

# ***YOUR BODY BELIEVES YOU***

**Chapter 2, Second Book in the Series**

***LOVE ME, TOUCH ME, HEAL ME***



**THE PATH TO**

- \* **PHYSICAL**
- \* **EMOTIONAL**
- \* **SEXUAL**
- \* **SPIRITUAL**

**REAWAKENING**

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## ***TOUCH ME ... PLEASE***

**Touch connects you to the world. Touch teaches. Touch heals. Sometimes touch hurts. Touch is powerfully intimate. Through touching and being touched, you feel. When you are touched with love, respect and gentle caring, your hearts becomes open and receptive to love. Through loving touch you feel accepted, acknowledged, understood and loved.**

**In the complete book, you focus on your body, taking time to explore each of your senses, especially your sense of touch. You examine what you believe about touch, how you have touched and been touched, how you expect to be touched, and how you can create loving touch in your life. Here you are introduced to the various body therapies available that can help you to alleviate discomfort and pain and eliminate whatever blocks you from easy movement and the enjoyment of touching and being touched.**

***YOUR BODY BELIEVES YOU***

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***TELL IT WHAT YOU WANT IT TO HEAR***

***YOUR BODY SPEAKS THE TRUTH***

***LISTEN TO ITS WISDOM***

***YOU AND YOUR BODY ARE ONE***

***TREAT IT AS YOUR BELOVED COMPANION***

***HONOR IT, LOVE IT***

***IT IS YOURS FOR LIFE***

## **EXCERPT FROM *YOUR BODY BELIEVES YOU***

**Your body listens to every thought you have and every word you speak. Responding with sensations, facial expressions, postural positions, illnesses and injuries, our body continually offers us messages. Neurotransmitters, specialized chemicals, distribute these messages to every cell in your body, altering your immune system.**

**It is not just the amount of stress or the attitudes and behaviors of the people in your life, but your own perceptions, thoughts and emotional responses that determine the quality of your health and intimate relationships.**

## ***LET YOUR PRECIOUS BODY SPEAK TO YOU***

**Sit quietly, in a comfortable position.**

**Place both of your feet securely on the ground.**

**Close your eyes and take an easy, slow, soft, deep breath.**

**Allow your mind to focus on your body.**

### **Listen For Body Signals.**

- *What do you notice first?*
- *What part of your body is calling for your attention right now?*

**If more than one body part wants attention, choose ONE part now.**

**You may repeat this exercise again for other parts.**

## Automatic Response

- *If this body part had a mind and a voice, what would it tell you about your life, your relationships, or your self?*
- *Is something or someone causing you to feel pain, anger, frustration or some other upsetting emotion?*

## Sit Quietly, Breathe Deeply

**If The Answer is "No."**

**Appreciate any good feelings you may have.**

**Appreciate your body as your temple, your home.**

**Give yourself a grateful and loving hug.**

**If the answer is "Yes" – Continue ...**

## Ask Yourself The Following Questions.

Allow the answers to come to you.

Listen to the answers you receive without judging or censoring.

- *What has happened that you have allowed this person or situation to disturb you?*
- *Is there something you've been trying that you've been unable to do?*
- *What do you need to learn, change, practice, experience or study?*

## Imagine Your Body Is Your Precious Newborn Baby.

- *Would you continually ignore your baby's cries for attention, food, or comfort?*
- *Would you let your baby scream until he or she totally shut down?*
- *Would you make your baby keep moving without any rest?*
- *Would you deliberately deprive your baby of food and nourishment?*

## **Listen to the message your body is sending you now.**

- **Stay quiet.**
- **Reassure your body that you are indeed paying attention.**
- **Gently rock and hug your whole body.**

## ***Talk to Your Body***

*Talk to your body, either aloud or silently in your mind.*

- *Ask your body what it wants and needs right now.*
- *Talk to the parts that are injured, ill or hurting.*
- *Discover what you can do to soothe yourself.*
- *Talk to the parts that are old or no longer attractive.*
- *Send them your unconditional love and acceptance.*
- *Talk to your organs or body parts that are missing.*
- *Send them your love, thank them for having served you in the past, and say goodbye to them now.*

- *Talk to the tumors, cysts, cancers and other growths that have been removed.*
- *Forgive them for any pain or problems they caused, thank them for what they have taught you, send them love, and say goodbye.*
- *Talk to any unwanted cell growth on your body now.*
- *Ask why the cells are growing and what lesson they might provide for you.*
- *If you have had any miscarriages or abortions, talk to those unborn fetuses now.*
- *Ask for their forgiveness, or say whatever you need to say, send them your love and say goodbye.*
- *If your body has been abused, physically or sexually, by someone else, give your body the love, compassion, understanding and acceptance it has been craving.*

- *If YOU have abused your body or have allowed it to be abused, physically or sexually, forgive yourself and give your body the caring love that it so desperately needs.*
- *Is there anything else you want to tell your body now?*

## **PROMISE**

**I will be kind to my body in thoughts and words and actions.**

## **HOW TO CONTINUE ON YOUR HEALING PATH**

### **OPTION 1**

**Schedule Your Complimentary Healing Through Love Session**

**<https://LoveNow.life/HealingThroughLoveSession>**



## OPTION 2

Choose A Healing And Loving Book

<https://LoveNow.life/AmazonBooks>

