

5 Steps to Discovering the Secret Language of Your Body



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Did you know your body has a secret language with which it communicates?

The obvious way our bodies talk to us is through pain, discomfort, pleasure and various sensations.

Yet when we delve deeper the language becomes more symbolic and archetypal.

The reason our body/soul speaks to us in symbolic archetypes is because whatever you experience in your life becomes reflected in your body. The body/soul wants to show you, in a concise manner, what is really going on in your life on many different levels — so it uses metaphors, symbols, archetypes, memories, colours and feelings.

Learning this language is the most exciting experience in terms of befriending and truly communicating with your body.

Step 1. Start to become aware of how different thoughts or words affect your body. What do negative words do and what part of your body is impacted? Now think of a variety of positive words. How do they make you feel? The more aware you

become of the impact thoughts and words produce the more likely you are to start consciously choosing what you say and, even more important, what you think.

It is essential to recognise your body is like a sponge; it will do whatever you tell it to. If you constantly say you cannot handle things, your hands will become stiff and clenched and you will be unable to handle anything new. If you say, 'my boss is a pain in the neck,' you will manifest neck problems. When you think, 'oh what a headache this will be,' your body is listening. Because your body is so good at taking direction it immediately starts building tension in your head, so that you can feel your head ache.

Step 2. Connect to your body. You can do this by sitting or lying down, taking slow deep breaths and placing your attention — or if possible, your hands — on the part of your body where you feel discomfort and where you would like to receive a message. Take a bit of time to explore any sensations you may feel.

Is your body tense or relaxed? Are the sensations sharp, dull, hollow or blunt? Can you adjust the



sensations by minimizing or maximizing them?

Step 3. Begin communicating with your body by asking specific questions about your thought patterns and beliefs. For example, ask yourself: “If there was a thought or a belief stored in this part of my body, what would it be? Is this belief helping me or hurting me? Am I willing to let it go?” Remember, your body listens! The only requirement for discovering the hidden beliefs holding you back are your time and attention.

Step 4. Now ask yourself: “If there was a feeling that was stored in this part of my body, what feeling would it be? Is there an experience which this feeling is connected to?” Allow yourself to breathe slowly and deeply, acknowledging the feeling as long as you can. Then ask: “Is there another feeling underneath this one?” Keep exploring. Once you feel you have sufficiently explored, ask: “What wisdom can I discover from this feeling?”

Step 5. Ask your body to show you any symbol, archetype, colour or metaphor, to allow you to understand what is really happening within.. Allow the image, or even a sense of the image, to come to you. Then meditate on what it means to you and what your body is trying to teach you. For instance, if you see a circle it could mean wholeness — a connection to the feminine within you — or it can show that you need to create healthy boundaries. Depending on which part of the body you see it in, it could also mean a pledge to love and commitment. It can also relate to a particular cycle you might be going through. The ring can also be a sign of protection. Your body speaks in metaphors so it is important to take time to explore it.

This kind of exploration not only awakens your intuitive capacities and creates a healing connected atmosphere inside your body but, also helps you develop a deeper understanding of yourself and take powerful steps toward your inner growth, self-knowledge and evolution. €



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