

HOW TO LISTEN TO YOUR BODY – CLASS 6

Led by Stacey Mayo

Stacey Hi, this is Stacey Mayo and this is *How to Listen to Your Body and Understand What it is Saying* and this is class number six. And this is indeed the last session of this program. I've been thinking about it and there is so much more of the body that we could cover. At some point I may do a Part Two. But I believe this is plenty for you to take in at one time and to be with and to do whatever release or healing work you want to with your own body or get support in doing that.

I wanted to remind you guys those of you who are really enjoying listening to this and want to know how to intuit what is going on with other people regarding to their ailments and to help them be healthy and help them go forward in life and enjoy their life and have it be happy, healthy and prosperous, you can join the next section of the Medical Intuitive training, which starts soon. As a participant of this program, you will receive \$100 off of the program if you decide to join the next program. You can get more information about that at my website www.thesentelligent.com/smi.

If you have questions about whether that program is right for you, or think you can't get accurate enough information or be good enough at it, or earn a good living at it, those are all blocks and none of it is true. So feel free to contact me and I will tap in for you and see what blocks might need to be released for you to understand that you do have the innate ability to be a Medical Intuitive and earn a good living with it by itself or in combination with other things such as coaching or other alternative healing methods or even traditional medicine.

If you are interested in that do let me know and if your soul wants it but you don't think you can do it, contact me and I'll be happy to tap in with you and see what blocks there are.

Last week we discussed what happens when you release blockages energetically and the difference and various release techniques. This week we're going to get right into the heart of things and we're going to talk about excess weight, which I know is one that many of you signed up for and we're going to talk about the nose, the liver and headaches. I'm going to open up the lines and see who has challenges with any of these so that we can tap in personally for those of you who have challenges.

Laura Stacey, this is Laura. This is the week I've been waiting for.

Stacey I know it is, Laura. So you're raising your hand about weight.

Laura Yes. I do get headaches once in a while but that's not significant.

Stacey So not migraines, just regular headaches.

Laura No, just regular ones every once in a while and it's usually neck tension and stuff.

Stacey Okay.

Lilliana Stacey, this is Lilliana. Even though I don't have a lot of weight to lose, maybe ten pounds, it is very, very hard. And I know I'm eating the right things, the right amount, but I don't know what it is. I think because of my pain medication I have to constantly take laxatives or stool softeners and things like that and I really don't like that.

Stacey All right Lilliana. We'll take a look.

Archanna Hi Stacey, Archanna here. I wanted to hit on two of them. The first is the liver. What I have noticed is when I do some of the yoga stuff, the liver area it feels like there is a pain there. I have not had any issues or problems there but I feel a pain in the area so I'm not sure if I have problems there but I feel it's in the area so I think maybe there's some anger in there I need to let go so that's my liver thing. And the second is the headache seems to be perfect timing because there's been a lot of stuff going on and even with my project right now. I've been having some of these tension headaches that hit me from the back of my head up to almost my neck and shoulders; almost the whole area I'm getting a ton of weight on it.

Stacey Back of head, and neck and shoulders is what you're saying.

Archanna I've not had a lot of headaches in the past, but recently it seems to come and go. I want to avoid taking any medication but it is still kind of hitting me on and off.

Stacey All right, good Archanna, thank you. Who else?

BB This is BB. Definitely the weight and headaches. Did you say nose?

Stacey Yes.

BB I get bloody noses from time to time and some can be pretty big.

Stacey Okay.

Mary Carol Add Mary Carol to your weight section and I have a great migraine headaches story if we have time for it.

Stacey Maybe not a story, but do you still get migraines?

Mary Carol No I don't, not anymore.

Stacey Wait, was that Brenda I heard?

Brenda Yes, its weight. I actually just started a diet here. I know the group emotional issues and could be related to my thyroid and slow metabolism. Definitely weight problems.

Stacey How much overweight would you say, Brenda?

Brenda Thirty-five pounds.

Stacey Okay. Who else?

Jamie Stacey, this is Jamie. Mine is weight also.

Stacey How much weight, Jamie?

Jamie Probably about 70 pounds.

Stacey Okay.

Sharon This is Sharon. I have 40 extra pounds and periodically I get tension or stress headaches. They start at my shoulder trigger points and then go up into my neck and head. Does nose include allergies?

Stacey We can look at that. It can, certainly. You get congested or runny nose or what?

Sharon I have three different medicines, two of them are nasal sprays and one is {.....}.

Stacey Okay, we'll come to you about nose, for sure, Sharon. Anyone else?

