

Chapter 1 : 3 Ways Your Body Talks To You – Radiant Self Care

The body has a simple language that children and adults can understand. Many adults and children experience some kind of discomfort in their bodies at some point in time.

One thing true of human beings is that once something an event, a thought, an emotion, or whatever becomes familiar to us, it slips below our threshold of awareness via a process called habituation and we become unable to perceive it with our conscious mind. But this linguistic anomaly fails to describe the elegant processes taking place within a human body. Therefore, there may be an immense gulf between the food or substance the body is actually requesting and what we in our ignorance select to eat. The question is logical: Millions of years ago—through what may have been an evolutionary hiccup—humans lost the ability to synthesize their own vitamin C. Since vitamin C is vital to stress management in the body, humans had to develop cravings that would lead them to seek out the fruits which were its richest source. Similarly, our inborn taste for salt probably exists because millions of years ago we were largely herbivorous and like deer needed salt to balance the overload of potassium our vegetarian diet provided. This misguided attempt to control the body is particularly common among dieters. Dieters are usually terrified of the idea of giving up control over themselves; they think of it as the equivalent of letting a mental incompetent hold a responsible job—“who knows what disaster would follow? Their rational mind, used to controlling things, cannot comprehend that the irrational things the body seems to be doing retaining water, for example are simply the things it must do, given the circumstances. Diets as we know them are diabolical schemes for keeping overweight people estranged from their bodies. You decide to have a go at it. This is like seeing a size 4 pair of shoes in a shop window and buying them even though your feet are a size 8. Ignoring the message, or trying to muffle it or change it, is simply a willful ignoring of the clearest form of reality you have access to. You may not like your overweight body very much, or like what it is saying, but it is being as honest with you as it can be at the moment. Every one of its infirmities speaks of the wish to return to health. The body is constantly trying to keep itself in the best equilibrium possible; if you constantly make yourself feel anxious and thereby put your body continually out of hormonal balance, it will arrange cravings for you that will redress that imbalance. The body carries out innumerable unseen activities just to keep a person in equilibrium. The body is a miracle, performing each day a wide range of extremely complex functions over a range of conditions that would cause other, lesser machines to sputter and die. We need to talk about all the fail-safe mechanisms because it is essential that every dieter be impressed with this one fact about the body: Naturally then eating is an important emotional experience. My diet concept begins by isolating you from external noise so that you can concentrate on your internal sounds. Then it shows you how to interpret and evaluate these sounds for the important signals they are. I used to eat mostly with my head, paying attention to my ideas and memories of food and to its taste, but ignoring the food once it was swallowed. Now I eat more with my whole body. In addition to *Thin is a State of Mind*, Bryan has written a doctoral dissertation on the poetry of Elizabeth Bishop, and has ghostwritten a bestselling self-help book. Her work has appeared in *Vogue*, *Self*, *Family Health*, and various museum and computer-science publications. She is currently working on a forthcoming title, *Metathinking: Working Knowledge for Women*.

Chapter 2 : Your Body Talks to You, take the time to listen - Millennium Education

Once you know and understand your body talks to you all the time, it won't have to scream at you to get your attention. Remember, your body talks. Jean Sheehan is known as the ' Walking Talking MRI '.

Learn to Listen to Your Body. The body has a simple language that children and adults can understand. Many adults and children experience some kind of discomfort in their bodies at some point in time. Many of these discomforts is not quite understood. These discomforts is the bodies way of talking to us telling us that something is not quite right within the functions of the body. Statistically it has been shown that children are now being diagnosed with adult chronic illnesses. When children suffer discomfort they do not know how to express these discomforts due to a lack of understanding how the body talks to them. In turn these discomforts can affect their lives on a personal level and even their future. This book aims to introduce the simple language of the body to help children and adults to make better decisions regarding their health by understanding the language of the body. This book is filled with fun and colorful pictures for adults and children to enjoy. The information in this book has a simple yet powerful message to bring awareness to the language of the body preventing chronic illnesses later in life. The illustrations are great! Children and parents stand to learn much from its contents. Teachers can use it as a tool for beginning sensitive topics about the body too. Lindie Taylor did a good job with details, evidently well researched and pitched just right for children to appreciate and enjoy. I recommend as a book for the entire family. Handles sensitive topics in a fun way. Illustrations are bright and kid friendly. The information could really help children make good choices. For more questions or to schedule an interview about this press release please contact us at or email info bestsellerpublishing. Lindie Taylor has been working in the health industry since and is an internationally qualified colonic hydrotherapist. Taylor specializes in helping individuals with constant back and general body pain. Her two books are awareness books to help children and young adults make better decisions regarding their emotional and physical health.

