



Listen To Your Body Talk

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Thank you and enjoy reading.

Listen to Your Body Talk

Your body can and does communicate with you at all times, such as when you feel hot, cold, pleasure or pain. Yet when you go to work, out with you friends and family, sleep, eat, dance, live your life, you are likely to take your body for granted. Oftentimes people don't pay attention to their bodies.

You may even stuff your emotions into your body. Once in a while you may pretend the pain and the hurt you feel are not there. You can ignore them for a while, but eventually they will surface in ways that may be familiar but undesirable.

Maybe most of your life, your feelings, wants, and desires became confused or controlled by other people's needs and expectations. What about now? Are you ready to start taking control of your life? Are you ready to take the time to become more caring and more responsible for who you are? To begin living your life for yourself, respecting and appreciating who *you* are?

You can begin by letting go of old habits that have been blocking your true feelings. Let go of unhealthy habits that have supported and cushioned you to this day. Let go of habits that have become a buddy system and have since been working to your detriment. For example, smoking, overeating, oversleeping, drugs, alcohol, gambling, insomnia, anorexia, and many others that cause you to deny your true self.

Begin by creating or finding a safe place. This may be your own room, your backyard, or a friend's house. Remember, as you let go of your old habits that mask your feelings, you may begin to experience or feel the tension behind or beneath those habits. You may even have a tendency to avoid the underlying feelings and resume your old habits. Yet it's ok to allow the suppressed, hurt or angry feelings surface. Become sensitive to what is happening within your physical and emotional body. Let your feelings out, scream, cry or laugh. Let the knots of tension go. Knowing that it's going to be hard at first, *it's time to listen to your body talk*. It's time to trust and accept your self.

The important thing to remember is that you *do* have a choice and you *do* deserve better.



Listen to Your Body Talk Meditation

Mind/Body Relaxation

Take a deep breath and close your eyes. Now imagine being inside your mind. Notice what that space looks or feels like. What's your sense of this space? Imagine a switch in this space. It can be any size or shape. This switch allows your muscles to let go so that you can relax even more deeply than before. Whenever you turn off this switch, your muscles relax instantly. Find your switch now and when you are ready, turn it off. Remember that you're in complete control and can turn it back on whenever you want... Notice how much more relaxed you are when the switch is off.

There is another switch in this room. This switch slows down and quiets your thoughts. Locate this switch now and, when you are ready, turn it off. Take a few minutes to enjoy this deep relaxation.

Now, when you are ready, turn the switch back on.

Image Rehearsal

This allows you to practice a new behavior in a safe setting. If you want to feel calmer and more in control, then see yourself with that behavior. Write down how you would like to act at work, at school, with family or friends. What is the change you'd like to make and feel about yourself? Use as much detail as you can. If you want to feel calmer, think about what circumstances and which persons you need to feel calmer.

Take a deep breath and close your eyes. Form a clear picture of the new scene. Notice your surroundings and fill in as many details as you can. Notice what you are wearing. Feel all the emotions. Fully experience this new behavior. Notice how good it feels to act and react the way you want. You are in complete control of your own responses.

Finish up your scene now, and remember where you are in the room. Take a deep breath and open your eyes.



Listen to Your Body Talk Affirmations

Discover Your Reoccurring Patterns

To do this exercise you must find yourself a quiet place and gather your thoughts and feelings. Get a piece of paper and a pen. Sit down and clear your mind. Remember that being honest and true to yourself is the only way to start knowing what you are to do in life. Leave the past behind and choose to change for the better and become a success, as we all strive to be.

Key questions to ask yourself:

- ❖ What have I been thinking that has created my life the way it is?
- ❖ What would I like to think in order to create my life the way I would like it to be?
- ❖ How will reaching the goal change my life?



Talk the Talk

To assist with your self-discoveries, you may choose one or two of the following affirmations that you'd like to work on. Use verbal affirmations to make strong positive statements that what you want already exists. Compose your affirmations according to your own personal needs. Use the first person, present tense, state your affirmations positively, and watch the results as you grow and prosper.

Affirmations:

- I am worthy of giving and receiving love.
- I do my best and my best is good enough.
- I am in charge of my own life.
- I trust myself and others in loving relationships.
- I create abundance doing what I love.
- I deserve prosperity and success.
- I forgive myself and others for all imperfect act.
- I easily ask for what I need—and expect to get it.
- I am a healthy, vibrant and energetic person.
- I care for my body.
- I love people and people love me.



