Decoding the Messages
Your Body is Sending

Healing Your Body & Your Life by Understanding How It Works

By: Teresa Bruni, CPC, ELI-MP
Healing Your Body by Understanding How It Works

I want you to imagine for a moment that you wake up in the morning feeling good, really good. The symptoms of physical discomfort are gone. Your concern over your health is gone. You are filled with energy and excitement about the day ahead. You have mental clarity and are bursting with excitement for the day ahead. Today, you are worry free and enthusiastic about what lies ahead.

If that seems like an impossible dream for you, don’t worry. You can begin your healing journey right now! The information in this short course will assist you in finding your path to wellness, starting now.

What if you could shift your reality to one of complete wellness? How would your life change? Imagine what your life would be like...

Disclaimer

The information contained in this course is intended to supplement proper medical care. If you know or suspect you have a medical condition, please consult a trained health care professional.
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I BELIEVE YOU HAVE THE ABILITY TO HEAL YOUR BODY COMPLETELY

I believe you have the ability to heal completely and live a life of wellness, and I’m here to assist you. I believe that the parts of you that you think are liabilities – the parts of you that don’t seem to be working properly, are instead your greatest assets. In fact, I believe that any and all illness you are going through in your life can be used for your highest good and that you can take your biggest setback and turn it into your biggest comeback, just like I did in 1999.

I’m Teresa Bruni, nationally recognized Intuitive Healer, and Health and Wellness Coach, and speaker. My role is being the missing piece to the wellness team of anyone suffering from chronic illness or pain who has not found relief through Western medicine alone. I possess an extensive understanding of the sources of pain and illness, and a powerful set of tools to release it allowing my clients to obtain not only the health they desire but a life beyond their wildest dreams. It is very humbling to remember that I was once so sick that it rendered me completely disabled for nearly a decade and now I have the ability to help my clients’ fast-track their healing journey with some clients reporting miracle cures!

You can learn more about me and my work by visiting my website, Less Fear, More Flow by clicking the link.

What’s most exciting is that you are here! The first step in healing is having a strong desire to get well.

You’ve taken the most important step - the first step! Don’t allow those little voices in your head to convince you otherwise. Sure, it’s easier to do nothing, to stay in your comfort zone. But that’s a pretty big price to pay when wellness awaits. You are not alone. We will embark on this journey together.
You might be thinking, “I can’t do this work. I’ve been sick too long.”

Rest assured in that you can do this work. I felt the same way at one time, wondering how I would ever get well again. You see, I had been chronically ill for seven very long years. But I did get well! And you can too. Anyone who sincerely wants to get well and who is committed to doing the work can recover.

You can do this! I know you can because I did it and I did it alone. But you have help! And I believe with all my heart that you deserve it. You deserve to be well. You deserve perfect health.

Let’s begin our journey.
Understanding How Your Body Works

The body is a brilliant apparatus comprised of trillions of cells. Each and every cell possesses an intelligence of its own. From the moment we are conceived our bodies begin to develop and grow, and function to keep us alive and healthy. Even as you read these words your body is managing numerous functions without the conscious mind intervening. You are breathing, your heart is pumping, your digestive track is working, and your internal organs are functioning in ways that you cannot even imagine! When you stop and think about it you will realize how truly miraculous your body is.

Your circulatory system is moving blood throughout your body which is helping to deliver nutrients, oxygen, and hormones to all areas of your body. Your digestive system and other organs are breaking down and absorbing food, and removing waste. Your endocrine system is secreting hormones that are traveling to different parts of your body regulating various functions. Your immune system is actively defending against bacteria, viruses, and other things that may be harmful to your body. Your nervous system is controlling both voluntary and involuntary actions. And your muscular system is managing over 650 muscles which allow you to move and function, and smile. And all of these systems are supported by over 200 bones connected by tendons, cartilage and ligaments. And the brain is helping to control all of it.

You were born with a divine intelligence that expresses itself through your body. Your body is constantly and consistently speaking to you through messages. We’ve learned to recognize and acknowledge messages such as being too hot, too cold, hungry, full, tired, happy, sad, etc. We’ve also learned how to suppress and ignore other signals that our bodies are sending. But the body will not stop. Have you ever heard these words?
• Don’t be a baby.
• It doesn’t hurt that badly.
• You shouldn’t feel that way.
• You’re imagining it.
• Ignore it and it will go away.