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Imagine if you were your own doctor and were able to understand what your body is saying to you, particularly in times of pain and disease. What do you think your body would be communicating to you? The truth is that your body is the only thing you will ever truly own in your lifetime. Your body holds onto experiences, thoughts belief systems and unconscious secrets. Steven Steven was a client of mine who wanted to pursue his career in golf. He excelled in this sport and was keen to enter professional competitions. However, Steven and his wife were expecting a baby. As a result, he felt selfish when he left his wife to play in golf tournaments and feared the lack of stability this career might bring. As Steven was pondering these concepts, he fell and broke his ankle. He did not realise it, but his ankle was expressing exactly how he felt about taking the next step of change and lack of stability Each body part has an emotional link and metaphysical meaning. The metaphysical meaning for the ankle is selfish, next step, change, stability and decisions. Two months later Steven made a confident decision that his next step forward would be to be a dad and to play golf as leisure rather than as a career. Casey Casey was a year-old girl who had constant headaches. She was unable to focus and her parents tried everything to help her. They had seen neurologists and psychologists and tried all sorts of medications. Her cranial bones were holding on to something. She felt the need to be alone to protect herself. The metaphysical meaning of the cranial bones is about holding on to and protection. If there is no free movement in this area your body talks, there will be generalised headaches. Once her parents were made aware of this situation, they assisted her with home schooling "in which she thrived" and her headaches promptly disappeared. It was almost as though she had created the headaches to create what she wanted most. Anna Anna was a full-time working mum who was struggling to lose weight. She had four children who she adored and was always there for them. After work and on weekends she would be in a rush driving her children to after-school activities and then go home to complete the housework, etc. Unfortunately, Anna found that she had little time for herself and felt suffocated. Welcome to the thyroid, her body talks and weight gain! The thyroid is concerned with activity, feeling suffocated and dedication to self. Everything Anna did was for somebody else. It was time for Anna to have a lifestyle change, which would allow her weight to shift and for her to have time for herself. Her body talks by screaming at her to look after herself, but she did not understand that. Within four weeks, she lost 8 kg. Anna was now being her own best friend. So next time your body is ill, in pain or something else is going on, have a look at what is happening in your life. What are you feeling, what are you wanting and what are you not communicating to yourself or others? Remember, your body talks. She left nursing, pathology and autopsies to build her internationally recognised and award-winning business from a dream in her heart.

Chapter 4 : Listen to Your Body Talk - mindbodygreen

"Your Body Talks to You" is intended to be a serviceable and easily used manual for people who are essentially "do it yourselfers". Basically, it describes the problems and causes of being overweight and the associated complications. The expedient methods to correct the problem are outlined.

Our bodies are geniuses, but usually our thoughts and beliefs hinder their ability to achieve and maintain perfect health. We think we need all kinds of medications. However, a large part of why they work so well on us is our belief that they will work. As with most beliefs, this one is a self-fulfilling prophecy. And so it does. Mind Over Body We influence our bodies with our thoughts. This is an indisputable fact. Our brains communicate with every cell in our bodies with hormones. Different thoughts release different hormones. Imagine a juicy steak, or a vat of vanilla ice cream, whichever you prefer. Imagine the smell, the look, the taste. Now imagine taking a nice bite or spoonful. You have just made yourself salivate with thought. Imagine the sights, sounds, sensations. Do that for a minute or two and your body will be activating the sexual response: You can do this exercise with any number of things. If you try them out over a period of time, hopefully you will be able to prove to yourself, as I have to myself, that you are capable of healing pretty much any ailment you experience. The placebo effect is simply the body handling business without external factors, or often, in spite of them. So often we look to external factors and forces to make us feel a certain way when the answer was always within. When we embrace the placebo effect instead of discounting it, the effect becomes more pronounced and better able to be controlled and manipulated to our benefit. I regularly speak to my body. It understands and follows orders very well because: 1. I trust it to listen; 2. But the end result is real energy and wakefulness. While we sleep, our bodies undergo all kinds of complex functions to maintain or obtain health. To prepare for a new day, to recover from a long one. We become cornucopias of flowing hormones, and we can influence the flow to a large degree. We can speak out loud, in our heads, speak as if to a god or as if to a child. For example, last night: Oh and that damn shoulder huh? Alright man, good luck. You can keep it to yourself and your craziness will remain private. I can no longer do so after this post, or many others on this site. Make sure to do so in vivid detail and to focus on the positive emotions resulting from the visualizations. When the emotions spring up, revel in them and experience them fully. Feel in your mind what it would feel like to have a perfectly healed arm. If you want to lose weight, visualize yourself in detail at your desired weight. Odds are, your body has healed you from quite serious ailments in the past without your conscious knowledge of it. Now all you need to do is give it a little prodding, and again, the very best time to do this is right before you go to sleep when the body has several hours of uninterrupted healing ahead. Visualizing is just another way of communicating with your body, and it can be especially powerful when combined with having an actual conversation in your mind. Some allergy symptoms e. After trying to work for a few hours, I decided to lie down and have a lengthy conversation with my body. In this particular case, I spent a full hour in bed, completely relaxed, and spoke with my body. I asked it to energize me and remove whatever was causing the oncoming sickness. When I rose, I felt perfect. In the past, I would have assumed there was nothing I could do, and would have likely spent several days feeling terrible. You can only prove it to yourself, and you can only even do that by trying it. What do you have to lose? There are some steadfast rules by which we human creatures are bound in this particular physical reality. By believing we are bound by these seeming rules, they become limitations. The Most Important Message of All If you love and respect your body, it will love and respect you back. Give it a little tough love by pushing it physically, then feeding it some natural, nutritious foods. Be the best master you can be.

