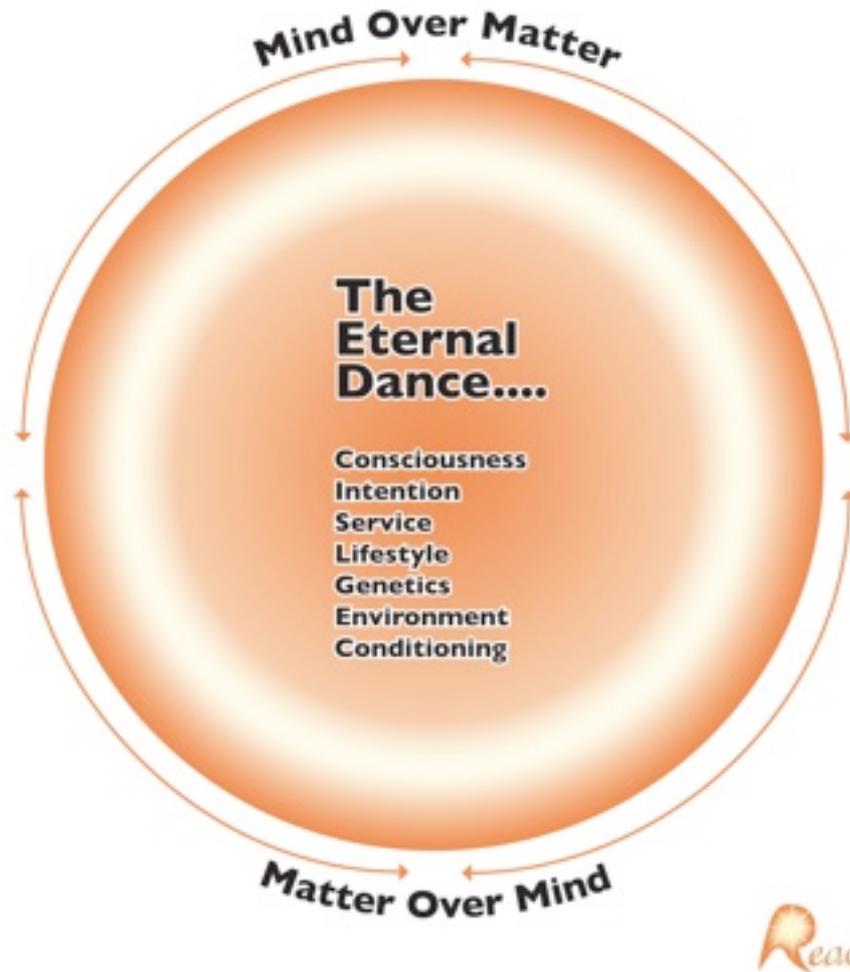


# Persuading the Body



**The first person you need to persuade in order to achieve and sustain self-transformation is your body.** This is a very deep and, once understood, liberating concept. Describing the body as a person is simply a way of helping you conceptualize the relationship between spirit, mind and body. Far too often the healing traditions compartmentalize the self in packages that are convenient for their theories and ideologies but which bear little resemblance to the true story of the self. That is a story of fluid integration (a system where each aspect has its own particular role and whilst playing its part, intuitively understands its relationship to the whole organism). When understanding the self there are no nice neat compartments with definite beginnings and endings. What you have are various systems that cannot and do not stand alone. For example, how would the endocrine system (responsible for the production of hormones) carry out its role without the digestive system to provide a nutrient and energy basis for it to function? How would the immune system (responsible for our biological defences) function if the lymphatic (detoxifying) system were not removing waste? In fact the more you look at the whole organism, the more you see that each system is completely dependent upon what other systems of the body are doing.

The other 'persons' in this equation are the mind and the spirit. The primary tug of war exists between mind and body and the spirit is influenced by what takes place between the two. When mind and body are in harmony the spirit is uplifted. There is joy in the heart and the individual