Take a moment to add your own list.

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When we choose to ignore signals our bodies are sending, those signals become louder and louder causing some individuals to turn to pharmaceuticals to help mask the symptoms. If ignored long enough, they can manifest into full-blown, debilitating illnesses.

*Every physical condition is a signal being sent by the body.* It’s up to us to choose whether we pay attention and listen or suppress these signals through self-medicating and/or pharmaceuticals.

Later in this course, you will learn about how I am supportive of proper medical care and pharmaceuticals when necessary. But there is more you can do. This course is intended to teach you how to add another step to your healing program.
Understanding the Role of Medical Science

It’s important to stop here and note that sometimes we need to level the playing field especially when it comes to pain. I know firsthand how debilitating pain can be. Sometimes it’s necessary to ease the physical symptoms with pharmaceuticals so that we can do the necessary work to uncover the real reason for our condition. There are numerous conditions that warrant medication to help keep us safe and alive. If I were someone suffering from high blood pressure or epilepsy, or any other number of life-threatening conditions, I would choose to take medication in order to manage the condition. But if your desire is to regain your health completely, then you must be willing to do more. You must be willing to do the work that will uncover the real reason for your condition. Then you can begin to recover.

I have a great respect for medical science. Western medicine saves countless lives every single day. In some cases, medical science performs what I consider miracles such as heart and organ transplants, replacing severed body parts, restoring sight to the blind... etc.

However, I believe we have become too dependent on medical science to cure our ills. We have become a nation addicted to the “quick fix”. Too many people expect our doctors to hand us a cure in the form of a pill, powder or shot. Somewhere along the line we have abandoned the need to take personal responsibility for our health. This is a huge and deadly mistake.

According to the Centers for Disease Control and Prevention (CDC), 48% of all adults have a chronic health condition and some have more than one. That’s nearly half. If that doesn’t scare you, it should. You have close to a 50/50 chance of developing a chronic illness if you don’t have one already. Additionally, the CDC tells us that chronic illness is the leading cause of death. Why are so many people sick – sicker than in any other time in history? Clearly we’re missing something.

It is up to you to take personal responsibility for your health. It is essential that you make well-informed decisions. Knowing what I know now, and with the aid of the Internet (which I did not have at my disposal when I was on my healing journey) I would research everything!
My recommendation is that you find a well-qualified doctor and ask a lot of questions. If you’re not satisfied with the answers or if something just doesn’t feel right to you then find another doctor and don’t stop until you are satisfied that you are getting proper medical care. But don’t stop there. Continue on with this program until you heal yourself completely. If you feel that you need help you can visit my website and learn about how you can work with me through the other programs I offer or through private coaching.
Everyone Can (Re) Learn to Communicate with Their Body

The first step to relearning how to communicate with your body is acknowledging your body’s super intelligence. The second step is learning to acknowledge the communication and tap into its wisdom. Once you make a decision to take action and listen to your body, you are on your way to not only better health but a better life!

We are born with an alarm system referred to as “the fight-or-flight response”. This is a physiological reaction that occurs in response to a perceived threat. When we feel threatened in any way the fight-or-flight response gets turned on automatically and a series of nerve cells begin to fire. Chemicals such as adrenaline and cortisol are released into our bodies heightening our physical ability to either defend ourselves or flee. The heart begins to beat harder and faster, breathing becomes more rapid, large muscles receive more blood, and the thyroid gland stimulates our metabolism – all in order to prepare us to protect ourselves, to fight or take flight (flee).

Every one of us has experienced this response at some point in our lives. But what about false alarms? What about when the body gets triggered and there is no real threat? The part of the brain that activates the fight-or-flight response is unable to distinguish between real threats and “perceived” threats. It is both fortunate and unfortunate that it’s fairly easy to trick the brain (more on this later).

What about all the other automatic responses that haven’t been given a name? What other signs and signals is your body sending in an effort to protect and defend you, and guide you that you may be failing to recognize? I invite you to take some time to think about that.

Most of us have experienced watching a movie that we know is fiction. Yet when the drama gets intense and the main character is about to be attacked our bodies automatically respond by tightening our muscles, making the hair on our arms stand up, and our hearts beating more rapidly. We can even watch our favorite movie over and over again and still have an emotional response to what is happening to the characters in the movie even though we know what will happen next. The logical brain knows that it is not real yet our
bodies still respond. If it is this easy for our minds to trick our bodies then it is logical to think that we can use this response in reverse and imagine ourselves well.