Chapter 5 : Can Your Body Talk to You? | Wellness MCUniverse

About Your Body Talks to You: Learn to Listen to Your Body by Lindie Taylor The body has a simple language that children and adults can understand. Many adults and children experience some kind of discomfort in their bodies at some point in time.

Subscribe Your Cells Are Listening: When this perspective was introduced to me, I was suffering from a severe chronic pain disorder. I suddenly imagined incorporating this concept into my meditation routine. I thought, Can my body hear me? Can I talk to it to gain its cooperation in healing this condition? That night, after reaching a state of deep calm through meditation, I inwardly engaged my body in a heartfelt conversation, with hope, but having no idea what to expect. After about one hour of this focused communication, something amazing happened. My tissues began to respond. Connective tissue pulled and stretched apart layers of scar tissue. Nerves fired and my calf muscles began to perform flexion and extension exercises independently of my conscious control. As this response continued, one of my calf muscles that had become paralyzed by the neuropathic condition "diagnosed as Reflex Sympathetic Dystrophy" came back to life as electric-like jolts shot through the area. My heart pounded as I realized that the path to my freedom from this condition had finally begun. With a background in acupuncture and Oriental medicine, I knew too well how prevalent chronic pain is in this country and I wondered what the implications of this phenomenon could mean to so many others who were suffering. As I continued to make progress with my condition, I organized my approach into a system that I could teach to clients and shifted my professional focus to hypnotherapy. When instructing my clients, I explain that a regular meditation practice is necessary to train the brain to enter alpha and theta brain wave states. While in these states, communication between the conscious mind and the physical body is dramatically enhanced. I have found that when communicating, there are three key steps to gaining the cooperation of the body: Approach your body with genuine compassion, understanding that it is made up of conscious cells who experience emotions. Build trust by engaging your body in mental conversations about your desire for the two of you to cooperate and overcome the ailment. Allow changes in the conversation by using different thoughts and words that elicit spontaneous elevated emotions. From my experience, the above guidelines are necessary to achieve dynamic healing responses in the body. I recently came across a very similar set of factors that were discovered by researcher Cleve Backster, who spent 36 years studying biocommunication in plant, animal and human cells. He referred to these factors as real intent, attunement, and spontaneity. Biocommunication with plants, living foods, and human cells, White Rose Millennium Press, , pp. Biocommunication with plants, living foods, and human cells, White Rose Millennium Press, , p. This moment occurred one February morning in when he decided to monitor the *Dracaena* plant in his lab utilizing polygraph equipment. He attached the electrodes to a leaf and began to think about ways that he might induce a surge in electrical activity in the plant. In humans this surge in electrical activity is associated with intense emotions. He suddenly imagined burning the electroded leaf. The same instant this idea entered his mind, the polygraph pen shot to the top of the chart showing an extreme reaction on the part of the plant. When he returned with the matches, the plant was still showing the same high level reaction which would interfere with tracking additional changes on the chart. At this point, the chart displayed a downward trend as the plant apparently began to calm down. When Backster attempted to repeat the same results by pretending that he was going to burn the plant, there was no reaction. The plant seemed to sense the difference between real and artificial intent. He eventually discovered that plants become attuned to their primary care takers, responding to both their positive and negative emotions and to their return after being away for a time. Chart findings also showed that plants prioritize the emotions of their primary care takers over the emotions of others nearby. Backster later expanded his research to include testing human cells for signs of consciousness. He found that spontaneous emotions were necessary in order to elicit an electrical reaction in the cells. For instance, if a donor forced herself to feel an emotion, the cells would not respond. However, when she received a distressing phone call from her daughter, the cells reacted significantly. Adams He noted that distance seemed to be irrelevant in these experiments. For example, a donor left his electroded

