

My Body, My Heart, My Desire: Tips to Reclaim Your Feminine Essence and Soul's Desire

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FEELING YOUR BODY

Are you overwhelmed by feelings, sensations and emotions? Do you feel disconnected from the sensations and messages from your body and do you self-objectify?

Here is a practice using the body to build a bigger container to hold feelings and serve as a boundary. Use a feather or your hand to caress (or tap/squeeze if using hand) every part of your body, notice the sensation and affirm to yourself, “This is my (ie:elbow), my (ie:elbow) is a part of me; it is part of a greater whole.”

FUELING & NOURISHING YOUR BODY

We are what we eat!



Diet is an integral part of your physical, emotional, spiritual and sexual health. Foods have a significant impact on the body's ability to heal and function optimally. Exercise and drink lots of water!

LISTEN TO YOUR HEART & EMOTIONS

Emotions communicate to you through your body. Name them, as they serve as important messengers and are an integral element to finding peace. Bring compassion and acceptance to what you are feeling and find a healthy outlet such as writing, drawing or speaking to someone.

Use the healing power of touch and aromatherapy to calm your emotions. You can find an opportunity to give someone a hug; place your hands on your heart and solar plexus and say something loving and supportive; take a bath with lavender or put 3-5 drops on a wet cloth- place the cloth on your forehead and rest for 20 minutes.

SENSUALITY

Awakening the senses and finding pleasure through taste, touch, smell, sight and sound.

Dance is a wonderful way to engage in sensual movement and follow/listen to your intuition and rhythm of your body. Feel the sensual energy moving through you. Set an intention to heighten your awareness of one (or more) of your senses.

Smell a flower outside; feel the breeze on your skin; see the beauty in nature; chew your food slowly, savoring every bite; sense the touch of your own hand.

DESIRE

Following your desire as women can be challenging, as we are conditioned to serve the desires of others.

Check in with your heart frequently throughout the day. Place your hand or attention on your heart as you take 3-5 breaths (in through your nose and exhale through your mouth). As thoughts arise from your mind, bring your attention back to your heart and ask yourself: "What do I desire at this moment?"

SPIRITUALITY

Find a community of like-minded women who nurture and support you.

Do what you love! When you do what you love, you raise your vibration and that of the world around you.


Spend time in silence, self-reflecting and evolving into the woman you were meant to be! To find answers, listen to your body, the deepest part of your essence- your gut aka intuition.

Spend time in nature, read inspirational quotes and surrender the outcome of your desires and relationships. Be open and look for signs and guidance from your higher power, mentor, spirit guide. Relinquish control and allow something greater than you to take over :)

PRACTICE GRATITUDE

Develop an attitude of gratitude. Start and/or end your day with a gratitude list.

Please call 914-263-3999 or email sacredheal@gmail.com to schedule your FREE "Reclaim Your Feminine Essence" 15-minute phone consultation.



MyBodyMindWellness.com