The truth is your body is constantly sending signals. Your body is more than a vessel to move you around from place to place and allow you to see, hear, taste, touch, and smell. Even as I sit here developing this course for you, my foot has fallen asleep. My foot is sending me a signal that it needs more blood and oxygen. So simple yet so miraculous...
The Body is Symbolic

Let’s begin to explore how our bodies communicate. The body is surprisingly symbolic.

- Issues with your hands can be an indication of how you are “handling” things in your life.
- Issues with your eyes can be an indication of your failure to “see” things for how they really are or a dislike of what you are seeing.
- Issues with your ears can be an indication of your refusal to “hear” the truth.
- Our backs support us so issues with your back can be an indication that you feel unsupported or that you feel you have too much responsibility in supporting others.
- Our joints allow us to be flexible, so issues with your joints could be an indication that you are refusing to be “flexible”.
- Our necks allow our heads to move from side to side. Issues with your neck could indicate your refusal to see both sides of a situation.
- Conditions with the mouth and throat are often an indication that there is something that needs to be said.
- Our hips help to move us forward. Often time’s issues with the hips indicate a fear of moving forward in life.
- Digestive symptoms are often an indication that “something is eating at you”.
- Problems with your lungs can be an indication that you are fearful to take in “the breath” of life.
- Our faces are what we show to the world. Physical conditions with the face can indicate dissatisfaction of how we are showing up in the world.

The list above should give you a good starting point in interpreting what your body is saying. Some symptoms can be vaguer. Most of us recognize depression and grief as immense sadness. But what about nervousness, pain, anxiety, inability to sleep, requiring too much sleep, infections, swelling, overeating, headaches, high blood pressure, heart attacks, cancer, and all the other symptoms we may experience throughout our lives?
How do we begin to interpret these messages?

This workbook is intended to help you do just that.

Real Life Case Study

A client came to me suffering with chronic heartburn. He said he was taking antacids as if they were candy. I asked what was going on in his life that was eating at him emotionally. I also asked what in his life did he find difficult to digest. With some time and exploration things began to surface. Next I asked the client to pay attention and document when the symptoms flared up – write down what was he doing and what was happening around him.

A few days later I received a call from the client. He was ecstatic at what he had discovered. He told me he was feeling perfectly fine until the phone rang. That call caused his heartburn to immediately flair. We set out to identify the core of the issue and then to develop coping techniques and mindset shifts that cured the client completely.

He now fully understands the correlation between physical symptoms and his emotions and makes it a practice to listen to his body signals.
My Personal Story

It was 1989, and up to this point, I had been healthy my entire life. I never suffered from anything that a short course of antibiotics could not fix. I was physically strong as well. But suddenly I started to experience physical symptoms that would eventually destroy my health and render me fully disabled for nearly a decade. Like most people I turned to my doctors for help. But seven long, painful years later I was still sick. My list of symptoms could fill a whole page in this program. I had a lot of work to do.

One day I had an epiphany. I had had enough and I wanted to get well. I decided to take matters into my own hands and find my way back to a healthy, happy life. I began to do research and I made a commitment to myself that I would try anything and everything that might help but would not hurt.

I began to discover healing techniques that I now read about in books. As an example, one morning while brushing my teeth, I took a good look at myself in the mirror and realized that I no longer recognize myself. It was that day that I began to do mirror work. My miraculous healing journey took nearly 3 years. I am fully recovered. I have been fully recovered since 1999.

It took time for me to make the correlation between my physical symptoms my emotions. I admit. I was hard-headed. I refused to believe that my unresolved issues and emotions were causing me to be ill. It would be a long time before I recognized the correlation. As I began to clean up my emotional baggage my physical symptoms began to diminish. I now understand how they are connected.

I know, without a shadow of a doubt, that you can recover too! And I’m here to help you do that. My recommendation is that you follow each step in this program carefully and that you be kind and patient with yourself. If you have a chronic condition, it did not materialize overnight. It would be unrealistic and self-defeating to think that it will resolve itself overnight.

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Be patient and kind with yourself. Take your time and work at your own pace. Now let’s get started!