Barb This is Barb. It would be along with most everyone else, weight. Why I choose to medicate with sugar or carbs to suppress stress and the other thing if we have time for is nose bleeds for a family member.

Stacey That's an interesting one. How much weight, Barb?

Barb Twenty.

Stacey All right, popular call. We don't be able to address everyone individually, but we will give you some kind of formulas to help you with this today.

Let's talk about weight. A lot of people on the call have weight. It can be anywhere from ten pounds to a couple hundred pounds. Excess weight weighs you down both physically and in terms of being able to go forward in some way in your life, often in many ways. Excess weight can be thought of as protection, extra layers on your body to protect you from something. The amount of excess weight you have is indicative of the number of layers of protection that you have that must be shed for you to be come out of hiding in a consistent way.

There are other ways to hide out besides weight. Those include health challenges. Every health challenge we have discussed could be considered some form of protection that keeps you from going forward in some way. So people have different forms of protection at different points in their journeys. It is important to release all of them at some point, of course not all at once. Forms of protection will change over the course of your journey, be it this lifetime or many.

Please note that when we're talking about weight and health issues, that none of this is your fault. It is not about blaming yourself or about beating yourself up which gets you nowhere. It's about learning about the causes of it, which get more complicated the more overweight you are. Understand that. Most of the things that keep the weight on are subconscious so you can do the right things and still not lose weight or you can know the right things and not do them. All this is due to subconscious issues for the most part.

Weight layers are often associated with protection from being seen in various ways. Being seen by the opposite sex is one surefire issue for people who have consistent weight problems. Being seen for all of who you are is a common thing that helps us put on weight. Excess weight can protect you from being too attractive and from getting too much attention. This can keep you from being in a healthy relationship with a significant other, from going public with the truth of all of who you are, and when you don't feel good about how you look it can keep you from going forward on your path as you may feel that you have to look a certain way to be respected and to be someone who walks their talk. All that can hold you back and needs to be cleared.

The amount of pounds you need to shed to be your correct weight correlates to the number of layers you have to release. I asked for a formula, and this is what I got. But know that it is a little more complicated than this if you have more than 40 pounds approximately. So if you have less than 40 pounds to lose give or take, then for every 10-15 pounds you need to lose to be a good weight for your body frame is about one layer.

Lilliana said she has ten pounds. That is one layer. It's approximate. For someone who is 35 pounds or more overweight, about 15 pounds equals a layer. So you can think about it that way. For those of you who know the Cash Grid method, you can figure out about how many layers it is and know how much you can release at one time.

There are other things that contribute to weight. Especially if you are 35 pounds or more overweight. These are called visibility layers. Often times weight layers are visibility layers also. But you may have more visibility layers than you have weight layers. Visibility layers are those layers that keep you from being seen in various ways. So someone who is 100 pounds overweight may have as many as 40 visibility layers, including their weight layers.

This is information I recently got that is important for many, many, many reasons. Visibility layers keep us sabotaging. They contribute to about 50 percent of the reason we self-sabotage. Disassociation layers contribute to the other 50 percent of the reason we self-sabotage. Ninety-five percent of the people in the US disassociate 50-100 percent of the time – in other words disconnect from themselves – are not happy with who they are; are not happy being here at this time or being in this body or happy with themselves. This causes weight gain as well.

The three main contributors to weight gain are the weight layers themselves, which I gave you the formula for, disassociation layers and visibility layers. This is actually more than I had planned to go into today. The self-sabotage comes mostly from disassociation and visibility layers. So you can do all the right things and clear a lot of stuff and get healthier and still have stuff keep coming up getting in your way until you clear those layers. This is very important.

I'm going to look with a couple of people about this issue. Laura this is the main reason you took this class. We have released some weight layers for you. Laura, are you there?

Laura Yes. And my box of Kleenex.

Stacey Just breathe. This is all good information. We have cleared a lot of weight layers for you and it has helped some but not as much as would have been thought because the disassociation and visibility layers are still there for you. Laura you have five disassociation layers. You disassociate 50 percent of the time. The reason you don't disassociate any more than that is because you have done the soul retrieval work with me. People who haven't done the soul retrieval work can disassociate as much as 100 percent of the time. So you are in the minority. You disassociate less than the vast majority of people because of the work you've done. That's good. I want you to get that. Now, in terms of visibility, I'm getting you have 22 visibility layers.

Laura No wonder I keep losing and gaining the same five pounds!

Stacey There you go.

Laura Those of you guys that don't know me as well as Stacey does, I'm about 90-100 pounds overweight.

