

BODY ZEN WISDOM - 1 PAGER

2 minute read

Q What is Body Zen Wisdom?

- A
- a process of remembering your human
 - a process of daily practice choosing love
 - inspired living with all of your 6 senses
 - resonating with all of your 7 chakras
 - creating a true friendship between your body & mind
 - connecting to all of your spirit guides
 - honouring, respecting and connecting to your roots, ancestral origins

Q How do I begin tapping into my Body Zen Wisdom?

- A
- choose one act, each day, with breath, a moment of awareness, welcome choice, allow it to be your truth

Q What is the simplest way I can practice listening and using Body Zen Wisdom?

- A
- Making a cup of coffee - fully present
 - Taking a shower - the water flowing with joy to every cell in the body, embracing love
 - Dressing with 1 item that brings you joy - feel that lightness as you dress
 - Walking on the sidewalk - thanking each foot, each toe for a few breaths
 - Eating a meal - admire your plate of good food, knowing your body will be stronger
 - Lying down at night - listen, breathe, pause, thank your body for the day, listen

Q What is the Body Zen Wisdom Process?

- A
- 3 steps to living fully and in harmony with your body & mind
 - 1 - BREATHE (take a breath before you make a decision)
 - 2 - Choose LOVE (we always choose between love & fear)
 - 3 - DONT' ASSUME (once you choose love, follow your truth)

Q Why is choosing Love so important, so necessary?

- A
- Love connects us to all that is. Fear shrinks us away. Love allows us to expand and choose a rich, full-filling life. Fear keeps us from living fully.
 - Love is connection, exploration, attention, awareness, growth, expansion.
 - Fear is contraction, isolation, stuntedness, avoidance, dullness.