

ARTICLE

3 Transformative Tips to Create Healthy Shifts Now

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Creative Noticing Can Change Your Life!

What if I told you that developing your listening skills can self-heal? It's true. You have an Inner Wisdom inside of you that knows exactly what your body needs at any given time. The sole requirement is that you ask in a loving manner. Fulfilling that requirement is often not as easy as it might sound. However it's well worth creating the new habit of focused listening to cultivate the ability to perceive your body as a wise ally. You can tap into this goldmine of self-healing information via my holistic coaching work or during Craniosacral Therapy (body listening) sessions. But what can you do on your own?

A lot.

You might start by incorporating the following Three Transformative Tips. It is often said that it takes around 30 days to change a habit. Most of us have habits we would like to alter. But we often struggle with how to implement great ideas or how to consciously create a life that makes us feel good about ourselves.

If you are frazzled, in pain, feeling disconnected, exhausted or struggling to create positive change in your health or relationships I invite you to try the following fun tips. When used consistently they help create a body and mind shift away from struggle and toward ease and magic. Yes, magic.

The tips encourage creative noticing and invite you to listen to your body yet at the same time realize that your body is also listening to you. I invite you to use these tips to create shifts into better health and relationships—including the pivotal relationship with yourself.

Tip # 1. Find a Unique Touchstone

I use the concept of a Touchstone frequently with clients. For some it's a literal object that reminds them of a place they feel utterly free and flowing. Something they keep in their pocket or purse or on their desk. It might be a stone, a feather or a locket. It might be a bracelet--even something like those colored strings that are popular to wear now, but, instead of reminding you to support a global cause, which is great, this one supports the inner cellular you.

We force our bodies to power through challenges every day. When we want to create a shift in our lives we often take the same power route.

The first tip creates a reminder to release that old "power through" habit the moment you go into that default mode. You want to be in a different zone, a flow to access all your unique gifts. One daily assist to that end can be finding a Touchstone or even two.

I generally don't recommend using photos because that's sometimes a limiting imprint--a moment frozen in time. We want to get away from frozen and into flow. But it could be a favorite old sweater that hangs on a peg behind your office door that reminds you of a certain nourishing period of time. Or perhaps what resonates is a shell from a favorite beach. For one friend, it's physically stopping off at a bookstore that centers her. For me it's listening to a series of comforting Tibetan chants. I can replay them internally when I can't listen to the actual mp3. I've listened to them so habitually that now just the process of recalling a chant changes my perspective instantly and puts me into a state where I can listen to my Inner Wisdom.

On planes they say "Put on your own oxygen mask first before assisting others." I encourage you to do that every day to keep your nervous system from going into overload. You can't create shifts from overload. You create shifts from flow. So be on the lookout for something outward that resonates inward. Find a Touchstone. Refer to it often. Your nervous system will thank you.

Tip # 2. Mini Inner Reconnaissance Meditation

This exercise involves showing up for yourself internally. In my Alchemy workshops we focus on the body's Inner Wisdom above all else. You can introduce yourself to your Inner Wisdom by doing a version of a "Fantastic Voyage."

Find a comfortable, quiet space to lie down. Become aware of your breathing and follow it for a few cycles. Take a minute to imagine that you can "see" inside your body.

Look slowly around it.

What's there?

Is there a color or a quality to the terrain?

Does it seem dry and desert-like or swampy and dark? Is it glittery or dull?

Perhaps you'll be aware of an emotion floating by. Just note it all. This is your body map. If you don't like what you see inside, know that you can re-arrange or change it. But just your fresh attention on it can alone shift the map.

Start with your fleeting perceptions. Examples during this exercise might be:

"Am I doing this correctly?"

"Yikes, I forgot to call the dog sitter back!"

"My stomach hurts."

"Gee, I didn't realize my neck was so tight."

Embrace those thoughts without judgment. Just notice. Allow it all to pass in and out of your awareness. We are creating internal space for your unique healing process to bubble forward. This mini meditation is about unearthing trust in your body, wherever that is located.

Now silently ask your body, "Where is fear today inside?"

Wait for a minute or two and see what bubbles forth. Again, we are allowing fear its space for the time being.

Then when you feel ready to, ask, "Where is trust?" Place a hand softly on the first spot that comes into your awareness. Stay with the trust for as long as you can. Keep your hand on your "Trust" spot. Notice your breathing. Then slowly bring your attention back to the room.

When you first start to do this practice—that's the trickiest time! It gets easier and simpler as you keep going. Ten minutes a day with a commitment of at least one month will connect you specifically to your energy blocks and your unique energy signature.

If the first time you try this you don't feel much of anything know that if you keep showing up for yourself with fresh eyes each day, the little you do currently feel will expand. Benefits will include laser-like perception and a wider physical and metaphysical palette with which to create your life.

Tip # 3. Talking to Your Organs (trust me here)

You can also build on tip number two and try this inquiry with an internal organ. In the variation you would do an Inner Reconnaissance for 5-10 minutes and when there's a blocked area or an area that comes into your awareness you can imagine;

what it would say to you,

the tone of voice,

the language,

the feelings the organ has

as well as the shape, the color and the needs it has.

Are you on friendly terms with this organ or do you barely know it exists inside you unless there is pain? Know that it's possible for you to change the relationship and shift your perception.

Ask "Where is fear?" and see if an organ chimes in. Then try "Where is trust?" and see if an organ has something to share. If nothing shows up, know that you may still have set a ripple effect into motion. Just the act of regularly showing up in this detailed yet simple way can be a great beginning to set self-healing into motion.

Noticing is healing. Creative noticing leads to alchemical body/mind magic. I invite you to make use of these tips in whatever way you feel called.

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