

Your Body Knows The Truth

By Janet StraightArrow © 2004



According to ancient teachings, the attributes of a human are health, happiness, truth, beauty and light. For generations we have been disconnected from our intended experience as human beings. People can experience this earth life as heaven by retraining themselves away from limited thinking and awareness and learning to trust and remember who they are. Our body is our perfect ally and a great place to begin.

Learn to listen to your body so you can discover your truth. Try these simple exercises for yourself. Someplace in your body is a truth space. To find this, ask your body a question. Close your eyes, take a few full deep breaths. Ask your body something you know to be truth, like your Mother's name. The answer may be an energetic sensation in your abdomen or your heart. Or your body may reflect truth by experiencing goose bumps or warmth somewhere on your body. Untruths will be a very clear uncomfortable perception somewhere in or on your body.

Next, ask your body directly about your food and supplement choices. Detach from the answer so you do not influence the outcome. Ask a question about eating certain foods, "Is this food, nourishing and supportive to my body, mind, spirit?" Asking is enough, yet some people are clearer when they hold the item in their hand. Each body requires different foods, herbs and vitamins. Our culture tends to over do things that are supposed to be good for you. Less is often more for your body in foods and supplements.

Another avenue to explore is personal safety or appropriate action questions illustrated by this story. A friend of mine lives in Manhattan and she asked me if she should come to stay in New Jersey on the evening the Iraqi war began in 2002. I told her to ask her body. She said, "How can my body tell me if they will bomb New York City?" I responded that her body would address her personal safety and situation not the larger scope of attention. When she asked her body if she should come to New Jersey her body was immediately not comfortable. When she asked her body about staying at home in Manhattan her body was happy and clear about it. No Doubt. No Fear. Truth. She was comforted and she clearly knew staying home would be best for her.

Pay attention to your body's response to a person, place or situation. If it is unsafe or inappropriate your body will tell you immediately. We are accustomed to ignoring clear signals because we have been trained since childhood not to trust these signals and we have cut ourselves off from our body's wisdom. We may also deny things when we do not want to believe our signals about people and things. Listen to your body and trust the results. Danger or inappropriateness comes in many forms that we may not know at the time.

If you have an illness or a pain your body is telling you that something is not correct. Most colds or pains are illustrating your body's need to decontaminate toxins. Decontamination is a first step towards healing. Inappropriate food choices, relationships or environment as well as ignoring your own basic needs and holding memories of traumas, are some other reasons your body appears to be out of balance. "Listen", it says, "pay attention, make changes now, I want to be healthy, happy and free". Your body can return to its youth with your attention, support and by taking action.

We can trust our perceptions and selves more as we let go of what we are not. We are not fear, anxiety, anger, panic or pain. We are not the voices of what may be described as ego; I am not good enough or my perceptions cannot be correct, or it has to be this way or I know this already. Allowing deeper knowing to come to you is a practice of letting go of past beliefs and fears. From a place of neutrality and silence you can discover the deeper truth that IS the answer. This is a process so have patience and enjoy the discoveries.

Our body does not care about other people's rules or opinions. Our body reacts to it's own truth. We can trust the signals we attribute to our body and experience these truths when all of the above emotions or voices are absent. When you begin listening and taking action, symptoms of stress and tension will melt away and be replaced with peace and confidence in your body.

Everyone can access and relearn to work with their body's wisdom as they learn to know their own self and truth. Our bodies are telepathic. You can access more of your own knowing about yourself and others than you realize just by paying attention to your body's signals.

Our classes and sessions teach you incredible safe ways to discover the best you. Our bodies are self-healing organisms. We do not have to be in pain. When I am called to assist people, I do it with profound, simple, ancient and modern teachings and a strong energy of love to empower permanent changes and healing.