Real Life Case Study

I worked with a client who had been left at the altar on her wedding day. It was a deeply humiliating and painful event in her life. Even worse, on occasion she would see him around town with his new wife and children. Despite the fact that she herself was now happily married and had children of her own, she was suffering extremely painful and debilitating physical symptoms that were causing her body to lock up. The list of prescription drugs she was taking to manage her symptoms were so potent, it required her to take additional medication to protect her stomach lining.

It took several month of coaching and a strong desire to get well for herself as well as her family. In time she was able to embrace the pain and allow it to dissipate. Eventually she recognized the correlation between that painful day and the pain in her body. She also realized the correlation between her body freezing up and being left “frozen” in place of humiliation and shame on what was supposed to be the happiest day of her life. For this client, forgiveness was the key to her recovery – for herself as well as others.

She continues to get better and better and has learned to make it a daily practice to stop and listen to her body.
Step One - Make Peace with Your Body

All too often when our bodies begin sending us signals in the form of pain and symptoms we get upset and feel as though our bodies are betraying us. In reality, it is quite the opposite. Your body is simply functioning as it was designed to.

Many people take their bodies for granted never stopping to acknowledge the beauty, grace, and power from which our bodies operate. Quite often in my practice as an intuitive healer, and health and wellness coach, I speak with clients who have become upset and disappointed with their bodies when they feel as though their health is beginning to fail. Healing can only happen once you come to the understanding that your body is functioning normally. It’s giving you signs and signals that there is something going on in your life that requires your attention.

Think about how your body serves you every moment of every day. When is the last time you felt grateful for the way your body functions? Many of those functions such as breathing, hearing, seeing, tasting, touching, keeping your heart beating and your hair growing happen without you even thinking about it. Your body is running on autopilot. When have you ever had to set an alarm to remind yourself to keep breathing during your sleep?

When your body begins to signal you with physical symptoms take the time to acknowledge that your body is not betraying you, but instead working perfectly to help alert you to things that need your attention. Be grateful.

So in this step, take some time to acknowledge what is working well. Thank your body for all it does for you without you even thinking about it. Make a commitment to be kinder to your body and to be appreciative and grateful for all the way it serves you.
Step Two - What’s Bothering You?

Use the space below to write down everything that is bothering you both physically and emotionally. Make sure to include everything you can think of including such things as the fungus under your toenail to the relative who just doesn’t seem to understand you. Remember to include past events, like the client in the last case study, which may remain as powerful, unresolved emotional events.

Take all the time you need. It’s more important that the list is complete then how quickly you get it done. If you need more space simply grab a blank sheet of paper and continue your list there. Don’t worry about the order of either list, just begin writing. We will work with this list in the next step.

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<th>What is Bothering Me Physically</th>
<th>What is Bothering Me Emotionally</th>
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Real Life Case Study

A client called asking for help because she was having excruciating pain in her knees. She said the pain came on suddenly and what surprised her most was she never had knee problems.

I asked her what was going on when the pain started. She said she was at a national convention with over two thousand fellow women entrepreneurs. She had gone to dinner with a large group expecting to make connections and have some fun. However, she was feeling left out of the conversation and ignored. Finally, one of the women at her table turned and asked her about her work, but before she could answer, the woman got distracted and turned away. My client expressed that when she got up from the table to walk back to the hotel, her knees were seizing with pain.

Knees, I explained, represent pride and ego. Clearly (and justifiably) her ego and pride was bruised.

Once we put the pieces together, the pain immediately began to subside. My client reported back that she was fine the following morning. No more pain in her knees.
Step Three - Making the Connection

Now it’s time to study your list. Let’s begin with your physical symptoms. Take a look at the list and think about what that symptom may represent in your life. Take your time and review each one. Where in your body is that symptom present and what do you think the symbolic meaning of that part of your body represents?

Once you have completed that, take another look at the symptom and think about what it could mean. For example, if you have swelling it could be an indication that something in your life is clogged. You might ask yourself what in your life feels stuck? Infections, both bacterial and viral are an indication of irritation. So what’s going on in your life that seems irritating? Pain is often a sign of guilt. Ask yourself if you have guilt over things you’ve done or things you haven’t done.

This can be very difficult work. You must be completely honest with yourself and it may require some deep soul-searching to discover the answers that will get you well. However, I assure you, it is worth the work!

