



## **December 2021 Graduate Program Lesson**

### **The Body as a Diagnostic Tool - Exploring Lesson Two**

#### **The body is our first reflection**

Karmic patterns exist on many levels at once. First as a thought form and then as an emotion and then as a physical issue in the body somewhere. This physical issue in the body can be extremely mild tension in the muscles right through to a physical illness or disease. The more we are willing to look at these patterns of thought and emotional forms, we have no reason to make them show up as disease or illness or pain.

If our body is showing us something needs to be looked at, we can begin to recognise we have not been able to or wanted to see it in the thought or emotional form. We all avoid emotions and forget we felt them after they have disappeared again. Until we understand causality we cannot find the original thought form and then work on it through contemplation.

Our body is a diagnostic tool to help us firstly by recognising any physical issues we have not wanted to see as emotions or beliefs. The severity of the physical issue indicates how far out of alignment the belief and the emotion is with what we have seen to be true. As we work backwards to the belief we will see the body beginning to reflect the truth of our being more, firstly as better thoughts and emotions and then as physical healing. We should not stop our contemplation until we see the body is no longer reflecting these beliefs back to us.

The body reflects what we think and feel about everything – not just what we think about the body! This includes how we feel about ourselves, the world, God, the body itself, our relationships, politics, finances, etc.

### **Getting to the root of the issue**

Sometimes the issue will seem to only be showing up physically and we may not be aware of remembering any negative emotions to help us. In these cases, we can use a basic working knowledge of the chakra system and/or Louise Hay's work as a basis for understanding the thought forms or beliefs our body is showing us if we cannot find an emotion that is playing. We must come to understand that we may not believe these thoughts logically or rationally but if our body is showing us something, we have to admit that our egoic sense of self still believes this to some degree.

We can accept this without judgement because we have not been responsible for picking up these beliefs in the first place. None of us had any choice which beliefs we brought into this lifetime. They came from previous lifetimes as unfulfilled desires and from our experiences and conditioning in this lifetime. This allows us to release judgement and blame of ourselves.

### **Using the body to help you heal**

Whether we use meditation, contemplation, self-inquiry, conscious imagining or the statement process we are relying on the body's feedback to help guide our practice. The feedback we get from the body will give us real-time knowledge of whether we are transcending patterns or not, in this moment. The better our body feels, the more abundance of energy, well-being, joy and peace it will experience. Our body must be our first diagnostic tool for evidence of how we are actually doing.

#### **Exercises for this lesson**

1 – Learning to become more sensitive and noticing more often how your body actually feels is a vital step in releasing these patterns.

2 – Recognise that as we meditate more, see clearer what we actually are and have realisations (big or small) we are allowing more life force through the body/mind and this will show up vibrations in the body that are from separation even more. It does not mean we have done something wrong!

3 – Practice conscious imagining, meditation, self-inquiry and the statement process with a greater awareness of how the body is feeding back to you.

4 – Recognise that healing must come from the crown chakra first and then down through the rest of them. It may help to have a basic working knowledge of the chakras, meridians and energy flow in the body (but not compulsory).

5 – Begin to recognise that ego is an energy or vibration only that tries to counteract our awakening to keep things the same and keep us safe (so it believes). If we wish

to transcend and see these patterns we must understand the fact that some part of us does not want to see them! Accepting that fact is helpful and we can stop pushing against the resistance.

6 – Begin softly with a pattern you may have right now and see how your body feels when you apply one of the core teachings, statement process or conscious imagining. Find out which one works best for you (or combination of them) so you can go to them when needed.

Your body is your best friend and ally in the awakening process and you need nothing else once you see how to work with it. It is not our fault we have not known how to do this. 😊