Stacey This is new information that I have gotten that is a big contributor to it. Okay, Laura? We keep getting more answers.

Laura Okay, good. Thanks.

Stacey You're welcome.

Lilliana, we already said there is one layer for you and let's look at Brenda, because you're kind of in the middle at 35 pounds. Something is telling me to go there with you. Brenda, are you there?

Brenda Yes, I am.

Stacey Brenda, I'm getting that there are three weight layers for you, three layers of protection related to weight. I'm getting that this has been very difficult for you to take off, is that right?

Brenda Yes.

Stacey I'm getting a big part of the reason is visibility for you as well. I'm getting that you have 17 visibility layers. Your visibility isn't just about weight. You can see that proportionately, Laura's and Brenda's are where their weight is quite a bit different but the visibility layers is not as much different. Visibility is a big piece for you, Brenda.

Brenda Yes, and it is blocking me from taking that next big step, as you've mentioned. It's so interesting that it relates to your weight. Unless you get the weight off, how do you walk your talk? That's exactly where I'm at.

Stacey That's exactly where you're at. There is a big thing for you about you cannot show yourself because you don't walk your talk. Yes, and it is really not true that you don't walk your talk. It's just that you haven't known how to get this weight off. So clearing that would be very helpful, Brenda as a starting point. I can't remember, have you taken the Cash Grid or no, Brenda?

Brenda Yes, I was able to hear the recording, so I have that.

Stacey Great, so you can take root balls of visibility layers and start releasing them. And you have three weight layers and then you can add on visibility layers. Thanks, Brenda.

I know we could stay with weight this whole time, but I'm going to continue and we will come back at the end if you have specific questions.

We talked about emotional overeating, I think that's all I want to say except that it's very common if you're overweight for your yeast to be out of balance, also known as Candida, which is anger, and so we eat emotionally and stuff down that anger. It is very common to be out of balance with your yeast if you are overweight by more than about ten pounds. It is also possible to be at your proper weight and still have your yeast be out of balance as well.

That brings us to the liver. We just talked about stuffing down emotions by eating. The liver is correlated with anger. That is where there is a build-up of bile, you consider bile anger. Liver actually is correlated with anger and hatred, very strong emotion is hatred. It can be hatred of self, as well as hatred towards others, in addition to anger. So when the liver is not operating

efficiently it means there is too much anger that hasn't been dealt with. Often stuffed down subconsciously. One of the more common disassociation layers is - I hate myself. And that also affects the liver.

So we want to talk about other things that affect the liver. Drinking affects the liver. Drinking alcohol affects the liver is well known. What I'm getting is that if you drink two to four glasses of alcohol per week it can start to affect your liver immediately. Again, depending on your body structure and frame.

Now think about it this way, drinking is a way also to not deal with anger and hatred and not look at it and not be with it. So it makes sense. Taking acetaminophen also affects the liver and is another way of medicating pain and not being with what it is. It's not always anger when we take acetaminophen. I actually have gotten as to where I use Reiki, if I take Advil, I use Reiki to remove anything from the Advil that will harm me so it does not harm my liver. So if you are attuned to Reiki that is something that you can do.

Know it is really all about being able to be with whatever is causing you pain. Deal with it, resolve it, release it in some form and then there's no need to medicate ourselves. Often easier said than done. On a logical basis we may know that but not know how to deal with whatever is coming up or what's coming up for us in the moment.

Another thing that is helpful for the liver is enzymes. If you eat correctly you get enough enzymes. It is thought by some people that you need to eat a lot of raw food to get enzymes naturally. This is not the truth. You do get enzymes from raw food. You also get enzymes from beef, from turkey, from pork, from chicken, from all meats. You can get enzymes from the foods you eat. If your digestion is weak, you may at some point need enzymes. But if you get enough food that is right for your body then you won't need enzyme supplements.

The reason this is related to the liver is the body needs to be able to process things efficiently. Enzymes help the whole body function efficiently, including the liver, but not limited to the liver. It affects the liver moderately. Again, choosing the right foods is more likely to be done when we're not trying to eat emotionally but rather are eating for nutrition purposes and foods that are delicious to us.

I want to look at liver. Archanna said something about liver. You said that you felt pain in your liver and you are correct. I'm getting your liver is operating at 70 percent. What I'm getting for you is that there is hatred that has not been dealt with towards self and towards Mom and towards Daughter. Three layers there that need to be resolved and released for your liver to heal. Does that resonate?

