

Body Yes and Body No:

Learning to Listen to the Body's Intuitive, Intelligent Guidance

Exercise: Listening (Hugs)

Cathy: It's a great one to build up our skill at listening to our body and interpreting - learning how our body is going to talk to us.

Rick: Yes - why don't you step us through that one?

Cathy: You can close your eyes (if you are in a safe place), and imagine that you are about to get a hug from someone that you really love and trust. Notice how that feels in your body.

Rick: So you're just picking somebody that you know and you trust and you would *like* to hug. That would feel good - and notice how that feels in your body.

Cathy: Some people will describe the feeling as open, loving, soft, warm, glowing, like an open door.

Rick: *Ahhhhh...* (deep breath)

Cathy: That's a Body YES. That's your body saying, "Yes, I like this." Imagine yourself coming back to now.

Rick: Maybe shake your hands out or something?

Cathy: Yes - kind of shift back. Imagine getting a hug from someone you really *don't* like, someone you don't really trust - you would just rather they didn't touch you. Notice how that feels in your body. Some people see tight muscles, withdrawing, walls, heavy, they feel something in their stomach...

Rick: I don't even want to close my eyes.

Cathy: Right!

Rick: No, it was interesting. Immediately, it was like, "No, I'm not going to close my eyes. There's something - this isn't right."

Cathy: Yes. That's a Body NO. That's a strong Body NO.

Rick: Yes.

Cathy: So come back to now...

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Rick: Tap your collarbone point... *(laughing)*

Cathy: *(laughing)* clear that from your system.

Rick: I have a good NO. You're not going to hug me. *(laughing)*

Cathy: Now imagine a hug from someone you feel a little bit uncomfortable with - maybe it's a new acquaintance you don't really know well. It might be kind of awkward to hug them. Notice how that feels in your body. That's a soft Body NO - or maybe a Body MAYBE?

Rick: Yeah... I like the way you said that. Someone you don't know real well, someone that maybe you have some attraction toward, but you're just not sure. That kind of uncertainty, I think, is part of discernment. We talk about YES and NO, but those sensations cover a spectrum, just like light and dark. There is utter blackness, then there is twilight, there is even nighttime with some street lights on. Then there's bright, and there's 'close your eyes' bright - wow.

Cathy: Yes - and each of us has different indicators. So, as we talked about before, you may get your guidance visually, audibly, kinesthetically - one or two or all three of those might be coming to you.

Rick: I noticed that, when it was somebody that I *wanted* to connect with, I actually could *smell* the person, and I could *feel*... There was much more of a kinesthetic *feeling* to it. I wanted to *look* at the person. There was an attraction to *looking* at the person. The Body NO - it was like, "Get me out of here!"

Cathy: Yes - and we may have different indicators in different situations, too.

Rick: Yes.

Cathy: A person versus a food, or something else...

Rick: Yes.

Cathy: Our body might communicate in different ways.

Rick: Absolutely.

Cathy: Just practice and get familiar with your body. It will really help.

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Rick: Just over the next week, look at different things that happen. You know, relationships, your work, your trip to - all of those aspects. Be listening for your body - whether it's giving you YESes or NOs - and exploring how they might change from place to place.

Cathy: Yes.

Rick: Let's face it - most of us, when we were children, we may have wanted to do something like jump on the bed. That was absolutely a Body YES. As soon as we started jumping on the bed, a big external NO came in, "(smack, smack) Don't ever do that again!" And we got it into our being that, "Hey! I can't follow my YESes." So, there is a re-tuning process, and there may be specific events that crop up, where, "If I follow this YES - I can feel it as a YES, but it's not safe to go forward," - usually that means that there's someplace where we learned that "no, you can't do that." Bring up those specific events in open team calls. That's a great place to tap on those.

Cathy: Yes, like we didn't want to hug Uncle Bob, but our parents required it. Our body was saying NO, but we learned to tune that out, that information.

Rick: That's a great thing for parents, too. As you get good at this yourself, you will be able to tell whether your children are in guidance or in fear, and you will not override their Body NOs. You will respect their Body NOs and the intuitive guidance that *they're* getting. It's a wonderful way to parent.

Cathy: Yes.

Rick: Another one was that I had such a strong Body NO to squash that my dad had made. He forced me to eat it! My body - I really tried. I really tried. My body rejected it, to great inconvenience for everyone else.

Cathy: *(laughing)* If only they had listened to your guidance!

Rick: I, being a bit of a smart-aleck, said, "See! I told you it wasn't right for me!" *(laughing)* I didn't know anything about body guidance, or I trotted out the evidence! *(laughing)* Do you want to take us through another exercise?

Cathy: Yes, that would be great.

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