

## RESOURCES FOR LISTENING TO YOUR BODY'S VOICE

*Listening to the body consciously has many benefits both physically, emotionally and spiritually.*

*Connecting to our bodies can become a daily practice that will enhance our lives in many ways, enabling us to have a fuller life experience.*

*Here are just some practices to help to bring conscious connection to your body:*

- *For a few minutes during prayer or meditation bring your awareness to your body, allow your breath to enter all of your body parts taking a section at a time, notice what is tense, tight, constricted... notice where the breath seems less full. Bringing that awareness helps us to release and to know where we are holding tension.*
- *During the day notice what people, places, situations cause a physical reaction in the body; a pain in the neck, a stomach ache, a pounding headache are signals from the body sending us information.*
- *Learn to recognize where your feelings sit, where you hold your stress and ask your inner wisdom to help you in releasing pent up energy.*
- *Take time for yourself to receive body work (i.e., Massage, Craniosacral, Trager, Reiki or other energy modalities) to become more aware of your body.*
- *And last but not least, love your body... it is a blessed vehicle that allows you to do your work and have this awesome human experience here on earth.*

In summary, to fully awaken your body, we recommend a practice that combines:

- **Meditation & Prayer** of choice while maintaining body awareness
- **Emotional Connection:** Heart-centered therapy, Focusing, or any of your favorite ways to connect your feelings to your physical body.
- **Movement:** internal & external motion—organic, gentle, flowing...
- **Bodywork:** Massage, Trager, Cranio-Sacral, Reiki, or similar therapies  
*—the body remembers what the mind has experienced...*

## Recommended Books:

Barral, Jean Pierre, D.O. *Understanding the Messages of Your Body*. North Atlantic Books & Upledger Enterprises, 2007.

Benson, Herbert, Ph.D. *Timeless Healing*. New York : Simon & Schuster, 1997.

Cushnir, Raphael. *The One Thing Holding You Back: Unleashing the Power of Emotional Connection*. New York : HarperCollins, 2008.

Domar, Alice D.. M.D. *Self Nurture: learning to care for yourself as effectively as you care for everyone else*. New York : Penguin Group, 2001.

Knaster, Mirka. *Discovering the Body's Wisdom*. New York : Bantam Books, 1996.

Pert, Candace. *Molecules of Emotion*. New York : Simon and Schuster, 1997.

Sparks, Phylis Clay. *Soul-Esteem*. Soul-Esteem Publishing, 2001.

Welfeld, Renee. *Your Body's Wisdom*. Naperville, IL : Sourcebooks, 1997.

Wilber, Ken, Terry Patten, Adam Leonard & Marco Morelli. *Integral Life Practice: a 21<sup>st</sup> Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening*. Boston : Integral Books, 2008.

**Joanna Salerno** has been a certified Spiritual Director since 1999; she graduated from St Thomas University in Miami, Florida. She founded **Sacred Listening-Sacred Touch** and is a Licensed Massage Therapist who practices various modalities such as Craniosacral Therapy, Somato Emotional Release, Healing Touch, Sound Healing, and Heart Centered Therapy, among others. In addition, Joanna is a Certified Life Coach and is passionate about educating her clients to “listen to their bodies’ voice” for their own self care. She is currently Co-Minister and Spiritual Director at the Church of Spiritual Light in Ft Myers, Florida where she is also busy creating a program on "Development of the Healer." You can contact her through her website: [www.sacredlistening-sacredtouch.com](http://www.sacredlistening-sacredtouch.com) or by email [sacredlis1807@yahoo.com](mailto:sacredlis1807@yahoo.com)

**Mayra C. Hall** has been a spiritual director since 1998; also, a graduate of St. Thomas University, where she received a Masters in Pastoral Ministry and Certificate in Spiritual Companionship. As a Licensed Massage Therapist, she offers various body therapies, which include massage, the Trager Approach, and Reiki. Mayra’s passion is Bio-Spiritual Healing. She has developed a program for women called **Blossoming into Wholeness**, which includes Enneagram work, Focusing, and other forms of body-centered listening. She is a co-founder of **Spiritual World Net**, an educational ministry for spiritual directors. To contact Mayra, email her at [info@soulattention.com](mailto:info@soulattention.com) or visit her website: [www.soulattention.com](http://www.soulattention.com).