

The Body Connection

Guide



Rebuilding an energetic connection to your body can be challenging and it is essential to seek the support of a professional if you experience provocation or overwhelm. Additionally this is not in place of any medical advice from your doctor or health professional—please see your doctor if you are experiencing any adverse pain or symptoms. Although these exercises are extremely gentle and have been designed progressively, if you are doing any of the exercises and you experience pain please stop immediately and seek medical advice from your health care professional.

“Pay attention to your body because it registers everything and it will tell you if you are listening.”

~ Jean Gamble

Wherever you are in your Body Connection Journey, from disconnected, to very connected, this program will support you to deepen. This guide is a series of exercises, worksheets, and audios to give you a taste of a deeper connection to your body.

Once enrolled in the Body Connection Program, you will have the additional support of the weekly group sharings which are facilitated by a mental health professional who has been accredited as a Body Connection Facilitator. Previous participants have said that the weekly group meetings were exceptionally supportive.





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Welcome.

Hello and welcome to the start of your body connection journey.

There are many different paths that you may have walked down to get to the pages of this book, and this may or may not be start of a deeper connection with yourself – that part is completely up to you. It is important to note that there is no right or wrong way to do this program, if you fall off the wagon for a bit, just get back on when you feel to – it will be here waiting for you, and there is no judgment. Taking a break if provoked is self-loving, you will know how long you need before you come back to it. Try not to give up as its extremely rewarding – dare we say life changing - to live from a body with which you have developed an energetic connection.

*'You were scared out of your body so you sure as hell are not going to be scared back into it, slow and safe is the way to reconnect.
– Julie Henderson Phd. Somatic Therapy*

The body can be likened to an antenna which is designed to receive communication from the two fields that pass all around it. Are we aligned to receive impulses from the healing field of love and wisdom which will lead us to living in harmony and joy OR are we aligned to receive from the harming field which is anti harmony and joy and thrives on the energy of unsettlement and harm. How do other mammals know to move to higher land when there is a tsunami coming? How do dogs know to move to the front door when their master is leaving the office (at any time of day)? The way we have been raised, our lifestyle and our communities have not confirmed that we are more than human and need to be connected to our antenna in order to thrive. When we develop a deeper connection with our body and felt sense of self, we are much better able to discern what is healing or harming and this leads to a greater sense of wellbeing.

WHY DO WE DISCONNECT?

Before we delve into how to reconnect with your body let's take a moment to explore why you may have disconnected from yourself in the first place. Most of us are born with a strong connection with our bodies and the inner workings that take place deep within us. We get hurt, we cry, we move on. We tend not to bury the hurts or avoid feeling them because our body is a safe place to inhabit so there is no need to escape from it. **As we grow and experience different**

aspects of life we take on the hurts from our environment and carry them with us, stored in our bodies. As we take on more hurt we harden our vulnerability and develop a strong ring of protection around ourselves. We shut down our vulnerability, delicacy and sensitivity and we lose our capacity to discern whether we are receiving loving, healing impulses from the healing field, or damaging impulses from the harming field.

In addition, the society we are living in actively discourages vulnerability as it is seen as weak and it is deemed a better option to harden into protection and tough it out. There are few role models for living lovingly, being gentle with ourselves and standing strong in our vulnerability and transparency. When we can let go of our hardening and protection and connect to our essence we can have access to that field of love and wisdom that is always supporting us and allow this to be our guide instead of searching outside of ourselves for how to be.

Feeling connected to our bodies becomes so overwhelming because it means feeling all the hurt and pain that we have not wanted to deal with and have stored and pushed to the side. This creates a disconnection and lack of integration in the body, sometimes we are so disconnected that we no longer inhabit our body energetically. Disconnection occurs on a continuum from a little bit disconnected to completely disassociated.

HOW DISCONNECTION IMPACTS US

We then use behavioral patterns and substances to avoid feeling what is going on for us. We can become hard, angry, protected, over emotional, withdrawn, pleasing of others, shutdown, jealous etc. to keep others out in an attempt to avoid being vulnerable and letting people in. Likewise, we can become successful, over-achieving, ticking all-of-life's-boxes, sexually empowered, volunteering, striving, educated etc. to numb the hurts of never feeling good enough for those around you. The poison of these momentous behaviors is that they become entrenched into our neural pathways, nervous system and DNA to a point where we begin to think that they are who we are.

We can only live in disconnection for so long until the behaviors that started out as coping mechanisms become the personality that entraps us. We then seek to "medicate" against the tension of living in this disconnected way and the "medications" we choose can be very disregarding of our wellbeing because the dissociation actively keeps us away from feeling what is true.

This is achieved through obvious substances such as cigarettes, alcohol, drugs and foods that are not supportive of our health. Furthermore, there are other not so obvious behaviours such as pushing our bodies to the point of exhaustion with sport, exercise, not feeling the cold, ignoring body cues that are there to support you (e.g. not going to the bathroom when needed, not noticing we are thirsty, not dressing to the weather etc.) and engaging in pointless drama all to numb us from feeling the deep hurt that we are carrying in our bodies.

In a nutshell people have moved out of their body for a good reason, you don't want to be in the body because that is where you feel everything, all your expectations that have not been met, and all of the hurts that you are still carrying with you. **It's going to be scary coming back in, so if you feel resistance that's completely normal.** This program is specifically designed to support you to take the steps back towards the re-connection with your body.

