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Three Ways Our Body Talks to Us

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T rue health emerges from within. At its most minute level, our physical body is a collection of energy and vibrating cells, each one infused with life force energy and intelligence. These cells communicate with each other, helping to keep our mind, body and spirit in optimal health. When we open our awareness and become receptive, we can consciously intuit greater wisdom and knowing.

Although everyone is intuitive, many disregard their natural intuitive tendencies. We do this in part because we tend to have a preconceived idea of what it means to be psychic or intuitive. If we do not receive clear and vivid images or hear easy-to-understand comprehensive health information, our rational thinking-self may question and doubt that we can access and understand the complexity of our physical body and all its intricacies. However, our natural intuition lies beyond the confines of logical thoughts and can receive and interpret the important and useful, mind, body and spirit energy information that is constantly being broadcast our way.

Our energy body — which includes our mind, heart, physical self and spirit — continually sends and receives messages; we are just not always consciously aware of them. It is easy to talk ourselves out of trusting inner insight and messages that do not seem

to have definitive validity. Our day-to-day concerns might also drown out the inner voice or we may confuse intuitive messages as random mind chatter, and therefore, ignore them.

To better sense valuable intuitive information, it can be helpful to start a conversation with our inner self. You do not have to be an expert intuitive or a mystical being to listen to your heart, mind and physical body.

To Listen, Try This:

To become better at listening to your inner self, you may want to begin by getting into a comfortable position in a quiet place. Inhale and exhale. Take several cleansing and relaxing breaths. Try to clear your mind of any expectations of what or how your energy body will communicate and be open to surprises.

As you relax and breathe, focus on an area of pain, tightness, ache or area of concern in your body and inwardly ask, “What is the pain (stress, tightness, concern, etc.) trying to tell me?” Breathe and patiently listen.

Here are a few of the most common ways your energy self may respond.



Emotions

One of the most common ways our body conveys insights and healing information to us is through our emotions. Often, it is not words, images or thoughts that initially surface. Instead deeper awareness is revealed through our feelings and emotions, some of which can be subtle and understated, or intense and even overwhelming. Allowing repressed feelings and emotions to surface is one of the most effective ways to heal and revitalize the body, mind and spirit. Behind ever ache and pain, ailment, discomfort or feeling of vitality and wellness, there is emotional energy. Unexpressed, stuffed away or unconscious emotion will, at some point, manifest in our body as an ache, pain, discomfort or illness — unless we release it. As we focus our attention on our body and begin to communicate and listen to it, repressed emotional energy bubbles up to the surface and as we feel it, we let it go.

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As emotions and feelings are nudged from their hiding places, we begin to feel what we may not have been able to feel in the past. Repressed emotions tend to surface in the same intensity as when they were first experienced. We have a natural tendency to not want to feel uncomfortable feelings. So, when difficult feelings begin to emerge, we may shift into this unconscious pattern and again push our feelings down to not feel them. Become aware if you are slipping into this response and allow yourself to feel and acknowledge.

You do not need to know the exact event or when and why these emotions were initially repressed

and stuffed down. This information may intuitively surface. However, if it does not, you can still cleanse and clear the blocked emotional energy. Resist the temptation to overthink and focus on the past. Take a deep breath and stay in the intuitive process of allowing yourself to feel. It is through feeling what has been repressed and stuck that we heal.

Intuitive Thoughts

Have you ever had a persistent thought or inwardly heard an intuitive health-related message? When I did a health scan with a client, Lisa, it was clear she was having a difficult time digesting dairy. There was excessive mucus in her body that was slowing down her digestion and creating the perfect habitat for bacteria. When I brought this up to her, she was not surprised.

“For a while now I have been getting the inner message to stop eating dairy,” she said. “I guess I did not want to believe that this was really a problem. I love cheese and do not want to give it up.”

Our energy body often communicates to us through a sense of knowing, thoughts and through hearing inner messages. When we spontaneously receive an intuitive thought or insight about our health, we often ignore it. Sometimes we do not want to change our habits or diet and at other times, we do not trust the insight we receive. We might also assume that an intuitive thought is self-generated, we are over-thinking or the message is simply our imagination at work.

To better identify and trust these messages, here are some pointers.

- Intuitive thoughts have a consistent and calm quality. They return over and over in the same, detached, yet steady manner. Mind chatter incites emotion and can make us feel unsettled or excited. Intuitive thoughts are more matter of fact and neutral feeling.
- Intuitive thoughts are persistent and usually steady in vibration. They will not always jump out at you or initially seem important. You



may hear words, phrases, sentences or intuit a complete knowing and understanding within a particular area of health. Even when an intuitive thought entails a more urgent concern, it is usually steady, simple and neutral feeling.

Synchronicities and Dreams

Sometimes we do our best to begin a dialogue with an ache, pain or physical concern, but we just do not seem to receive a response. While our energy body always replies to our request to communicate, it may not do so when we want it to or in the way we expect. Be patient with yourself and pay attention to the thoughts and emotions that surface long after you have asked for insights and deeper awareness.

The response might also come later through synchronicities and dreams. Our energy body has many clever ways of getting us the answers that we seek. Synchronicities are an unusual and fascinating form of mind, body, spirit intuitive communication. After intuitively opening yourself to energy information pay attention to any interesting coincidences. For instance, if you hear the name of health practitioner or other professional, a service or practice, or the title of a book, more than once or in a striking manner, pay attention and investigate. Synchronicities that involve certain foods, advice or random remarks from friends or family, plans falling through or unexpected opportunities coming your way, are also forms of intuitive messages.

Sometimes valuable insights and information come to us through our dreams. When we sleep, the conscious mind is no longer active and this allows our intuitive awareness to surface. At times dreams tell us what we need to know in a straightforward way. I have had clients tell me their dreams have indicated such things as, specific foods to eat or eliminate and medical tests or treatments that have proven to be healing and valuable. However, the meaning of our dreams is not always obvious. Helpful health insights and guidance might be more symbolic, figurative and metaphoric. Along with the action and images, pay attention to the

emotional energy within the dream. The stuffed down emotions that are creating disharmony in our mind, body and spirit, may surface in our dreams to be released.

Dream language is subjective and it is always best to trust our intuitive gut and heart when interpreting a dream's meaning. However, there are a few common symbols that can be indicators of health and well-being. For instance, water is often symbolic of our physical, emotional and spiritual energy. I have had many dreams of lakes, the ocean and a few times, of fish tanks. When there is murky water or water draining or dripping, I take this as a sign that I am pushing too hard and in need of rest. Dreams of water hoses, taking a shower or bath, swimming in a dark pool of water or in a tumultuous ocean, often contain health messages. The amount of water in a dream, its translucence or cloudiness and its calm or turbulent state may indicate fluctuating energy levels, the need to detox, dehydration or issues with the lymphatic system.

Dreams of fire, electrical power lines, digging a hole, mud, an ambulance, medical equipment, hospitals, explosions, lightning or a hungry baby can be red flag warnings to pay attention to our health and well-being. Dreams that foretell healing and physical revitalization often contain positive symbols like, flowers blooming, clear skies or water, sunlight, calm seas, puppies, rainbows and pregnancy.

The important role intuition can play in our health and well-being, is becoming increasingly accepted. Just as we have become more conscious of the role that diet, exercise and emotions and thoughts play in healing and creating optimum health, we are also beginning to collectively listen to and become aware of the value of intuitive health messages. €



Learn more about author Sherrie Dillard at www.SherrieDillard.com