



## Grounded & Centered

You absolutely know how difficult it is to transform anything in your life when you're overwhelmed and exhausted. When more chaos than serenity is present, the situation can feel as though you've gone from having one problem to a host of them. Mother teaches that when you want or need to transform something in your life, doing so from a grounded and centered place is an advantage that can't be overstated. Depending on the severity as you discern it, there will always be some level of anxiety and fear. You wouldn't be human if you didn't. That kind of reaction is normal and healthy, but choosing to get hooked into the fear and panic by allowing it to dominate and define your inner life is the tipping point into unhealthy pain cycles.

These Love Pages are designed to help raise your awareness of just how present you are with your body, which includes your mind and emotions. Without awareness you can't know the best choice to make for yourself in any given situation. Be kind in your discoveries, and remind yourself that you also don't have to *do* anything with what you find.

*If you'd like to try a variation on Mother's love practice this week, sit with your body instead of your challenge; write what comes up, then fill you body with love for the final 10 minutes.*



As physical beings, body awareness is a big key to knowing yourself. Keeping that in mind, answer the following prompts with curiosity and love.

1) Begin by writing in a free-form style about your body, which includes your mind (thoughts/thought patterns) and emotions. Use words and phrases that bubble up from your soul. Include thoughts, but don't come from your mind exclusively. Feel your way through this exercise. Write whatever comes, even if it's wildly contradictory.

2) What are the small everyday actions you take to avoid body awareness? Some examples might be watching TV or being on the Internet while you eat, listening/watching something that engages your whole awareness while you exercise, drinking enough caffeine to fuel your monkey-mind, or eating just enough sugar to keep your brain fog constant or your frustrations and self-pity levels high.

3) How do you feel when you don't engage in the actions and behaviors you wrote about in the previous question? It could be both positive and negative.

4) If some of your reaction is negative when you abstain from these actions, such as fears rising to the surface, write out the story of what might happen if you stopped the behaviors consistently that you use to avoid body awareness. Include worst-case scenario. Get crystal clear on the feelings of why you're maintaining the avoidance, even if you don't know the details of why.

*If even the thought of abstaining from your avoidance behaviors is deeply upsetting, this is your opportunity to face those feelings and seek professional help. You may be dealing with a much bigger need in your life. If you know or suspect that you have experienced a past trauma, Mother recommends you explore EMDR Therapy. It is specifically designed to help your brain process the trauma and heal without years of therapy. This is not meant as a shortcut or a quick fix but rather a highly effective tool that is well researched and widely used in the international psychology community. Use these sites to start your exploration: [EMDR Institute, Inc.](#) and [EMDR International Association.](#)*

5) Now that you have some understanding of why you avoid body awareness, are you able to feel some compassion for yourself for maintaining your lack of body awareness?

6) Can you see how this avoidance may have served you in the past?

7) In regards to your challenge, which body (which includes mind and emotions) awareness avoidance behaviors have helped maintain your challenge?

8) In what ways might body awareness help transform your challenge?

9) Deep breathing, meditation, and Yoga Nidra are fantastic tools to help you get connected to your body, including your mind and emotions. Looking over your answers to question #7, choose one small behavior you are willing to abstain from for the next 7 days that you use to avoid body awareness. An example might be that for the next 7 days when you eat alone you'll abstain from watching TV or using other ways to distract yourself from your food.

Each day write down your experience in body, mind, and emotions when you abstain from your body awareness avoidance behavior.

*Day One*

When I abstain from \_\_\_\_\_

I feel:

I notice:

I experience:

*Day Two*

When I abstain from \_\_\_\_\_

I feel:

I notice:

I experience:

*Day Three*

When I abstain from \_\_\_\_\_

I feel:

I notice:

I experience:

*Day Four*

When I abstain from \_\_\_\_\_

I feel:

I notice:

I experience:

*Day Five*

When I abstain from \_\_\_\_\_

I feel:

I notice:

I experience:

*Day Six*

When I abstain from \_\_\_\_\_

I feel:

I notice:

I experience:

*Day Seven*

When I abstain from \_\_\_\_\_

I feel:

I notice:

I experience:

10) Did anything shift this week with yourself and your challenge as a result of your choice to abstain from that behavior?

11) Does your intuition tell you this is a valuable addition to all that will help transform your challenge?

12) Do you need support from others in order to continue?

13) Are you willing to ask for and receive that support?