

BEING HUMAN SERIES

VI FOOLISH WISDOM OF THE FLESH

- The body has been VILIFIED + MANIPULATED for millennia → a scapegoat for our VICES
- Aim to realize that the body is MORE THAN A MACHINE → a body has wisdom
- RECONNECTING TO THE BODY IS ESSENTIAL TO OUR WELL-BEING → understanding, listening, reclaiming, trusting again

FOOLISHNESS OF THE FLESH = RETICENCE TO CHANGE

- ↳ easy to take on BEHAVIOURAL PATTERNS
- ↳ easily TRAINED TO REPETITIVE VICIES
- ↳ keeps us "SAFE FROM THE UNKNOWN" (the brain will always choose the known, even if it is discomforting / even painful, over the unknown change)

RELUCTANCE TO DO WHAT WE KNOW IS GOOD FOR US!

- we're so far away from having a relationship with the body / disconnected to its natural rhythm
- we've been trained to have a short attention span, hooked on instant gratification

IT ALL STARTS WITH AWARENESS, MINDFULNESS, COMPASSION & LOVE

EXERCISE "OBSERVING RETICENCE"

- take the next week as an opportunity to observe NOT JUDGE
- place a dot as many times as you are (even in the subtlest of ways) aware that you know what would really contribute to your inner balance BUT you choose instead to opt in to a vice or coping mechanism or RETICENCE
- looking at the week past: How DOES THIS VISUAL DISPLAY MAKE YOU FEEL?
 - ↳ IS IT MORE THAN EXPECTED, OR LESS?
 - ↳ DOES THIS INSPIRE YOU OR CRUSH YOU?
 - ↳ IS THIS SUPPORTIVE IN A WAY, IS IT ENABLING CHANGE?

MON

TUE

WED

THU

FRI

SAT

SUN

Reflect on week, what happened? what triggered?

WISDOM

- EPIGENETICS particularly traumatic experiences (but also ALL experiences) CAN ALTER CHROMOSOMES → experiences can alter our DNA

WATER + BLOOD MEMORY

- ↳ water can be "programmed + charged"
- ↳ water holds memory
- ↳ we are made up of nearly 3/4 quarter part water! ancestral genetic codes are in our blood ↓

THE BODY HOLDS, STORES & IS ABLE TO RELEASE pain, trauma, memories

- ↳ energy healing (eg Reiki)
- ↳ yoga poses
- ↳ breathing exercises

THE BODY HEALS ITSELF (& GROWS OTHER BODIES!)

- ↳ a scrape on the skin healing
- ↳ a deep wound + the blood clots to protect
- ↳ a mother growing a child in her womb

THE BODY IS A TRANSLATOR / AN INTERPRETER...

- ↳ ... of the energy around us
- ↳ ... people's intentions
- ↳ ... our own intentions
- ↳ ... of the magnetic field of the Earth (GROUNDING BAREFOOT WALKING)
- ↳ ... of receiving + the action, plan of INTUITION