Healthy Eating for Healthy Living

Set your *realistic* goals and intentions. Eliminate mental roadblocks and resistance. There is no need to judge yourself, this will only lengthen the process. Embrace yourself regardless and if you fall short of your goals, get back up and keep trying until you achieve them.

Foods to Eat

Whole Grain breads and cereals, Squash, Root Vegetables, Legumes, Green and Yellow and Leafy vegetables, Fruits, as well as foods high in Fiber

Foods to Minimize

Meat, Poultry, Fish, Dairy, and Processed Sugars should be reduced to once or twice a week

Drink Plenty of Water

At least six to eight glasses of water a day flushes out bodily waste, toxins, and excess retained water.

No Trans Fat

Trans Fat is a type of unsaturated fat that is processed and inserted into foods to make them ‘taste good’ or to increase their shelf life. Trans Fat can be found in trace amounts in meat and dairy products. Trans Fat is neither healthy nor nutritious, and is not easily absorbed by the body. Its consumption often contributes to coronary heart disease, cellulite, high cholesterol, and other health problems.

Control your portions

Eat the right foods at the right time and refuel only when necessary. When you are hungry, it’s time to eat. Follow this simple rule, and your body will thank you.

You are what you eat, and you control who you are. Thus you can control what you eat.

Talk the Talk

You can use self-hypnosis as well as affirmations to increase your desire for healthy foods that burn off fat and give you lots of energy while improving your health. You can use the following affirmations to realize your healthy living goals:

I only desire to eat foods that will contribute to my health.
I easily shed two pounds of fat a week.
I enjoy exercising every day.
I enjoy being physically active.
I feel strong and healthy.
I enjoy at least 20 minutes of exercise a day.
I easily drink at least six glasses of water a day.
I feel renewed and reenergized with each step I take.
I see the weight disappearing as I exercise.



Healthy Exercise for Healthy Living

Set your *realistic* goals and intentions. Eliminate mental roadblocks and resistance. Don't judge yourself, and embrace yourself regardless of whether or not you reach your goals.

Get Motivated

Getting off the couch and into the gym is half the battle. Once you get started on your exercise routine, you will want to keep going! 20 to 30 minutes per day, three to six times a week is recommended.

Exercising Does Not Have To Be Expensive

Take a walk with your dog, play some ball or go swimming with your kids, dance in your living room for twenty minutes, take a walk around the block during your lunch break, or hike your favorite mountain trail.

Set your Goal – Have a plan – Stay committed – Persevere

Relaxation Techniques

Healing with Water

This exercise is ideally done under the shower where water acts like the clearing waterfall. Let the flowing water clear away worries and anxieties from the day before and thoughts or memories that may have been causing you discomfort during the night.

Visualize it dropping, washing and falling away from you in the glistening droplets.

Water will clear negative energies and restore balance to the body, which has been affected by them. Washing is a process of cleansing, symbolic of an inner clearing, preparing for a fresh start.

For injured muscles or arthritis use cold packs or ice water. Five to ten minutes in cold water after a workout helps tired muscles recover.

Follow These Steps to Boost Your Immune System by Positive Stress

1. Recognize your well-being is dependent on how you care for yourself.
2. Acknowledge your weaknesses and turn them into positive mental expectations.
3. Understand that your feelings, your thoughts and the images you hold in your conscious and subconscious mind ultimately act and determine the course that you take in life.
4. Don't solve problems by looking to blame anyone else. It's a waste of time. *Find solutions* to problems within yourself.
5. Allow yourself to become the authority figure in your life.
6. Take responsibility for yourself, your choices, your actions, and your outcomes.
7. Accept yourself deeply and completely as you are.



Heal Within

Your Vision is Our Mission

We strive to stand by you in your personal journey towards self-renewal and inner healing. Acknowledge, discover, heal and transform yourself with the help of competent, qualified therapists.

Our unique approach will allow you to tackle your greatest health concerns while nurturing the truly beautiful and deeply loving person that you are. You deserve to blossom and bloom from the inside-out.

For the ultimate in deep relaxation, learn self-hypnosis.

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