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Real Life Case Study

My client said she had a nosebleed in the middle of the night. She told me that it was rare for her nose to bleed.

I worked in reverse with this client. Knowing that nosebleeds are a symptom of self-distrust and self-denigration, I asked what was going on in her life.

She told me that she had been quoted as an expert in an article published in the Huffington Post and that the Oprah Winfrey Network had picked up the article and republished it on their website the following day. Although she was filled with excitement and joy, my client told me grammar was not her forte. Although she excelled at many other things, she often found mistakes in her writing. She was terrified that her work might have a grammar error and that she would look foolish to the world.

It was not making an error that was the issue. (By the way, when she checked, there were no errors in her work.) It was the fear around looking foolish that needed to be cleared.
Once you have this assignment completed, I invite you to review the second column in your original list, “what is bothering you emotionally”. Use the same technique you used for the last assignment, only this time in reverse. For example, if there is a person in your life that you find extremely difficult to deal with, try to narrow that down. How do you feel when you are around them? What emotions come up for you? Now ask yourself how those emotions might be manifesting in your body.

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<th>What’s Bothering Me Emotionally</th>
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Congratulations!

Assignments like these can be difficult, but you did it. Take some time to congratulate yourself and to celebrate! There may be more work to do and that’s okay. Your willingness alone is a great reason to celebrate.

Be sure to revisit this course as often as you need to.
Effective Communication

We know that effective communication helps us to cope and nurture our relationships both personally and professionally. Many misunderstandings come from miscommunication. The ability to maintain healthy relationships through effective communication enhances our self-esteem and personal health.

It is when our relationships begin to break down due to misunderstandings or a refusal to communicate that we begin to experience stress. It’s a well-known fact that stress causes illness. When we are under stress, just like with the fight-or-flight response, our bodies release damaging hormones.

Research tells us that those who feel unappreciated and misunderstood have a higher rate of illness. This is a result of the internal stress caused by being dissatisfied with life and it weakens the immune system and makes us vulnerable to illness and disease.

Learning to communicate is a skill that we begin to learn as children. Whether your goal is to communicate more effectively with others or with your own body you can learn how to do this safely and successfully. It takes patience and practice.
Real Life Case Study

I was working with an adult teen that was experiencing a sore throat and marginal laryngitis. Knowing that her voice was being suppressed, I asked her if there was something she needed to say to someone.

She expressed that one of her closest friends had not invited her to a party. She felt hurt and didn’t understand how or why her friend would do that. We talked about what she would say if she had the chance and when she thought would be a good time to approach her friend.

She reported feeling better by the end of our session and was completely better the following day even though she was still waiting for the right opportunity to express herself.
Step Four - Your Values

What do you value most in life? What are your most important values?

Below is a list of values. Go through the list and mark each value that is important to you. Use the blank spaces at the end of the list to write any values that are important to you that weren’t listed. When you’ve completed the first step, go back and make a list of your top 10 values.

Here is why this is important: anytime we operate outside our values we are headed for potential self-destruction. For example, if one of your top 10 values is honesty but you work for a company that you know is stealing from people by delivering an inferior product or service, then you are unable to live within your values. This causes stress, and as we’ve already discussed, stress causes a physical and emotional breakdown of your body.

Take as much time as you need to complete the list and clearly identify what’s most important to you.

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<td>Organization</td>
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Now that you have identified your top 10 values, it’s time to take a look at all the areas of your life and identify in which areas of life you may be compromising your values.

Below is a list of the most common areas of life to help you get started. Take each item listed below and think about how you are living your life in that area. Ask yourself if you’re truly living authentically or if you are compromising your values for some reason.

If you find that you are compromising your values, ask yourself how this makes you feel. If your answer is anything other than good to neutral, then you’ve got some work to do. But remember what we discussed earlier. Change does not happen overnight. Take time to create a plan that works for you, a plan that will allow you to take appropriate action when the timing is right and to know with certainty that you are on your way to a happier healthier life.
For example, if you discover that your marriage of 18 years is no longer working for you, don’t just pack a bag and walk out the door. Make a solid plan. Do what you can to make the necessary changes required to get your marriage back on track. And if that fails, develop an appropriate exit strategy – one that will serve you and those you love.

