Noticing vs. Narrating

A Foundational Skill in Energy Awareness

Every human being has experienced this moment.

You walk into a room and something feels *different*. Maybe the energy feels heavy. Maybe calm. Maybe tense.

Before your mind has time to explain anything, your body already knows something.

Key Concept

That first moment of knowing — before the explanation arrives — is the original signal of awareness. This is what we're learning to work with.

But almost instantly, something else happens.

Your mind begins to interpret.

"Something feels off." "They must be arguing." "This place makes me uncomfortable."

Without realizing it, you've moved from noticing to narrating. Two very different processes.

Two Systems Running at the Same Time

Energy awareness becomes much clearer once you understand that these are separate functions:

Noticing

Happens through the body. Shows up as sensations, subtle shifts, and impressions.

Your nervous system senses the environment before the mind understands it.

Narrating

Happens through the mind. Takes raw sensory input and builds a story about what it thinks is happening.

Fast, automatic, and often mistaken for the original signal.

Both processes are natural. The challenge is that narration arrives so quickly that we stop noticing the original signal — and when that happens, we lose the clarity of the raw experience.

Why This Distinction Matters

Most people assume their internal commentary is the same thing as their awareness. It isn't.

The narration is the mind's best guess. It's built from past experience, emotional history, and whatever story feels most familiar in the moment. Sometimes the guess is accurate. Often, it's a projection.

The original signal — the one that arrived before the story — is almost always closer to the truth.

When you can hold space between what you noticed and what your mind said about it, something opens up. Your perception becomes more precise. You start catching information that used to get buried under the noise of interpretation.

This is not mystical. It's mechanical. You're learning to work with two systems instead of collapsing them into one.

A Simple Practice to Begin

Exercise — Try This Today

The next time you enter a new environment — a room, a meeting, a conversation — pause for just a moment before you do anything else.

Ask yourself one question:

What do I notice in my body right now?

You might notice:

- a sense of ease or openness
- tightness in the chest or throat
- warmth, alertness, or a kind of quiet
- the urge to leave or move closer

Whatever arises — observe it. Don't explain it yet.

The Principle

A moment later, watch how the mind automatically begins building its story. You don't have to stop it — you just need to see the transition clearly.

The more precisely you can locate that gap between signal and story, the stronger your awareness becomes. And awareness is the foundation of everything that follows in this work.

This single distinction — noticing versus narrating — is not a beginner concept you graduate past. It's a practice you return to at every level of development. The difference is how quickly you can catch it.

Practice it once today. That's enough.