

# Dialoguing with the body

During a clearance we will notice sensations in our body as the energy shifts and clears out.

Sometimes we experience sensations that are quite strong and that are in fact our body communicating with us (as it always tries to!). If this happens during a clearance then it may well be that there is a message to uncover, a message that is probably linked to what we're working on.

## How to dialogue with the body

1. Raise hands into the TAT position
2. Do this while focusing on the sensation in the body (ache, tension, pain etc)
3. Say the following
  - Thank you. Thank you for your signal
  - I acknowledge you and I am listening
  - I love you
  - What can I learn from you? What message do you have for me?
4. Keep your mind clear and await a response.

## Things to note

- We can muscle test or dowse with each phrase to see when it is clear.
- The first thing that comes to mind might be completely random. If this is the case, dig deeper and consider the symbolic significance of what has come to mind. Think dreams! Their language is not always immediately obvious.
- Sometimes the message comes in the form of a smell or sound - be fully open and aware.
- And sometimes, the message might come to the facilitator / practitioner.
- You can go through this process any time you have a body ache or pain. You'd be surprised how often our body is trying to communicate with us and we choose to dull the message with a tablet. This often reduces the need for the tablet!