "off" and can't quite explain why. Your body knows before your mind does.

**Ground:**

Stand or sit. Feel your feet on the floor. Take 3 deep breaths.

**Drop In:**

Close your eyes. Bring awareness to your body.

**Scan:**

Start at the crown of your head. Move down through each part. Notice any tightness, tingling, or ease.

**Ask:**

Place your hand on your heart and ask, "Body, how do you feel here?"

**Listen:**

Don't judge. Just witness. Your body may speak through sensation.

Journal Prompts for Embodied Insight

Use these prompts to deepen your awareness and unlock inner clarity:



What does safety feel like in my body?



Where do I feel most alive and free?



When was the last time my body said "no," but I stayed anyway?



If I could live or travel anywhere, where does my energy feel most aligned?

Write without overthinking. Let your body guide your pen.



Clearing + Reclaiming a Space

You have the power to shift the energy around you. Here are a few simple clearing rituals:



Salt Bowls: Place a small bowl of sea salt in the corners of a room to absorb heaviness.



Sound: Clap, sing, or use bells to break up stagnant energy.



Smoke or Mist: Burn sage, palo santo, or use essential oil spray with intention.



Movement: Dance, stretch, or open windows to get energy moving.

Always set the intention: "I call in safety, peace, and alignment."

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A Personal Story From the Path

I once lived in environments—apartments, identities—that were so outdated, they started to affect me physically. At the time, I didn't understand the connection. I began experiencing intense bloating, to the point where I looked eight months pregnant. I went through every test under the sun, from Western medicine to naturopaths, but nothing seemed to explain it.

What I did know, deep down, was that my body was telling me I was living in an old timeline. My intuition was clear, but I didn't know what to do next or where to go. Eventually, I packed up my life, put my things in storage, and set out on a nomadic journey with little plan but a whole lot of intuition.

Almost immediately, the bloating eased.

It wasn't until my recent mushroom journey that I truly understood how much my old environment had been energetically affecting my health. The mushrooms helped me recognize this and gave me insight into how to heal from it—not only for myself but also to help others who might be experiencing the same thing.

This experience wasn't isolated. Our environments—whether physical, energetic, or emotional—can have a profound impact on our wellbeing. I've also had and overcome the deadliest form of breast cancer, which was caused by stress and an unhealthy energetic environment. This isn't just about my journey; it's about how the spaces we inhabit influence us. Recognizing and shifting these influences can be a game changer for your health, too.

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Integration + Next Steps

You don't need to justify your feelings to anyone. If something feels off, that's all the proof you need.

Your body is ancient. It carries the wisdom of your ancestors, the imprints of your experiences, and the energy of your environment. It knows things your mind hasn't caught up to yet, and it will continue to guide you—if you listen.

Trust it.

The more you listen, the stronger the connection becomes. You are learning to trust your intuition, your body, and the messages your environment is sending. This guide is just the beginning.

As you move forward, take small steps to honor your body's signals. Whether it's leaving a place that feels off, adjusting your routine, or aligning more with spaces and environments that feel nourishing, every decision you make can strengthen this connection.

Remember, this isn't about perfection. It's about progress. Keep listening, keep learning, and keep trusting. You are capable of creating a life that supports your energy and your well-being in every way.

Ready To Go Deeper?

If you feel called to explore the deeper layers of what your body is holding, to release stuck energy, and align with the intuitive guidance that's always been within you—I'm here to walk with you on this journey.

Book a 1:1 session

Together, we'll clear what's standing in your way and create lasting transformation, so you can live in alignment with your truest self.

Listen to the Sacred Souls Podcast

Dive deeper into healing, intuition, and the practices that can help you live a life of clarity, power, and peace.

Follow me on IG + TikTok @allwaysintuitive

Join our community for daily inspiration and tips to keep your energy grounded and aligned with your highest good.

Let's listen to the wisdom your body has been guiding you toward all along. You've always had the answers—you just need the space to hear them.

With love,

Mariel

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