believes in her own talents, abilities and strides confidently towards her potential and purpose. Unfortunately this is rarely the story because the relationship between mind and body is not generally understood and **therefore what you have is a mind full of hopes, ambitions, aspirations and dreams but a body that has collected the evidence, not of your intentions, but of your actions.** Biological processes are driven and shaped by what we do. In modern parlance this is currently described as cell intelligence or body memory. Cell intelligence, or body memory, describes how the perfect record of what we have done influences the patterns and processes within the body. Those actions in turn unravel our genetic potential. In other words, how your genetic material will play itself out in your life is determined not by what you intended but by what you have done. As awesome as the mind is, to try and pull it in the opposite direction against the evidence that the body has collected, takes Herculean determination. It's not that it can't be done but the price that you pay in order to achieve it is often far too great. The task is made unquestionably easier if what you think and say is what you do. This creates a state of co-operation between mind and body. **If intention consistently becomes action, the body's processes and patterns will be like a gale force wind blowing at your back and will push you up any mountain towards your solution.** Equally, when intention falls to the wayside and is simply further evidence of a mind that holds high ideals and a mouth that speaks fine words, but nothing is ever actualised, then the gale force wind of the body will continually blow you off course making that mountain climb almost impossible.

Once this subtle aspect is understood the opening statement makes perfect sense because the first 'person' you actually need to persuade is your body. The reason your mind falters, struggles and more often than not loses its way is because the body does not trust it. The body hears the mind thinking fine thoughts and producing wonderful promises but because nothing materialises the body is left confused. The evidence says that the mind thinks one thing, will even say that thing but doesn't translate those ambitions into action and this is the only thing the body respects. The body only listens to (records) consequences because it doesn't have the power to discriminate, it is unable to think, "this time you really mean it". **The body does not have conscious thoughts, it is driven by experience and until you say what you mean and mean what you say the body will continue to mistrust the mind's intentions, which will bring the spirit to its knees.** It's time to persuade the body that you are telling the truth by making your intentions ...actions.

## **Dearest Body**

**Thank you for the countless miracles you perform each day in my name. You're amazing.** If it were not for you, I would not have the opportunity to learn, understand and grow from my experiences. I'm in awe of your infinite skills and talents. The way that you keep breathing, digesting, producing energy, detoxifying and so much more, all at the same time, you are the greatest wonder of them all. I am honoured and privileged to be in such an intimate relationship with you. Sadly, I have not always given you the love, respect and appreciation that you deserve, but from today I promise my heart will sing your praise. No longer will I overlook your greatness and wonder. Thank you!

**What I have come to understand is that you never work against me. You're always giving me the best chance of survival.** Despite my neglect and complacency you use all your experience and wisdom to find the best routes for health. You are truly the most loyal friend and ally that I could have, no matter what I do, you're always striving for the best outcomes. You're so forgiving of my misdemeanors, great or small. How can I ever repay you? This friendship has been so one-sided in so many ways. I have not thanked you enough for the gifts that you serve up each day. Starting from

today, starting from right now, I thank you. I will learn to fully appreciate you and your kind, magical ways..... Let these thoughts resonate for a while.....

Now, sit comfortably away from any distraction and become the observer of yourself. Watch yourself and listen to yourself breathing. Every time you breathe in and out, thank your body for the preciousness of your life. Recite in your own words something along the lines of.... “with each breath you oxygenate my cells and that oxygen carries nutrients into the nucleus of each cell, where energy is produced for life. That energy makes everything possible, from digestion to my heart beating, to my liver cleansing and even these thoughts that I’m having right now are supported by the energy of breathing. Your skills do not end there because after the combustion of nutrients that takes place in each cell, you then, with great humility, remove all the waste via the many pathways of detoxification; the colon, the kidneys, liver, lungs and skin. **All this takes place under your amazing stewardship and all you ask of me is to co-operate and co-operate I will.**”

As you sit listening to and observing your breathing, and appreciating the wonderful array of activity that is supported by this one act, make a promise to your body right now, a promise you will do everything in your power to fulfill. Dear Body, I promise to give you all the raw materials you need. I will ensure you are properly hydrated, I will eat as diversely as I can to ensure you get the necessary vitamins, essential fats, amino acids and minerals that you need. I promise to be consistent with supplementation, so that any deficiencies in my diet will be bridged. I will not allow you to struggle when you constantly fight for my survival and wellbeing. I will strive for the rest of my life, not only to take on board the right foods and fluids but to generate the right thoughts. I’ve come to understand that my negative thoughts and feelings hurt you the most. **For that I’m sorry. I will endeavour to keep my mind thankful, kind and forgiving because these are the thoughts you love most of all.** These thoughts and feelings are natural healers that work with you, not against you.

Communicate in this way with your body on a regular basis and it will help you immensely, especially at times when you’re physically or mentally struggling. **No challenge will be too great.**