Often there can be a lot of self judgment that takes place when we are not coping with life as well as we perceive that we should be. There can be much comparison that comes in when we look at others and judge them to be doing it better than us, that we are broken because the stressors of life are overwhelming us. Whatever you are experiencing in your body is there for a reason. It is communicating something to you and it may seem like it is a foreign language when you first start listening to it. As you build the connection to your body and the way that it communicates, you will start to understand it and yourself on a whole different level. What you once thought as a terrifying wolf howling at your door maybe nothing more than a timid puppy wanting to be let in and loved. Once you open the door to your feelings and yourself then and only then, can you begin to heal, you need to feel it to heal it. Remember, it takes much more strength to be vulnerable and open than it does to soldier on and push your feelings away.

Sometimes when you begin to reconnect with your body and feelings the memories of past experiences can be provocative or even overwhelming. It is really important that you seek the support of a counsellor or therapist who can hold you during this period if you are finding the intensity too provocative.

Although our life experiences have impacted the choices we have made, our innermost/soul remains untouched. We have to "feel it to heal it" but it's not who we are - it is something that happened to us. If we focus only on the symptoms that are presenting, at best, we might get relief from the overwhelm, anxiety, depression etc. We need to take care not to become identified with our pain and unhelpful patterns of behaviour, we want to integrate it and let it go. Then we can express, live and move from the truth of our connection to the all

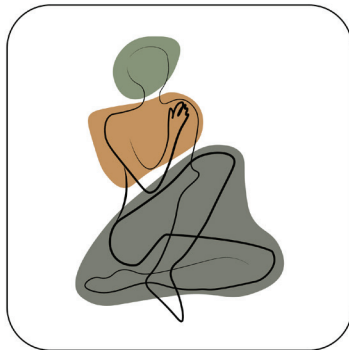
instead of being limited by our perception of who and what we are.

As we go deeper letting go of the hurts we have experienced this lifetime, we become more sensitive and find there is more to feel and let go of to move closer to feeling the truth of the so much more than human connection we have with that which is so much greater than ourselves. This is a recursive cycle, the deeper you feel, the more you let go of so then you feel more and go deeper as your awareness expands. This is a forever unfoldment.

With love,

Jean

Along with this guide, you can download the first week of the program for free by downloading The BCP App



Click here to get it on
the App Store

Click here to get it on
Google Play

Here are some of the exercises and audios that will be offered on the program.

Letting go of the jaw

(Can support with releasing anger/frustration)

HOW

1. Become comfortable
2. Bring your attention to your jaw
3. Move your lower jaw a little bit away from your upper jaw
4. Let it hang there
5. Allow your tongue to spread and float in your mouth
6. Close your eyes and soften all your facial muscles
7. Breathe gently through the tip of your nose (if possible)

WHY

It is very difficult to be angry when you are no longer holding tension in your face. Relaxing the face and jaw allows the body to release the anger.

Take a moment to reflect on how this experience may have changed the tension in your body.

Walking with presence

HOW

1. Get your shoes on (this can be the hardest part!)
2. Make sure that you are dressed for the weather
3. Download the audio (link below) to walk with
4. Enjoy yourself!

WHY

Walking without distraction (music, podcast, chatting) is a very powerful way to connect with our bodies through movement. Being present in our body while moving can quieten any negative thoughts.

Take a moment to reflect on how this experience may have changed the tension in your body.

Narrating you movements

HOW

1. Notice that your thoughts are running you and flooding your mind and senses
2. Bring your focus to the present moment and the task at hand
3. Narrate your movements in your mind e.g. With my left hand I am reaching for a pen, I am now using my fingers to grasp the pen, I am now picking up the pen and feeling it's weight in my fingers etc.
4. If the thoughts are still intrusive, speak the narration out loud
5. Make all the movements as purposeful and gentle as possible
6. Notice any changes in your busy mind

WHY

When you find yourself trapped in your mind, circulating the same narrative and not being able to escape the flooding it is because you are trapped in either the past or the future. When you are able to bring your mind back into alignment with your body and the present moment it can give the mind a job to do and take it away from the overwhelming thoughts. It is not about quieting the mind or silencing the thoughts but about getting the mind to do what you want it to do rather than it imposing and controlling you.

Take a moment to reflect on how this experience may have changed the tension in your body.

Body Awareness Scan

HOW

1. Make sure that any distractions (radio, T.V, phone, computer etc.) are switched off and make your environment as still as possible
2. Set up a loving space for yourself to feel very comfortable – feel supported by the ground, cushions etc. and keep warm
4. Try not to fall asleep – this can be avoidance of being aware of yourself and could also be that you are tired
5. Listen to the audio recording of the Body Awareness Scan (links below)

WHY

In the beginning – it can be challenging just to tolerate being with our body and staying present to ourselves. Seemingly “Doing Nothing” can be quite provocative and this exercise is a training ground for staying with ourselves without distractions. This exercise strengthens our capacity to be aware and this can be a great foundation for getting reconnected. Your body has an innate capacity to heal itself and whatever presents during this exercise will be valuable information

Take a moment to reflect on how this experience may have changed the tension in your body.

Opening doors

HOW

1. As you move throughout your day, pay attention to how gently or not you are opening and closing doors, including the car door
2. Feel your fingertips touching the handle
3. Bring a greater quality of gentleness to your hands
4. Notice the quality with which you move the whole door
5. Close the door as gently as possible
6. Notice how your body feels after the movements

WHY

In the rush of life it is easy to ignore the quality of our movements. Bringing attention to this quality helps us to develop greater awareness and a more loving quality of movement. It is difficult to be aware of our movements all day long and doors are a transition and therefore make good practice.

Take a moment to reflect on how this experience may have changed the tension in your body.

This is a small taste of what you will experience in the Body Connection Program. In addition these exercises can be immediately helpful to implement in your daily life. It is up to you now how you will use them.

It is not enough to know about body connection, we have to actually practice and that's where these exercises are very supportive.

Now that you have had a taste of the program, you might like to explore the website a bit further www.thebcp.com.au. To save 5% on the program you can use the discount code GUIDE5 for