Listening To My Body’s Messages

Listening to your body is one of the keys to living a healthy, happy life, but unfortunately we haven’t been taught how to listen. When we feel pain we often run to the medicine cabinet for a pain reliever instead of taking time to listen to what the pain is trying to tell us. The media and science tells us what to eat. We have not been taught to trust our inner guidance to know what foods support our own unique biochemistry.

The truth is, no one lives in your skin and can understand your experiences the way you do.

Your body is sending you messages all the time.

Listening is a key component in your relationship with your body. In any relationship it is important to listen the other person. Feeling heard encourages better communication. If you had a friend with a problem and you told her you didn’t want to hear it, how would she feel? She would either get angry making you listen or stop talking to you. It is the same with your body. If you don’t listen to it, the messages either get louder creating discomfort or pain so you have to listen or you get shut off from hearing the voice of your body leaving you feeling like you don’t know what it wants or needs.

Listening to your body begins with loving it and feeling loved by it.
(morning tapping process)

If we don’t like our body, feel let down by it or embarrassed about it, we naturally tend to detach from it. When that happens we tune out our body, ignoring or suppressing its natural aliveness, juiciness, sexuality, and intensity.

When you listen to your body you are able to give yourself the food, kindness and understanding that only you know you need. You and your body are on a beautiful journey of discovery, allow it to unfold gently. Aren’t you curious to hear what your body has to say? Over time you will learn to trust the signals and find a feeling of peaceful understand developing between you and your body.

Here are a few rounds of tapping to open up to hearing your body’s messages.

Honor your body’s messages; don’t discount them. Simple, prompt action is sometimes all it takes. If you're tired, rest. If you're hungry, eat a delicious meal. If you're stressed, take some deep breaths, go outside into the sun or if possible get a relaxing massage.
**Lets Tap** *(Tapping Points)*

Take a deep breath, feel your body in the chair, wiggle your toes, get still. Think about listening to your body. How do you feel about it? Do you feel it is hard to listen to it? Perhaps you feel confused or even afraid of what your body might say. Just notice how you feel and where you feel it in your body.

**How well are you able to listen your body’s messages?**

Give it a number from 1-10 with 1 being hardly at all and 10 being very clearly _____

If a feeling comes up, give the feeling a name “*I feel _____ confused, afraid, sad,* (what ever comes up for you) *when I think about listening to my body.*”

In this tapping, I will use some things I have personally experienced as well as those from my clients. Change the words as needed for your own feelings.

**Starting on the Karate Chop Point**

Even though I don’t really know how to listen to my body, I love and accept myself and I am open to discovering what my body has to say.

Even though it is hard to listen to my body, I am not sure I can trust it. I deeply and completely love and accept myself with compassion.

Even though I am afraid to listen to my body I am afraid of the pain or emotions that might show up, that’s ok I honor all of my feelings and trust life will show me the way.

**Tapping Through the Points**

I want to listen to my body but I don’t know how
I feel some resistance
I wish I didn’t but I do
I am not even sure why
I don’t have time to listen to my body
It is hard to listen to my body
It is too confusing
What if I don’t hear anything
It doesn’t feel safe to listen to my body
What if there is too much emotion

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How can I trust what my body says
I am afraid of what it might tell me
I am not sure I can believe it
I might not like what it is telling me
What if I do it wrong?
Can I really trust my body?
All of this doubt
All of this resistance
Wherever I learned it
It is time to let it go

DEEP BREATH

I choose to let go of my resistance
I want to discover to what my body has to say
I listen to my body’s messages with love
I am safe in my body
I trust my body to guide me
I appreciate my body’s wisdom
We are in this together
Lets get to know one another
I want to hear your messages
Lets be friends
As I listen to you
I am guided to what is true for me
My body knows what I need
I am listening each day
My body loves me
I trust the guidance of my body
I love getting to know my body
We are having a great time together

DEEP BREATH

Check back now: **How well are you able to listen your body’s messages?** What is your number now _____
If any feelings came up for you, tap on those.

Keep tapping and start listening. The messages might be small and timid right now, but listen for it. **Ask your body right now “what would you like to share with me?”** Notice what comes up. Even if you don’t get an answer immediately, you will, just keep listening.

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