

# **body first**

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for the ones who were told  
to start from the beginning  
**start from your body**



## how to enter

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this book does not begin on page one

it begins where you are

if your body feels far away, start with

**the body speaks, i listen** p. 7

if you are longing for something, start with

**wanting, and staying** p. 20

if you need to slow down, start with

**rest is a practice** p. 35

if you are reclaiming yourself, start with

**i am the one i waited for** p. 53

if you are in the middle of chaos, start with

**chaos** p. 67

if you are grieving someone, start with

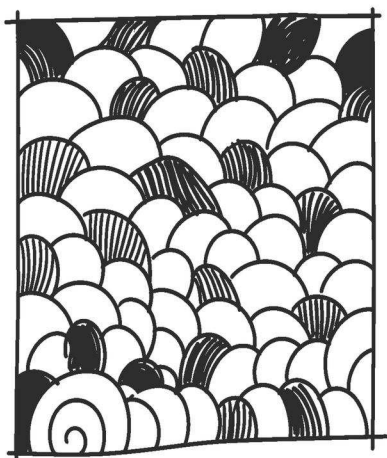
**grief lives in the heart** p. 94

if you are learning to trust, start with

**not yet is not never** p. 103

if you are coming home to yourself, start with

**coming home to whole** p. 120



**the body speaks, i listen**

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my nose itchy  
my legs tired  
i feel content  
my belly bloated  
i need a nap  
i feel content  
my chest goes up and down  
i'm breathing  
i feel content

knots in my belly  
i struggle with my breath  
anticipation building up  
what for?  
is this excitement or fear  
but fear of what?

i am protected

i am safe

i am safe

my body is safe

wat vind ik mooi aan mezelf  
ik vind mezelf mooi  
ik heb een hele zachte huid  
heel mooi!  
ik hou van mijn buik  
mijn pot belly  
i love her  
ik eet genoeg  
ik eet lekkers  
dank je wel, buikje

woke up at 5 am  
slept enough & better  
lightness of being  
after the blue lotus ceremony  
uterus is uterus-ing

felt i could really breathe  
my pelvic muscle released  
can't contain my tears  
it is an orgasmic state

stored in my bones  
i sense the desire to purge  
to untie the knots  
emotional knots  
what are you burning tonight  
a lot of enmeshment  
being the responsible one  
accommodating  
always manages to forgive  
how to let go  
i don't know how