cells behind in the lab, then kept a detailed log of any stressful emotions experienced on his trip home to another state, such as missing a turn on the freeway, standing in a long line at the airport, and the take-off of his plane. Later, his logged incidents compared with the chart recording showed strong correlations between the timing of the stressful events and the electrical reactions in his cells. The chart became quiet again when he arrived home and went to sleep. These experiments were conducted while using equipment that screened out electromagnetic radiation – the usual energies used for information transmission. Some scientists believe that the further development of quantum physics may help guide us to understand this field that communicates emotional intent between living things. Quantum Entanglement is a process where two particles of matter which have interacted with each other, still behave as if they are connected after being separated by many miles. When an energetic change is made to the properties position, momentum and rotational spin of one of the particles, the properties of the other distant particle will change at the same instant. Ancient cultures understood this interconnection as a living universal energy field that sustains life while guiding the evolution of consciousness throughout the universe. The meditation techniques involved in my practice bring the mind into attunement with this field. Energy from this field is then focused into a physical healing event through clear intention – delivered by means of a conversation that evokes spontaneous emotions – and attunes the physical body to the conscious mind. This method which I call Antara Sanskrit for within , enables one to experience the raw creative healing ability generated by an alliance of the mind and body with this living universal energy field.

Chapter 6 : When Your Body Talks to You, What Is It Saying?

So today, I'd like to share the 3 ways that your body talks to you so that you can become better at listening (and hopefully, at following the breadcrumbs!), which are as follows: Chronic Physical Pain, Tension, or Dis-Ease.

Our body is a pretty good indicator of what it needs. It tells us when we are hungry, when we are full, when we need to rest, when we are thirsty, when it needs its next breath, when to go to the bathroom and even how to birth a child. Then why do we let our minds tell us when to overeat or deprive or self-sabotage? Toxic thoughts that become toxic beliefs. We have taken this toxic fuel in and embedded it into our own belief system we carry with us throughout life. We then project those beliefs outwardly in the form of destruction and in this case on the body. Perhaps you were deprived as a child of certain foods and were told they were bad. These are just a few reasons why we might choose to vandalize our body in these ways with our excessively unhealthy impulses surrounding food. It sounds crazy right? If only it were that easy. This toxicity we carry around is buried so deep within us that it takes a lot of soul searching to peel away each toxic belief layer by layer. I had a love-hate relationship with food. I had thoughts like these at one point in my life. It was a dark place filled with self-hate, self-sabotage and destruction on my mind and my body. I chose to listen to my ego over my body. I chose to take every negative belief into my current state and project it out into the world and onto my body in the form of overindulgence, which then led to deprivation, starvation and over-exertion. It first started with me overeating. Eating when I was sad, when I was happy, bored or simply because it was there. I had a love-hate relationship with food, which caused me to have a hateful relationship with my body as I started to gain weight. That then led to deprivation. I thought if I ate, I would gain weight. If I gained weight, I would not be accepted. If I was unaccepted, I would feel unloved and lonely. Little did I know I was headed towards a much lonelier place. I felt my life crumbling. Our minds play tremendous tricks on us. All you need to do is simply reverse your thought pattern and let your body take over your mind. Let your body give you cues and then decide what it needs. Your body is not against you! It is YOU! It wants to be nurtured. The more you practice listening, the more you will understand its language. See what your body says. Maybe write it down. Does it need rest? Does it want to go dancing? Have fun with it! The more attuned you become, the more connected you will be and the easier it will be to hear your body in order to make healthier choices in life. You CAN do this!

Chapter 7 : Talk to Your Body for Easy Healing - Our Mind Is the Limit

You can help yourself, and your doctor, by learning the language of your body and becoming an active participant in your own journey towards better health. Food for thought In Abdu'l-Bahá, the much loved son of the founder of the Bahá'í Faith traveled from Palestine to the United States to spread his father's message.

Chapter 8 : Amy Cuddy: Your body language may shape who you are | TED Talk

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Chapter 9 : 4 TED Talks That Will Help You Embrace the Body You Have

Listen to your body talk and then respect what it is telling you. #beauty #body image #mindfulness #personal growth #sleeping. Kelly O'Brien. Kelly's goals are vast.