

Body magnificent - by Janelle Fletcher

Let's start treating our bodies and ourselves as magnificent rather than as deficient.

Deficiency syndrome As women, we very often treat our bodies as deficient – by abusing, denying, starving, polluting, poisoning, neglecting, exhausting.... (and the list goes on) our bodies and ourselves. We do this with our thoughts, words and behaviours including:

- Under/overeating or poor nutritional choices
- Extremes of exercise – excessive or very little
- Sleeping – not enough or overindulging
- Social substances– smoking, alcohol, drugs...
- Medication – under/overmedicating, reliance on prescription drugs
- Sex – under / over / avoidance of physical or sexual relationships
- Intimacy – denying intimacy or excessive clinginess
- Ignoring the cues of our menstrual cycle
- Unhealthy or undesirable relationships
- Self harming, suicidal thoughts and attempts
- Ignoring signs and symptoms and relying on other's opinions over our own body's wisdom
- Exhausting ourselves by being overly busy, caring too much for others
- Verbal condemnation and down-putting of ourselves
- Recurring negative thoughts and focussing on the half empty glass

Body wisdom

Our body knows us intimately – more intimately than anything or anyone else. It remembers all of what has occurred to us from the moment of conception to the present - all of our experiences, thoughts, behaviours, relationships, words spoken by us or over usall of this is registered and stored in our bodies.

Many women respond to trauma and difficult situations by adopting some of these deficiency syndrome behaviours. Hanging on to heavy burdens, unpleasant situations, negative thoughts and words, clinging on to certain emotions and acting out these “deficiency” behaviours weigh us down and create ill-health and further unhappiness. Conversely, ill-health and unhappiness can hook us again into mistreating our bodies and that cycle is set up.

In my work in women's health and transitions, I support people identify certain events, situations and emotional patterns that have set in to the body and lead the way to certain health problems (often women's health problems) or self esteem problems – particularly in the areas of fertility, abortion healing, miscarriage, women's health issues, adoption, motherhood, self esteem, intimacy, relationships and life direction.

Through a simple muscle testing technique plus a good dose of feminine intuition, the issues underlying the “problem” are addressed. Take for example, the 38 year old woman who is concerned she won't be able to have kids. Her body “tells” me to ask her about what occurred for her at 16. It seems that she is still carrying the guilt of the abortion she had at that time. What about the woman who is struggling to fall pregnant? Her body tells me to help her address the loss of her own mother when she was going through reproductive and sexual changes at puberty and to support her getting off the recreational drugs she is using. The lady who is searching for a “better” man – is asked to address the pain that occurred for her when she lost her father at 14 – her favourite parent and “man” in her life. For the woman with persistent self esteem issues –she relooks at the emotions and thoughts she took on as a newborn baby being adopted out.

I support that person by energetically clearing aspects of their experiences from their bodies (right down to the cellular level) and by taking the cues from the body as to how to individually address that person's healing. We each heal differently. Teaching them simple techniques to access their own body's wisdom in combo with them finding new practical ways to love and care for themselves and their bodies more - helps women “cut” the cycle of the deficiency syndrome. Then health, relationships and life.....take on a new look and feel.

Magnificence solutions - think, speak, do LOVE

- Take time **daily** to be still. Reflect and act upon what your body and heart is telling you.
- Let go of the “heaviness” that is weighing you down. Try out some energy clearing and healing.
- When you notice yourself acting out deficiency behaviours, stop and make a different choice in that very moment.
- Take a lesson from the 3 monkeys – speak no evil, see no evil, hear no evil.

1. **Think magnificence (LOVE)** – entertain only positive thoughts about yourself and your body, focus on health and happiness, think love
2. **Speak magnificence (LOVE)** – speak kindly about yourself and others, accept compliments, watch your tone, speak hope and positivity, speak gratitude daily for what your body does for you and for the magnificence of who you are.
3. **Do magnificence (LOVE)** – this is not a “to do list” – instead focus on nourishing, nurturing, resting, pampering, indulging, treating, respecting and having fun with your body and with yourself.

Janelle Fletcher

Speaker, Mind Body expert

janelle@janellefletcher.com

www.janellefletcher.com

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