

Getting in touch with how your body feels and your energy system

These are questions to ask yourself at least 3 times daily to get in touch with your body and create a way of eating and living that is right for your personal energy system and body

This process will help you to become aware of how your body and energy is effected by different elements in your life such as the exercise you do, your work, family or people you spend time with and the food you eat.

- Take out your journal and a pen ready. Write down what have done, felt emotionally and eaten recently.
- Sit quietly in a comfortable position with your back in straight alignment.
- Take 3 slow deep breaths in through your nose and out through your mouth.
- Feel your body relax and slow down. It can be helpful to imagine your head dropping down into your heart area (this is the seat of your soul or inner guidance.)
- Write the answers to the following questions in your journal.

- 1) How am I feeling right now? This may be a sentence or just one or two words. For example, agitated, happy, energised, tired or angry?
- 2) How stressed do I feel (rate from 1-5) 1 being very calm and relaxed, 5 being very stressed or anxious.
- 3) How is my tummy/ stomach feeling right now? For example, calm, comfortably full, uncomfortable or fluttery, acidic?
- 4) How are my bowels feeling right now? Feel into the lower part of your abdominal area.. this could be for example bloated, irritated, empty, full?
- 5) What does my physical body need right now? Is it tired? Does it have the nourishment it needs? Does it have the pure clean water it requires?