

# Tips, Tricks & Tools ...



Heather Thomas

## ... Listening to the Body



### TIP #1:

#### What does “listening to the body” mean?

Listening to the body can be done in many ways, all of which mean to connect with the internal landscape of your body in a curious and non-judgmental way.

- Feeling sensations in your body and recognizing them as comfortable vs. uncomfortable, light vs heavy, tingly vs. numb.
- Noticing or sensing areas of your body that feel full or connected vs. less full or less connected. Making contact with those areas without judgment.
- Asking inner wisdom (or specific parts of your internal anatomy) if there are any messages for you today so that you might nurture your system to the best of your ability. ***A happy body = A healthy body.***

### TIP #2:

#### How does it work?

Listening to body wisdom is something that we all can do.

The trick is to increase your internal BODY AWARENESS to the point where you are able to FEEL shifts in accordance with your physical environment, foods you eat and the people around you. ***Get quiet, ASK and notice what shows up.***

### TIP #3:

#### Your body is unique

The messages you receive from your body are unique to you. Feel for sensations within your system; feelings, softening or clenching, colors, textures, or even sensation relating to an image or a word.

Your body speaks to you in the way that you can best hear it. The quieter you are the more easily you will hear.

### TIP #4:

#### Muscle Testing

Muscle testing is a great way to get a clear YES or NO answer, especially about food or supplements.

Stand with feet planted on the ground. ASK your body to show you its NO response and then ask to feel the YES response. The body will usually sway backwards or forward according to its own yes or no.

### TIP #5:

#### Heather’s Hints for Listening

1. **TRUST!** Trust the FIRST THING that comes up. This is your truth and it is worth listening to. (The mind will second guess and rationalize. Always go with your 1<sup>st</sup> hit!)

2. **Let go of expectation.** If an answer does not seem to be forthcoming perhaps the question was too vague or the answer will come to you as a sign during the day, in your dreams at night or through some other source.

3. **Practice. Practice. Practice.** The more you intend to listen, the easier it will be to “hear” clearly.

## Explore...

*“Learning to listen to the wisdom of your body will change your life forever.”*

~ Heather Thomas

<http://www.heatherthomas.ca>



ABOVE: "Desert Nun" By Pamela Becker

## Listening to the Wisdom of the Body: (excerpt from "The Secret Language of Your Body", by Inna Segal)

**1. Circulatory/ Respiratory System:** provides sustenance and nurturing to the body. Breaks down when we hold onto anger, fear, self-loathing, disappointment, loneliness, heartbreak, loss of confidence. It is important to trust, to give and receive love.

**2. Digestive System:** breaks down food for energy, eliminates waste. Breaks down when we hold onto unresolved anger, self-sabotage, fear, indecisiveness, guilt, blame, jealousy, victimhood. Practice self-empowerment, creativity, self-appreciation, nourishment for the heart. Love and honor yourself with patience and tolerance.

**3. Endocrine System:** regulates emotion, behavior, tissue function and metabolism. Breaks down when we feel unbalanced, stressed, emotional, stuck, confused, and frustrated. Practice listening to the messages your body sends you to create balance, healthy, happy life.

**4. Immune/ Lymphatic System:** identifies and eliminates viruses, etc. Breaks down when we feel insecure, pressured, threatened, or manipulated. Focus inside and allow the body to tell you when it needs to rest, have courage to stay true to yourself, inner strength.

**5. Integumentary System:** is the first line of defense protecting the body. Breaks down when we feel unprotected, violated, humiliated, self-critical, guilty. It is important to develop self-belief and openness.

**6. Nervous System:** communication link between internal and external worlds. Breaks down with conflict, stress, fear, blame negativity and depression. Learn relaxation, inner strength, personal responsibility and develop a sense of humor.

**7. Muscular System:** provides the ability to move, gives strength, flexibility and support. Breaks down when we carry excess tension, worry, sadness, responsibility and when we think too much. Practice letting go of stress and tension, building inner strength, expression of feelings and facing fears.

**8. Reproductive System:** essential for procreation, nourishment of life and sexual intercourse. Breaks down through victimization, wounded by past relationships, guilt, shame, disgust, anger, criticism. Learn how to love and value yourself, forgive others, enjoy sensuality.

**9. Urinary System:** filters and cleans body fluids, eliminates waste. Breaks down when we feel irritated, angry, bitter, unworthy, guilt, fear. Take responsibility for your actions, forgive, let go, love yourself.

**10. Skeletal System:** provides structure and support for the body. Breaks down through the judgment of self and others, feelings of betrayal, inflexibility, limitation, bitterness, and blame. Become flexible, self-sufficient, kind, responsible, empowered. Learn to forgive and see blessings in every situation.

### **A quick word about references:**

There are many reference materials, books and blogs may conflict with each other about specific wisdom areas of the body. For example, Chinese medicine holds a unique perspective that other disciplines (metaphysical, ayurvedic, western) may not hold.

***Take everything you read as information and then FEEL into what is TRUE FOR YOU.***

### **Recommended Resources:**

1. "Full Body Presence" by Suzanne Scurlock-Durana
2. "The Secret Language of your Body" by Inna Segal
3. "Understanding the Messages of