



MODULE TWO

Tune In

Class Two: Body Wisdom & Healing Through Feeling



**“GO INSIDE AND LISTEN TO YOUR
BODY, BECAUSE YOUR BODY WILL
NEVER LIE TO YOU. YOUR MIND
WILL PLAY TRICKS, BUT THE WAY
YOU FEEL IN YOUR HEART & YOUR
GUT, IS THE TRUTH.”**

Miguel Ruiz





WELCOME TO MODULE TWO, CLASS TWO.

Body Wisdom & Healing Through Feeling.

In this class we will cover:

- + How to create a deeper, more loving connection with your body.
- + The power and importance of embodiment and fully inhabiting your body.
- + The various ways your body is trying to communicate with you.
- + How to access your body wisdom and use it to hear your inner guidance and make decisions.
- + Why healing happens through feeling and why you must let yourself fully feel.
- + How to process big or uncomfortable emotions and feelings.

HOW TO USE THIS WORKBOOK

This workbook is full of questions that will help you dive deeper into the principles shared in the video class. The workbooks will help you create new levels of self-awareness, make new discoveries about yourself, work through inner blocks and find clarity.

If some questions create resistance, or you feel blocked, it is ok to leave them and return to them later. However, I would also encourage you to lean into any discomfort that arises and become curious as to why it is there for you. It could be that the question has triggered or challenged you in some way, and that is worth exploring further.

Approach these workbooks with an open mind and a willingness to think about yourself in ways you haven't before. I encourage you to enjoy this journey of self-discovery even if at some points it may be a little challenging.

Awareness is the first step to creating change, so get excited about anything you discover, as this is the beginning point for transformation.





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In what way do you feel disconnected from your body, your feelings or your body's wisdom?

What negative thoughts or judgements about your body are preventing you fully loving and embracing it or feeling connected to it?



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What parts of your body need your love and acceptance the most?

What do these parts of your body need to hear from you or receive from you, in order to heal, re-balance and thrive?



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What helps you get into your body?

How does your body most love to move?

How does your body like to be touched?

When do you feel the most safe or comfortable in your body?

When do you feel the most beautiful or radiant in your body?



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How does your body like to be pampered?

What is your favourite way to experience pleasure through your body?

What are you grateful for about your body?

What are your favourite parts or features of your body?

What is one way you want to be kinder to your body?



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Think about a time when you intuitively felt a strong inner 'No'. What did this feel like in your body? Describe the sensations or feelings you noticed.

Think about a time when you intuitively felt a strong inner 'Yes'. What did this feel like in your body? Describe the sensations or feelings you noticed.



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How do you feel about your emotions or about being emotional?

What do you normally do when big emotions arise?

How do you want to be able to support yourself through your emotions?



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Notice where you have been avoiding feeling, facing something or being still with yourself recently. What has this avoidance looked like?

What is it that you are not wanting to feel?

Why are you afraid to feel this?



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Next time you notice an uncomfortable feeling or strong emotion in your body, or when you next feel you have space to sit with yourself, find a quiet place to be alone. Tune into your body and explore what you feel.

What energy or sensations are you feeling in your body? Identify the strongest feeling. Write down where you feel it and describe what you feel.

Bring your full awareness to the sensation and breathe into it. What emotion is present within this sensation?

How does this emotion feel? Describe it.



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At this point, close your eyes and place your hand where you feel the emotion or sensation. Take 10 slow deep breaths. Breathe into the part of your body where you feel the sensation or emotion. Whenever your mind goes back into thinking, draw your focus back down into your body and onto what you feel. Write down what you experienced.

What do you feel this emotion is about? What is it related to?

What is this emotion trying to communicate to you or tell you?

PRACTICES TO WORK WITH THIS WEEK:

- + **Practise fully feeling:** If you have the tendency to ignore or suppress your emotions, instead practise fully honouring them. Pay attention to what emotions arise for you. Have the courage to fully feel what you're feeling. Practise holding space for your own emotions by sitting down with yourself, bringing your attention to what you are feeling and taking 10 breaths into the sensations or emotions that are present.
- + **Bring love to your body:** Bring love, kindness, gentleness, softness and forgiveness to your body. See if you can practise looking at your body through loving eyes. Touch your body in a soft and gentle way. Move your body with a loving intention. Thank your body for all it does for you. Appreciate its strengths and positive aspects. See your body as a beautiful vehicle that carries your soul and allows you to experience life. Savour experiencing pleasure through your body.
- + **Body scan:** Use a body scan exercise either in the morning or evening to notice what is present in your body emotionally or energetically. Begin by focusing on your feet, then scan up through your body towards your head. Place your focus on each part of your body and feel for emotions or sensations that may be present there.
- + **Touch:** Use touch to connect with your body. When you feel big emotion or discomfort, you can place your hand over that part of your body to connect with the feeling. When you want to access your heart energy or connect with yourself, you can place your hands on your heart. If you want to send love to a part of your body, place your hand over it and imagine sending healing, loving energy to that part of your body. You can also use touch to give love and care to your body through massage.
- + **Movement:** Use movement to get into your body. Moving your body helps bring your focus out of your head and into your body. When you are feeling big energies or emotion, you can use movement like dance, stretching, yoga, running or walking to move the energy through your body and process big emotions or feelings.
- + **Let your body be your guide:** Become clear on what a 'Yes' and a 'No' feels like in your body. Tune into your body when making choices and ask your body what it wants. Feel your way through decisions by noticing how your body responds to each choice. Pay attention to what makes your body open or close and expand or contract. Honour what your body is telling you.



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Which practices from today's class would you like to integrate or focus on this week?

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CONGRATULATIONS!
**YOU HAVE COMPLETED
MODULE TWO - CLASS TWO.**

SHARE YOUR EXPERIENCES:

Come on over to our
Facebook community and
share about your insights,
realisations, learning or
practices from this week.



