

TRUE EMBODIMENT: PART 2

Hopefully you have read Part 1 of this series: [Come Home to Your Body](#). If you haven't, definitely back up and read that first. Because I want you to have the understanding of how profound an influence this can have on your life. And, I want you to have the desire for that in your heart before you begin. I promised you that this would be simple. And it is! But, our chattering "monkey minds" will want to tell us that if it is that simple, it can't possibly work. That's the lie we tell ourselves. "My life is so complicated and messed up that getting quiet and breathing won't touch the pile of stuff I have to deal with!" That is the illusion. Are you ready to let it go? Can you believe that the most important aspect of your existence can be found inside your own self in the still small voice deep within?

Here is the step by step guide:

Make a choice to be fully present – The statement of choice is one of the most powerful statements you can make. "I choose at this time....." is a way of communicating to your Self, your Higher Self, the Universe and God that you are making an empowered decision. Write it down and read it every day if you want to really give it some juice. Choose to be present in your body; awake and aware from this day forward. This is a journey. Begin it with intention.

Dedicate yourself – Recognize that this will take time and focus to be truly meaningful. What are you willing to give to yourself to become the full spectrum of your potential? Seems like a worthy lifetime pursuit.

Identify the Noisy, Negative Mind – First you must identify the constant flow of noise in your head, especially the long standing, negative talk that puts you down and makes you feel incapable and overwhelmed. This creates stress (mental, emotional and physical) from within. It also makes it virtually impossible to hear the inner intelligence of your body and spiritual self. Once again, make a conscious choice to watch for this. This is called "being the witness"; observing the self from awareness and making changes based on those higher goals. You have to be able to call yourself out like a firm but loving parent. "Oh, there I go again. I promised myself to let go of those negative thoughts." And, very often, your ego will fight your efforts to disconnect. Give it time. The rewards are great. Inner peace. Calm emotions. Greater awareness of your authentic needs. Little stuff like that.

Counter Negative Thoughts with Affirmations – Louise Hay brought these to public awareness back in the '80s and, they are just as simple and as effective today for counteracting the negative

thought stream and its influence on your body and happiness. It's easy to do but more challenging to do well. Simply put, when you have a negative thought, you create a positive thought to delete its power over you. For instance: "I'll never get a better job. Mother always told me I was stupid." As soon as you have that thought, repeat to yourself "I am intelligent and capable of creating a fabulous job for myself." It is important that you do this right away and repeat it often. The affirmation should feel uplifting and inspirational to counter the feeling of the previous statement. There are lots of websites that help you to create strong affirmations. Louise Hay has a beautiful site <http://www.louisehay.com/affirmations/#>

Deep Breathing – I know. It sounds so cliché! Breathe! But, this is the cheapest, easiest, least time consuming and PROFOUND change you can make for yourself. Deep belly breathing has many physical benefits: oxygenates tissues and organs, releases toxins, strengthens the immune system, massages the organs, increases digestion, reduces sleep apnea, relaxes muscles and on and on. More on topic, deep breathing can quiet a racing brain, slow the release of adrenalin and calm the nervous system. Following the breath gives the mind a calming focus and draws the attention into the center of the body (all the better to listen within). It is the first step in any meditation practice. I have a short demo on our You Tube channel and website.

Meditation – Meditation is the practice that addresses all of this most efficiently. If you are new to meditation, guided meditation is a great way to begin. We have a number of these recorded and accessible on our You Tube channel and soon on our website. I'll definitely be writing more about meditation in the future. For local folks, look for a meditation class at Light Hand.

Conscious movement – Yoga is the primary winner in this category. Its principles include listening to and honoring the body, proper alignment, deep breathing and stilling the mind. You can also apply this to walking or any other activity where you are truly observing and listening to your body in motion. Focus on feeling all aspects of your physical being, inside and out, front and back, top to bottom.

Respect, listen and respond to your body – Make this a daily approach to living fully present in the gift that is your body. Take time to check in during the day. Are you breathing? Have you been drinking water? Are you holding yourself in alignment and ease or in poor posture and tension? Are you eating food that nourishes your body or feeds your emotions? Giving this a bit of attention can completely change your relationship to the vessel you inhabit.

I know it seems like a lot, but if you look over it I think you will see that these are simple practices. (Many of them I will discuss in more detail in future posts.) If done with dedication

and care, they will change your life for the better. You may come to feel at home in your body and in your life in a way you never imagined possible. I promise.