

Freedom from Emotional Eating; *Changing your relationship with food*



Building a relationship with your body

When we ignore the care of our physical self for so long, or only pay attention with negative thoughts and beliefs, we ruin what should be one of the most important relationships of our lives; the one with ourselves. This exercise tries to enable you and your body to communicate with each other, for the positive care of the physical being that you are. By caring and loving yourself, you will find that your body will respond positively; whether it's releasing weight, diminishing pain, strengthening muscles or a better sense of high energy. There are NO downsides to this!

As you do this exercise please remember that **you are not parts, you are a whole**. So now IS the time to start viewing yourself as such! If you struggle the first time, keep trying; it really is worth it.

Ok, have a pen and paper handy to make notes.

1. Sit quietly; hand on heart if that helps.
2. Set an intention to connect and communicate with the voice of your body.
3. Ask your body: What kind of food would you like to eat? What food that you currently have that it needs more of? Is there anything it would like to eliminate temporarily or permanently?
4. Ask your body: what kind of exercise would it like to do? How often? How long for? Is there any exercise that you currently do that it would prefer not to?
5. If there is a specific area of the body that you are uncomfortable with, say to your body: I am uncomfortable with (insert area here) is there anything we can do together to enable this area to (tone/flatten/lessen etc).
6. Ask anything else that you would like to know; you are building a respectful and loving relationship and communication is really important.
7. Please listen to the replies with allowance and openness. Your body is not trying to sabotage you, or make you feel bad. It's doing the best it can in the current situation.
8. Once you have finished communicating with each other, please say thank you and act with integrity. Your body will be trying to learn to trust you; so please act upon what you have learned.

For those of you with a spiritual leaning, I'd like to share with you a 'download' that one of my colleagues and I received during an EFT/ Matrix Reimprinting/ healing session we did together in December 2016, specifically regarding body image acceptance for ourselves, all the women of the world and for the planet (Mother Gaia).

We were shown that there can be a parallel drawn between the way we mentally and physically harm ourselves and the resultant harm to the planet. Each and every time we are unkind or harmful to ourselves, we create a pain and the planet feels this pain. So, if you struggle to be kind and loving for your own good, please use this as a way to help you move away from negative behaviours and towards loving to yourself and Mother Gaia. Namaste x