- Career/profession
- Personal finances
- Family relationships
- Friendship
- Health and aging
- Intimate relationships
- Social relationships
- Fun and enjoyment
- Spiritual awareness
- Personal development

When we are living a life that is in full alignment with our values we experience a sense of calmness and peace. But, if we are living outside of our values, it can create feelings of disconnection, overwhelm, and dissatisfaction; all of which produce stress.

Everyone can learn to communicate better, and a great place to start is with your own internal communication. When the internal signals you receive from your body match your values and the actions you take, you will likely feel calm, peaceful, and aligned. When you’re not aligned (in other words, when you override your body’s signals and take action that is different from what you really want) you may feel overwhelmed, upset or disconnected. Once you make the commitment to learning to communicate effectively with those around you and with your own body, you will notice that you become more at peace with life.
Step Five – Make a Commitment

By now you should have enough evidence to support the fact that your body is constantly and consistently sending you messages. Those messages can be as subtle as a clenched jaw, and upset stomach, nervousness, or an inability to focus. Or they could be so severe that your life is at risk. The list is endless.

Anyone who continues to ignore the signals their body is sending will eventually pay the price. The body is so intelligent. If you fail to listen, acknowledge, and take appropriate action the signs and signals will get louder and louder until they are no longer possible to ignore.

Make a commitment to start paying attention and recognize even the smallest signs that your body is sending. Remember what we discussed in step one. Your body is not betraying you - quite to the contrary, it is functioning perfectly in the way it was designed to function.
Step Six - Body Focusing

There is one final technique I would like to share with you in order to assist you in understanding and communicating with your body. It’s a process called “Body Focusing”. It’s easy and effective.

Find a quiet place to sit. Make sure you have at least 15 minutes where you will be uninterrupted. Turn off televisions, cell phones, and anything else that may distract you.

Get in a comfortable position, close your eyes, and begin to focus on your breathing. Give yourself a few minutes to get settled in and try to keep your mind clear of all your worries and concerns. It’s completely normal to have thought pop into your mind. When they do surface, just brush them away. I use an imaginary feather and wipe them away. Use whatever works best for you.

Once you feel comfortable and relaxed, greet your body with a kind “hello”. Then focus in on your area of discomfort or illness and ask your body what it is trying to tell you. Remain still and quiet, and listen for the answer to come. Be open to receiving an answer and acknowledge whatever comes back to you in the form of a message, vision, or feeling. Once you’ve received your answer be sure and thank your body for cooperating.

This process is amazingly effective. Sometimes in an effort to avoid facing uncomfortable emotions we inadvertently bury the truth deep within. Body Focusing helps us to uncover some of our most deeply hidden emotions.

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Conclusion

Although I may have made the process of interpreting the signals from the body look easy by the case studies presented, it can be very complex. It has taken years of practice combined with my intuitive ability to be able to achieve the results mentioned in this course. I have provided a recommended reading list at the end of this course if you’d like to learn more. In the meantime, I encourage you to follow the steps in the short course so that you can begin to recognize your body’s super intelligence. It’s vitally important that each individual take personal responsibility for their health. In doing so will be able to live a happier and healthier life!

It’s time to take back control. Rely on medical science when necessary, but avoid giving away your power. Dealing with medical science needs to be a give-and-take relationship. You must commit to doing your part to getting well!

If you are someone who feels they need additional help with the healing process, then please request a session with me by using the link found on the next page under the resources section.

To your health and happiness!

Coaching you well,

Teresa Bruni, CPC, ELI-MP
Intuitive Healer, and Health and Wellness Coach
LessFearMoreFlow.com
Additional Resources

RECOMMENDED READING LIST

You Can Heal Your Life by Louise Hay

The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles by Bruce H. Lipton

Molecules Of Emotion: The Science Behind Mind-Body Medicine by Candace B. Pert

The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits by Gregg Braden

Love, Medicine and Miracles: Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients by Bernie S. Siegel

The Forgiveness Project: The Startling Discovery of How to Overcome Cancer, Find Health, and Achieve Peace by Michael Barry

HEALING MEDITATION

Download my Healing Meditation absolutely free by clicking here.

Enter the password: wellness

REQUEST A DISCOVERY SESSION WITH ME

I invite you to request a complimentary session if you feel you need help deciphering the messages from your body. Simply click this link and fill out the request form. I am fully committed to helping as many people as I can.

Disclaimer: Some links in this document may be affiliate links and the author may make a percentage of purchases.