

Body Balance and Emotional Release



Your body is like a transmitting radio - how well are you tuning in?

What if you could have a 'conversation' with your body? What questions would you like to ask your body and what information would you like to receive? Better still, what if you could release any pain or trauma that is keeping you stuck in the past and preventing you from moving forward with ease?

Or, looking at this from a different perspective, what if your body is already talking to you, but you've forgotten how to listen?

'The Body' is a hyper-intelligent signalling system.

The human body is our internal and external receiver and transmitter of information. When we are in total communion and oneness with our body, we are in a constant state of perceiving and receiving. The more we can perceive throughout our physical body, the greater our perception and awareness of everything - and every-body - around us.

Early signs of imbalance: the higher purpose of pain and discomfort.

Pain is often perceived as a negative occurrence, but in truth it is a message which empowers us to wake-up, see what's going on in our life and take authentic action. In this way, pain can be likened to growing pains that push us to evolve, expand and break free of our old, self-imposed limitations.

The body only ever acts in our highest good, regardless of how it may feel at the time. With an understanding of this, we can re-define our perception of pain, injury or illness. Instead of viewing physical, mental or emotional pain through a lens of annoyance, frustration and anger, we can view it as our body's early-warning system.

Our body's early-warning system has two simple settings: in balance OR out of balance.

Balance means many different things to different people: physical balance, work-life balance, relationship balance and so on. But the body doesn't care about our mental definitions of balance or our ego-driven attempts to maintain the status quo in our lives; the body only knows when something feels good, and when something doesn't feel good.

'Body Talk' - opening up the lines of communication.

There is no right or wrong way to tune into your body; all it takes is for you to create the space to receive without judgement. For some people, the answers come 'loud and clear', for others it's like a whisper in the ear, a gut feeling, visual cues and symbols or re-occurring words.

1. Create an inner dialogue and start asking questions!

Listening to your body can be as simple as: "My feet feel cold; I'll put on some socks." Or, it might involve asking some questions around a physical pattern. For example: "My right shoulder gets tense every time I sort my emails - what's that about? Body, how can we change this?"

2. Become the observer of your thoughts, actions & reactions

Be aware of when you use mental dominance to override your body's signalling. Are you ignoring pain and doing things even when they hurt? Are you making your mental checklist your first priority? Are you caught in an unconscious state of reaction to the people and the events in your life?

3. Listen to your body without judgement

Listen to those sudden and spontaneous urges that bypass the mind and tap into your innate body intelligence. It can be choosing to walk when your mind is telling you to jog. It can be eating an apple instead of a piece of cake, or, sometimes it's eating a piece of cake instead of an apple! (Hint: you'll feel a sense of lightness after making a choice that is in alignment with your body's guidance.)

Energetic blockages literally block our body's ability to communicate.

"I can't hear anything; I'm getting too much static!" Unfortunately - particularly in terms of energy flow - adults are often taught to suppress rather than express. Unresolved anger, resentment, fear, guilt, shame, excessive worry or an unwillingness to forgive are toxic emotions for the human body; these emotions also shutdown the body's ability to properly communicate.

"I'm fine, really I am" Thoughts, emotions and feelings are living in our cellular memory. Present pain is often a past experience in disguise, a living trauma that has taken root in our cellular memory, which thrives on non-acknowledgement and darkness. There are often things in our life we'd rather not feel - our hurts, our fears or even our desires and dreams.

Many of us shun and create an aversion toward these problem areas, and we emotionally disassociate from them. Paradoxically, these places in our body - once located and felt - hold the key to their own resolution.

What's laughing, crying and sneezing have in common? They're all emotional releases!

Young children are natural energy releasers; they instinctively know the importance of releasing toxic emotions, and they don't care whether it is socially appropriate or well-timed. Innate body release mechanisms include: yelling, screaming, burping, sneezing, yawning, crying, laughing, spontaneous shaking or body tremors.

Bringing the body into balance: emotional release for adults

Energy is dynamic and flowing; it wants to move and communicate! Energy healing modalities can help facilitate your body's natural ability to release. For example, emotional release bodywork focuses on applying deep, sustained pressure to specific emotionally charged points of the body that relate to chakra and meridian systems. People are encouraged to connect with the sound that would accurately express what they are feeling. Sometimes emotional release is loud and raw, other times, it is subtle and soulful.

When tuning into your body, one of the most helpful questions you can ask yourself is whether or not it is harder to hold on than it is to let go?

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