



Decode Your Body Wisdom

There is intelligence in your body. Everyone has body wisdom or intuition. When we tune into this wisdom we learn how to take care of ourselves. This is an opportunity to go deeper and explore exactly where stuck energy lives in your body. This stuck energy can be what's creating a roadblock between you and where you want to go with your weight and health.

When we are relaxed our genius emerges and we can see more clearly. Using the 5-5-7 breathing exercise you can access this optimal healing relaxation state and decode the wisdom of your body and where some of your biggest healing potential lies.

Getting started...

Set yourself up in a quiet and comfortable seated or laying down position. You'll close your eyes and scan the body using the 5-5-7 breath; inhale for 5 seconds, hold for 5 and exhale for 7.

With your eyes closed start your attention at the top of your head with an inhale, and with each exhale move your attention down to the next body part (neck, shoulders, chest, stomach, hips, upper leg, knees, ankles and feet).

Once you've reached the bottom, use the breath to make your way back up the body. As you breath and scan, make mental notes of where you feel tension, uneasiness or just "not right".

Where Do You Feel Stuck In The Body? Decode your digestive and healing potential...

Post-Meditation Journaling Exercise

Where do you feel tightness, uneasiness, or "not right" in your body and what might your body be telling you? (see Decoding section below)

Arm Pain: What am I holding onto or embracing that needs to be released?

Back Pain: Who or what is causing me to bear an undue burden?

Digestive Problems: What ideas, beliefs or experiences am I having trouble digesting?

Eye Pain/Problems: What needs to be seen that I've ignored?

Fatigue: What in life is wearing me out and making me sleep or shut off?

Hearing/Ear Infections: What am I not hearing that must be heard?

Leg Pain/Cramps: In what ways am I not standing on my own two legs?

Lung Problems/Shortness of Breath: How am I struggling to breathe in life and experience?

Neck Pain: Who or what is being a pain in the neck?

Ovarian Problems: What am I longing to create that I haven't, or what have I created in my life that I wish to move away from?

Being Overweight: What do I fear most, and how am I surrounding myself with layers to protect me from what I fear?

Being Underweight: How am I rejecting myself, and refusing to nourish and care for myself?

Skin Problems: How is my boundary between myself and the world around me in need of development and strengthening?

Throat Problems: What am I not speaking the truth about?

How is your relationship with your body a mirror of your relationship with your life or circumstance?

Take action...What new perspective can you have on yourself or your life that gives you freedom to grow?

Take action...What new attitude can you adopt that supports your best life?

**This is not recommended for treatment of any disease and/or condition. It is recommended that you consult with your doctor or physician for any medical concerns and changes to your lifestyle for improved health.