YOUR BODY IS SPEAKING; ARE YOU LISTENING?
Tune in and celebrate your somatic relationship!
National Wellness Conference, June 2015
Presented by Lisa Medley, MA, CMT~ www.SoulisticArts.com

Imagine treating your body the way you do a loved one. What would it be like to spend quality time, really listen, and respond to its needs?

Our body is our home, always tells the truth, and is a tremendous source of wisdom. There are influences that can keep our relationship with our body at a distance: lack of support, instinct, and/or guidance to know how to listen; life experiences with higher degrees of trauma; and historical remnants of the body-mind-spirit split.

There are many ways that support an internal connection and fortunately, these practices are growing in popularity and access. In this session, participants will experience a guided relaxation followed by a simple 4-step listening process that does not require any experience, attending a class, or learning a system.

It is called the “4 A’s”: Awareness, Acknowledge, Ask, and Action. Participants will “listen” for an area of the body that is “speaking;” it may have a higher degree of sensation and/or they are drawn to that area. When they have AWARENESS of it, they ACKNOWLEDGE it; similar to what occurs in relationships between people when validation occurs. Then, participants will ASK what is needed. There may be an ACTION required to attend to this need.

Slowly, participants will be brought back to the present and be invited to journal about their experience, with particular attention on any actions to enhance their wellness. Then, we will come back together as a group, debrief, and brainstorm how to take this process further in personal and professional lives.

To sustain our work as wellness professionals, it is imperative to enhance our relationship with our body and listening is a powerful step. What would it be like to bring the body’s wisdom into the conversation along with wellness professionals and the medical establishment? Tuning into what the body has to say offers life enhancing personal wellness benefits and points to implications on the ever evolving health care system.

“If you don’t take care of your body, where will you live?”
Unknown

“Ask not what your body can do for you, ask what you can do for your body.”
Lisa Medley, inspired by John F. Kennedy
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LISTENING BENEFITS

- Source of wisdom, truth-telling
- Internal guidance system
- Enhance health and wellness
- Supports sustainability
- Proactive, preventative method
- Fulfill potential
- BodyMindSpirit connection
- Feel comfort in your own skin
- Develop presence
- Bodymindfulness

LISTENING PROCESS: The 4 A’s

Preparation

☞ Become present
☞ Relax – breathe fully, release muscle tension

Process

1. Choose an area of body – or whole body overview
2. Engage the 4 A’s:
   ☞ Awareness – what do you notice
   ☞ Acknowledge – give area of body your full attention
   ☞ Ask – what is needed
   ☞ Action – identify action step, if applicable
3. Choose another area of body and repeat 4 A’s process
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