

When and how to use these techniques

Morning usage:

I love to start my day by checking in to see if my body needs some assistance or if it has some wisdom to share. Most often I just ask what I can do for God. Should you choose to start your day by using these techniques, you can take ten minutes to gain knowledge, refresh yourself and hear what your body wants you to know before you put your feet on the floor. This is a great time to get a head start on your day.

Your body will tell you everything you need to know regarding your organs and systems. It can be very specific about body parts or it can use symbols to represent what the organ or system does. For example, a pipe may be the symbol for the esophagus or the intestines, a picture of the heart can represent exactly that; the physical heart or it may be trying to draw your attention to the heart of a matter. It is important that you pay attention to anything and everything your body tells you and shows you so that you can become familiar with the way your body naturally communicates with you.

You can ask questions such as these or you can make up your own questions.

Is the body experiencing balance or imbalance today? If so, what organs are in need of my attention?

What emotions reside within this particular organ?

What memories are connected to this particular emotion within this organ?

What roadblocks might we encounter today?

What kind of food should I eat today to best care for my body?

What color would you (the body) prefer to wear today?

Does this body want exercise today? What kind? How much?

Who do we need to be in contact with today? (Or you can phrase the questions using words such as, this week or this month.)

Would you like to go on a vacation? If so, where would you like to go?

Where should we live that would allow this body to resonate at its best?

What is our divine purpose while we are here within this body?

Are we in the right job situation currently?

Does this body want to heal? Do I want to heal?

Asking **specific** questions is imperative. Knowing whether the body wants to heal, or whether you consciously want to heal will allow you to cut through to any deeper issues that may exist. Some people do not want to get well, even if their body does. They feel as if their illness serves a purpose and they will be less apt to let go of it if they feel this way.

If your body does not want to heal, you may then ask more questions which would include the one most people need to ask.

Why do I choose to hold on to this illness?

What purpose does this illness serve currently?

Is what I am feeling coming from within me? Or...is what I am feeling coming from someone or something outside me? Does this person live near me? This is a good question to ask when we are around other people that are marinating in nasty energy. Since we are all energy beings, we absorb the energy of those around us. If you live with, or are, the caretaker for someone who has a debilitating illness you may wish to check in regularly to be sure that your body is not picking up on that person's energy. By getting more familiar with the cells within

your body you will be more apt to distinguish what is coming from you and what is coming from someone else. By being aware of what is inside, we are less apt to take on the feelings of others.

If you are one to wonder what someone else is thinking and feeling you need to use care in trying to communicate with others on a cellular level. Be clear on your intent when you choose to ask questions pertaining to others as well. You should never ask questions about others when you are living in expectation of them. This means that, if you *want* them to think and feel a certain way, you will most certainly end up feeling disappointed when you are faced with their truth rather than your own. When we live in expectation of others and we ask our source for answers pertaining to them, there is a chance that our source won't answer. What happens next? Our conscious mind jumps in and answers for our God-source, thereby offering information that is untrue because we are trying to control or manipulate the matter. My advice is to be very clear on *why* you want to know things about others. If you only want to know something because you are lusting after an outcome, you should refrain from asking!