

Worksheet for the Body

Body Summary

Can you see the conversation here wasn't so much about the Body, as it was about the mind-Body connection?

Inevitable, of course, because we need both to survive and thrive. They are so connected, if the Body dies the mind also dies, and vice versa. In our game, of course this connection will then be obvious. In fact, the Body wouldn't even be able to speak without the Thinking Mind playing along. The down side is, however, this connection makes the Body in so many ways a slave to the mind and its beliefs, stories and thoughts. So much so, that even a professional athlete, here speaking as the Body in a facilitated event, can still be tsunamied by the mind and lose connection to this voice.

Hayden did however, do better than most, and let the Body speak on its behalf much of the time. This is impressive, given he has limited experience with Shift.

To see how deep he was in this voice, I tested him in the beginning by asking, 'what is your past your future and your present?' He nailed it. For the Body, you see, only exists in this moment. It usually shows up as 'what I'm sensing or feeling, right now.' He also referenced, in his answer, an acknowledgement of past unfelt emotions (did you catch that?). This was interesting because Fear, if unfelt, unacknowledged or repressed, will be stored in an unhealthy way in the Body. It then winds up playing a huge role in whatever issue you're trying to sort out. We'll address that in your add-on.

Hayden also fell out of voice quite a bit. Most people, before the game of Shift, have 0% awareness of the physical intelligence of the Body. This makes the Body one of my favorite to facilitate. Yet it's so frustrating to see how the Thinking Mind just cannot help itself --for even with Hayden who is a pro athlete-- it eventually starts talking over the Body. Beliefs, which is part of the mind, took over for a whole section (did you also catch that?). Beliefs showed up again when he became confused about the Body's relationship with Fear. Can you see then, Hayden can both be really in touch, and really out of touch, with his Body.

This paradox will show itself again toward the end of our Foundation Course, when I facilitate Hayden in the voice of Fear- which will be a bonus video coming soon. Fear is felt in the body, but if it gets repressed, it gets stored in the Body (what I call the basement.) How could I tell that he does this, by facilitating him in this video? Easy. The Body, whose job is to FEEL fear, when I asked, became confused

about that connection. The Body, for reasons that will make themselves known in the bonus video, and therefore also Hayden, are simply not in flow with Fear. For a professional athlete, especially one who does a dangerous sport that triggers the Lizard Brain and incites a lot of Fear, that lack of flow with these two powerful voices can be a tumultuous road to navigate.

Questions for the Body

Allow me please, to speak to the voice of the Body.

(Note as you answer these questions, if you're really 100% in voice, you might go beyond what language can express. So either just do your best with words, but know sounds, movements or expressions are also a way of communicating, if need be.)

Whom am I speaking to?

First of all what are you not- are you the Thinking Mind- do you have thoughts?

Do you judge yourself, your shape, your abilities etc.? Or is it the Judge who judges you?

Do you have beliefs or stories about yourself? Or is that the voice of Beliefs, and Stories speaking?

If not any of these voices, then, what exactly are you?

What is reality to you?

What do you sense, feel, are aware of, or perceive right now?

Where do you feel these sensations?

How do you communicate your feelings, awareness, perceptions and/or reality to the Self?

What kind of relationship does the Self have with those sensations or feelings, that come from you?

What kind of relationship do most humans have with their own versions of you? (reminder: a drop of water represents the whole spring. You also can speak as the Body as it exists, in all humans.)

What about animals (start with familiar ones like cats, dogs, horses)? What kind of relationship do they have with their version of you?

What is the difference between how humans relate to you, versus how animals relate to you?

Why do humans experience you, the way that they do?

What is your role in _____(the Self's name) life?

How does He/She treat you?

How are you tied into His/Her identity?

How to the other employees in this corporation, like the Controller, the Thinking Mind, Beliefs, the Storyteller, the Lizard Brain, and more, interact with you? (big question! If you have the patience, go through them one at a time.)

How does your dance go with the emotions? Starting with Joy: where do you feel Joy? How does it feel? And how do you express it? (maybe show, don't tell)

Do you judge the feeling (probably as good), or is it the Judge who judges it?

Are you judgmental in any way?

Tell me about your experience with Anger: where do you feel it? How does it feel? And how do you express it?

Does the Controller get involved, when this emotion shows up? If yes what does that voice do?

Tell me about your experience with Sadness? Where do you feel it? How does it feel? And how do you express it?

What Beliefs or Stories does the Self have about that feeling of Sadness?

Tell me about your experience with the Erotic (also Sexuality- which is a different question)? Where do you feel it? How does it feel. And how do you express it?

Is that emotion able to be expressed or is it mostly repressed?

Why is that?

Tell me about your experience with Fear? Where do you feel it? How does it feel? And how do you express it?

Is this emotion able to be felt in an honest way, or does the Controller try to control or manipulate it?

When the Controller tries to shut this or any emotion down, what then happens-- how does that make you feel?

Also tell me about your senses: feel, taste, touch, smell, hear. What are you aware of right now?

Tell me about your aches, pains, disturbances, injuries, diseases, stuck places and more?

How much are you at the whims of the mind, or rest of the corporation?

How do they take into consideration your many expressions and messages?

Under the best of circumstances, how would you like the Self and its many employees to treat you?

Is that how they are treating you now?

What do you long for or even need, that you're not getting?

Is the Self open to hearing this, and willing to make an effort on your behalf?

If the Self and it's many employees were to treat you this way, what could you offer, that He/She longs for?

Is there anything else you'd like to say before some other reality takes over again?

And finally, really reflect on this last question: Are you the Self, is the Self you?