


SLOW DOWN & TUNE IN



MODULE FOUR
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
AND YOUR GUT IS THE TRUTH.”**

Miguel Ruiz

MODULE FOUR

BODY WISDOM & HEALING THROUGH FEELING

Welcome to your next module in Slow Down & Tune In.

In this module, we will be exploring how to come deeper into connection with your body, ways to access your body wisdom and messages, and how to work through and process big emotions and feelings.

In this class, we will cover:

- + Why our bodies are always communicating with us and the various ways that it speaks to us.
- + How our deeper wisdom and intuition communicates to us through our body.
- + Why you may feel resistance or discomfort when you begin to tune into your body wisdom and your feelings.
- + A powerful process for moving through resistance and how to embrace and open up to what makes you uncomfortable.
- + How to use your body wisdom to make decisions.
- + The importance of honouring, listening to and fully feeling your emotions.
- + A step by step process for holding space for your emotions, processing big feelings and healing deeper wounds stored in the body.
- + How your emotions and feelings contain divine messages for you and how to receive them.

Tips for working through this workbook:

- + I suggest watching the video classes before you dive into the workbook.
- + The questions in this workbook are designed to take you deeper into the course content and help you apply it to your life and personal situation.
- + You can complete this workbook by 1) Typing directly into the PDF document or 2) Printing out your workbook and completing by hand or 3) Writing the questions in your journal and answering them in there.
- + Do not feel obligated to answer all of the questions or complete the workbooks in full. It is more than fine to leave questions that do not resonate.

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Do you feel more comfortable being in your mind or in your body? Why?

Do you feel more comfortable listening to your thoughts or your feelings?
Why?

Does it feel more comfortable to follow your gut instincts or your logic?
Why?



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What negative thoughts or judgments about your body are preventing you fully loving and embracing your body or feeling comfortable in it?

Write a gratitude note to your body below. What can you thank your body for? What can you appreciate it for? How is it working well or thriving? What is beautiful, strong, healthy and wonderful about 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 would you love to be able to support yourself through your emotions?

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Notice where you have been avoiding feeling, facing something or being 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 arise, 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 breath into it. What emotion is present within the sensation?

What does this emotion feel like? 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?

MODULE FOUR

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

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**WELL DONE! YOU HAVE
COMPLETED MODULE FOUR.**

SHARE YOUR EXPERIENCES:

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

