
Your Association with Your Body

The Principle of Relationship

CHAPTER HIGHLIGHTS

- Defining the Relationship.
- The Power of Partnership: a Body Knowledge relationship is a mindfully engaged association with your body involving awareness, friendship, and romance.
- When you **choose** to participate in this relationship, it empowers your choice.
- As an umbrella protecting the other 5 principles, relationship continues the clarity within the partnership, identifying wants, needs and purpose.
- The Principle of Relationship **ends the estrangement** between you and your body.
- The Rewards of the Relationship with your body.
- The Principle of Relationship in action.
- The Dance.



The **first pillar of the super six pillars** of support, the Body Knowledge Principle of **Relationship** begins the bridge for your **Body Knowledge System®**. Refer to this and the rest of the Principles when you sense any distance between you and your dance partner, your body.

DEFINING THE RELATIONSHIP

Let's look further into the meaning of the word relationship. Relationship comes from the word "relate" which means "to tell the story of, to narrate, to recount." When we want to know someone, and know that person well, we want to know his story. It's important for us to have all of the background. We want to know what shaped his unique imprint on the world.

What's your body's story?

Another definition is "to associate, to show a relationship to". When we want to relate to someone, we spend time with that someone.

How are you spending time with your body? In this case, you are always spending time with your body...but what kind of time? Is it quality time? How would you evaluate the quality of your attention? Would people know you and your body are related?

The third aspect of the definition is "to show sympathetic understanding and awareness". When a person matters to us, we give that person our time and attention. And it's not just any attention, it's sympathetic attention. It's attention with caring.

To relate to your body is to:

Notice your body

Establish a kinship with your body

Talk compassionately with your body

Understand the language of your body

Hear what your body has to say

Negotiate and **Compromise** with your body

Practice using what your body shares in every aspect of life

Noticing your body means using all of your senses. It includes feeling, touching, and sensing what is happening inside your body. Noticing means you connect, not disconnect. You include the sensations of your body and pay attention to her and what she is telling you. When you don't notice your body, then you lose your most powerful tool, the ability to access the knowledge you need to make better choices in all areas of your life.

~ Your Association with Your Body ~

Relationship also means a kinship, a blood association. And what could be closer than you are to your body, and your body to you?

Without judgment, without censure, without criticism, your body is there for you.

When we talk to our bodies (often through our thoughts and actions), too often we speak harshly (you're fat, you're lazy, why are you so tired?). Or we don't speak at all...we assume no one is listening.

And like a patient guardian angel, your body awaits your willingness to listen.

Perhaps you have been holding your hands over your ears, saying "Lalalalalalala" to block any uncomfortable input from your body, because you are afraid of what she will tell you if you let her speak.

There is no need to fear her, as she is the very essence of you. Because she is you, she understands you. Perhaps better than you understand yourself. Relax and let go of your assumptions about what she will tell you once you give her a voice. She loves you and therefore she accepts you as you are.

When we refuse to acknowledge our relationship with our bodies, we feel heavy, and out of sorts. Those feelings make it more difficult to do anything positive for ourselves or others.

The absence of our body's support weighs heavily on our souls, making everything in our lives more difficult.

Compassionate communication means loving, accepting, and trusting each other. Awareness of what she feels equals her awareness of what we feel. We are always in perfect balance...whether we are aware of it or not.

Without open communication with your body, your focus is too narrow to be aware of new options, of other possibilities and opportunities for your life. When you ignore her, your body sometimes responds with overwhelming tiredness, or by becoming sick, resistant or resentful.

To speak the language of the body, we have to create the space for the body to have a voice. The language of the body is the language of pleasure and pain. When the body approves of something, we feel good, warm, light and free. When we do something that our body knows isn't right, we feel bad, stuck, and uncomfortable. The more we listen to our body's language, the more information we have to guide our choices.

Hearing what the body is saying means understanding the body's message and taking her seriously. You acknowledge what the body wants, and you consider it, even if it's different than what you expect. Our bodies never lie. When we truly hear and act on the guidance of the body, we see a bigger vision for our lives.

~ Dancing with The Principles ~

Sometimes we disagree with our bodies. We may feel there are practical circumstances that make it difficult to honor what the body wants in a particular moment. Instead of ignoring or simply overriding the body, take the time to consider all the options. You always have an internal dialogue with your body, a negotiation, where you find a middle ground between what you want and what the body wants. It's not about one part of you "winning". It's about acknowledging all of your parts, and then making the best choice in the moment.

The first step toward sympathetic understanding with your body is awareness.

The more we listen, understand, and respond to what our bodies say, the more choices we discover, and the more creatively we act in all areas of our lives. We mostly think of listening to our bodies as something that applies to eating and moving (exercising), but in fact the body has a lot to say about the people in our lives, the work we do, and our environment. When the body is a partner in all areas our lives, we are able to live our own way.

What's your body's story? What would she tell you were the high points of her life? How would your body describe her personality? How would she describe her relationship to you? Remember there are always two sides to every story.

The first step towards a sympathetic understanding of your body is to listen to your body. Hear what she is telling you: "I love this. Let's go again next week." Or, "This is great. But I don't want to overdo it. If we stop now, we can do this tomorrow." Or, "Please, get me home and to bed right now. I am tired."

THE POWER OF PARTNERSHIPS

We experience many partnerships in our lives. If we marry, we have a life partner and companion. If we have a business, we may have a partner, or we may have strategic alliances or steady clients. These are people with whom we collaborate and build relationships with over time. If we have a child, a pet or aging parents, we experience a nurturing and care-giving partnership. If we have a mentor or a creative muse, we experience a partnership based on an exchange of information. To be successful, the partnership's participants commit to share their goals, based on a common set of values.

Traditionally, partnerships are mutually beneficial when both parties contribute something of value. With the **Body Knowledge System**[®], for perhaps the first time in your life, you will acknowledge, accept and appreciate the relationship you have with your body.

Whether you realize it or not, you have always had a relationship with your body. Estrangement is a relationship. After subscribing to the **Body Knowledge System**[®], your relationship with your body will enhance your life experience beyond measure. Partnership is an inadequate word to describe the new association you will discover with your body. Certainly, it is a partnership; it is intrinsic; it is both