Archanna Yes, it does. In fact I could kind of figure out where the sources are. Looking at it from a different perspective is very interesting because you mentioned myself, my mom and my daughter. So I'm just trying to put the things together I guess it'll take a little time. I'm just trying to digest that from a different perspective.

Stacey Okay, great Archanna, thank you.

Laura your liver is operating at 60 percent. And I'm going down to see if anyone else's liver is in trouble. Jamie your liver is operating at 30 percent. Jamie, are you there?

Jamie I'm here.

Stacey You're liver is operating at 30 percent which is very low. I'm getting there are eight layers of anger and hatred that need to be resolved and released. In the meantime, something that you could do Jamie because I know you have a lot of layers in a lot of areas, is you could take cod liver oil, two teaspoons a day will help heal your liver in the meantime. Those issues will still be there but if you want to do that in the meantime it is something that you can do for now and they make cod liver oil that's flavored and tasty and it's not a big deal to take. That's something for you to be aware of. Releasing those layers and resolving those layers is important, but if you can't do that right away then the cod liver oil will help your liver which is very important.

Jamie Yes, I want to do the releasing as soon as I can.

Stacey Good. You just let me know when you are ready for that. Have we already done four layers for your Jamie for the class?

Jamie No we have not done any.

Stacey I'm going to make a note, if we have not done any then I'm going to do four of those layers for you and email you. I don't know what else you want to do with a session, but I can do four layers for you.

Jamie Okay, great. Thank you.

Stacey You're welcome. All right, I'm getting no one else is excessive on the liver. Here are some signs that your liver is not functioning efficiently. Your body temperature is hot or high. You stay warm. You're blood pressure is very high or very low. You are passive aggressive. In other words, you keep things in for a long time and then explode. All those are three warning signs that your liver is not operating efficiently, that there is a lot of anger and hatred in your liver and its too much that your body can't deal with anymore.

Next topic is the nose. The nose is related to what you know about things to some degree, so we're using language again. So if you're nose itches, it might be that you're itching to know something. If you have a stuffed up nose your thoughts are congested and you're in your head a lot. If you have trouble breathing when you sleep it means that part of you is not content with your life here and can't take in and breathe in the air and a part of you is ready to take off to higher planes when you go to sleep. So it has a lot to do with your contentment in being in this lifetime, which is in some part related to disassociation issues. Can also be childhood issues, visibility issues, it can be a number of things.

If your nose runs, I think BB was talking about runny nose. It means there are many uncried tears. When this happens for a long time, it means your immune system is not very strong. When our immune system is not strong, it means we are rejecting some part of ourselves. If you cannot get rid of the runny nose or a cold, get lots of colds and things like that, allergies as well, we've talked about allergies, it means that you are rejecting some part of yourself. It could be your higher self, it could be all of who you are, your higher purpose, your femininity, your masculinity if you're a man, it could be a number of things.

So when you have cold and allergies it's about healing your immune system and a runny nose is about healing your immune system. Two people mentioned that. BB I'm getting you have two layers to heal for your immune system and Sharon I'm getting you have four layers to heal for your immune system.

Let's see what else about the nose. Sinus conditions are related to irritation. Generally irritation with yourself and/or with someone else, often both. These are typically present day issues that are unresolved.

Deviated septum is a big issue. Nobody brought that up today. When someone has this condition, it is a sign they have deviated from their throne so to speak. They have deviated from the truth of who they are and from their own innate wisdom. The throne in this case is the seat of your wisdom. When you have a deviated septum, you cannot breathe in life and there is a part of you that does not want to be here for much longer and it causes challenges breathing and sleeping.

These people typically have fears about who they really are and what they came to do and are ready to be done with it. They may try to do a lot of things to ensure themselves that they have done enough in this lifetime before they leave, so they may be very active, in civic affairs, work very hard, do as much as they can for others to try to fulfill what they consider their obligations in this lifetime even though they aren't really clear on what they came to do. So they do a lot out of fear not knowing exactly what they are supposed to do and wanting to fulfill what they consider their obligations in this lifetime before they transition.

People who have surgery for deviated septum often find it comes back again. Nasal sprays are known to make the condition worse. No one said they had this. I related to this because I have a relative who has this condition and can really see that for this person.

Someone said something about nose bleeds. Let's look at that one for a moment. Nose bleeds – when you have nose bleeds it means that there is blood coming from your nose. Red is anger so excess blood is coming from your nose, which means you are angry because you don't have enough knowledge to do what you think you're supposed to do, feel lacking in knowledge to fulfill your purpose and to be smart enough and to keep up. I'm getting that's what nose bleeds are about. They are often temporary triggered by something where they aren't feeling like they can keep up or smart enough.

