



How to Communicate with your Body That Isn't Meditation

A lot of people turn to meditation when something feels *off* in their life. And, I'm not saying that there's anything wrong with that. That works for a lot of people. But it's important to understand meditation is designed to get you OUT of your body, not INTO your body to discover her secrets.

Learn to Communicate with your Body.

Directions:

1. Acknowledge your body as a real person
2. Sit across from her at the kitchen table
3. Allow her to speak first with her needs and wants/ either positive or negative
4. Now it is your turn to response
5. Then you come to an agreement around a certain point that is bothering you, her or both of you.

But there is something missing in these steps to maximize your results.

The best way to fully experience the idea of communicating with your body is to have a **coach** as a third party who will:

1. Guide the conversation so that both parties (both you and your body) benefit from the experience.
2. Help make that conversation more honest, thoughtful and move forward in more enjoyable and happy way.
3. Understand your best interests and give you the tools and techniques to help you move forward with intention, to present yourself to the world in the way YOU want to be seen.

Let me here your thoughts with this Body Knowledge System ® Practice, use my contact form at www.bodyawe.com/contact/.