

The Sensational Body

Our bodies are the interface between the seen and the unseen, they are the mechanism that allows all of our physical sensations to be 'felt', yet how often do we contemplate the true power of our bodies? How often do you listen to your gut feelings? Do you go with them or allow your mind to talk you out of it? It has long been postulated that our gut/heart based feelings represent our true inner 'knowing': how often in your life have you ignored gut feelings only to regret it at some stage down the road?

If we work consciously with our inbuilt 'knowing' system it can hugely assist us in our journey through life. The challenge we face though is our ego and conditioned minds who consistently work to have us follow other pathways and experiences, and can be very convincing in their arguments! There is a key difference between our inbuilt 'knowing' and our ego/mind, and that is that the ego/mind has been conditioned and taught by other ego/minds, so it's all human based, whereas the 'knowing' part of us is based in and from the universe itself. It's all knowing. The issue for us is that the mind/ego are very loud, persistent and never shut down, and our 'knowingness' needs to be accessed through quietness, belief, awareness and faith. Our 'knowingness' does not take centre stage like our minds/egos to tell us what we should and shouldn't be doing.

It's nice to wish and hope and we can see how much this innately appeals to us when we look at the number of social rituals we have built around it - wishing on a falling star, throwing money down a well and making a wish, making a wish as you blow out the candles on your birthday cake, just to name a few - but if you're making decisions in and about your life you need to **know** what the right thing is to do. Wishing is ultimately an avoidance mechanism. It makes us feel as if we are taking action on our life issues, but allows us to avoid taking responsibility for making decisions. When something we wish for doesn't happen we can say "oh well, it obviously wasn't meant to be" rather than taking responsibility for making decisions and making our own success in life.

With conscious awareness, you can check out what your conditioned mind is telling you to do, AND how and what you feel in your body. You will no doubt remember times in your life when what you had in your mind was in complete alignment with what you felt in your body, and this gave you the absolute certainty that what you were about to do next was the right thing. These are signals that you need to be aware of, to seek out and to be prepared to follow if you wish to maximize the wonderful system of knowingness inside of you. The time to be careful is when mind and body are in conflict, don't be hesitant to give yourself more time to consider the issues, to sleep on it. That 'feeling', that 'little voice', that 'something inside me' or whatever you prefer to call it, wants to alert you to something, take your time and be sure; know.

Our bodies are communicating with us all of the time, constantly giving us feedback and messages, and within them are powerful resources that offer us guidance and support, with a little effort and awareness we can develop them and strengthen and grow the mind/body/spirit connection. Take time every day to simply 'feel', and acknowledge what you are feeling; how do you feel on a scale of 1 - 10? What could you do to improve the score? When making any decision, tune into your mind/ego and your body at the same time. What is each telling you? Consider them as a whole and relate that to your options. This is conscious living, this is expansion, it is evolutionary and it taps into the very essence of who and what you are.