I'm going to keep moving on and then we'll have questions at the end. The next topic is headaches and migraines. A lot of people talked about headaches being tension headaches, back of head, neck and shoulders.

When your headaches feel like they come from stem, neck and shoulders, it generally means your atlas, your C1, is out. When your C1 is out, it causes you to have headaches. Your head is aching for more information, trying to figure out which way is next. When our C1 is out, that vertebrae, it means we are out of alignment with our higher purpose, causing us a headache meaning we are trying too hard to figure it out and so trying to figure it out in our head instead of allowing that information to flow. It's hard for the information to flow when your vertebrae is out, tense in your shoulders, a burden, a trying to know what it is you came to do is often or the next level of what you came to do.

Archanna, you have been on the brink for some time of what it is you came to do. There is a part of you that is knowing and a part of you that is resisting, which is causing your C1 to still go out and still give you headaches. I'm getting that there is one more layer that has shown up for you to clear around allowing yourself to know your purpose and for you to move on that path.

That is typically the case when you have tension headaches. Sharon I'm getting it is similar for

you for the type of headache that you have. Same issue, Sharon you have three layers in the way of you knowing your higher purpose, which is causing your C1 to go out and causing you to have headaches and stress.

General headaches often come from being in your head too much, trying to figure things out. Sinus headaches come from irritation with someone, we talked about that before, or irritation with yourself. When your head aches you stop of the flow of energy to your brain to some degree. Again, you're tight about it, feeling pressure to figure something out, often subconscious.

A migraine is about resistance to something. It depends on what is going on in your life. Present day issues can trigger migraines. People often connect migraines with the weather or with certain foods and that becomes a trigger for it. But the deeper reasons have to do with resistance to being with what is, whatever is at that time that you can't be with, causes a migraine. The only time I've ever had a migraine in my whole life was when I was having my first career intuitive reading and I couldn't be with what is. I didn't know that at the time. Migraines are about resistance to being with what is.

I've just gone on and on. I'm looking at what I said I would address, and I think I have addressed most things. I'm going to open it up for a couple of questions before we close today. Who has questions?

BB Stacey, this is BB. On the body weight thing, I was wondering if you could tap in for me to see the different layers. It depends on how overweight I am; as to whether I go by what I should be or what I would like to get down to.

Stacey I'm going to just tap in for you and I'm getting that a good weight for you would be to lose 22 pounds, is what I'm getting. Does that feel right?

BB That's significantly less than either one of the two choices I had.

Stacey Wait, let me get a clear channel, I may have interference. I'm asking for a clear channel for BB. Is that correct? It is not correct. Tell me the numbers you are thinking, I'm getting interference on it.

BB I would like to get down 100 pounds. Where I should be, another 150.

Stacey Okay, I was way off, wasn't I? That was interesting.

BB Twenty two was nice to hear.

Stacey All right, BB. I have such a different image of you. There was also some resistance, definitely resistance when you have that much weight. So I'm asking for a clear channel and I'm getting 150, actually 160 would be ideal, is what I'm getting. With that in mind, BB, are 20 weight layers, 20 visibility layers is correct and ten disassociation layers, do any of them overlap? A few. It is a total of 44 layers for you to lose those 160 pounds. That is information for you.

In terms of where to start, would be a good question, given that scenario. Visibility is what I'm getting is most important for you. I still need to release some things for you that you sent me.

They were not about visibility although some of them may have been related. I'm going to review that and I know was about your retina which is related to visibility actually.

BB It's the optic nerve.

Stacey That is related to visibility. I will go back to that, BB and look at what you sent me. Asking for a clear channel, were they all visibility related? They were. I can start there for you with what you sent me and then you'll need to wait, that's only four, and in another three days you can release three more visibility layers using a root ball method and just let God choose for you the ones that are in your highest and best after I release these four. You following that BB?

BB Yes. On the bloody noses, I had bloody noses, not running noses. Is there anything to the fact about the intensity of the bloody noses? Like the more it bleeds the more you don't know what's going on?

Stacey Let me ask about that. Bloody nose – the intensity of the bloody nose – it's like blood-letting. Letting out anger about death, anger about death. It is past life related. Anger about death, anger about being killed for who you really are. Does that make sense to you?

BB Yes, it does.

Stacey That is one layer. That feels important. How often does it happen, BB?

BB It comes in cycles. I'll get little ones during the winter months where it's really dry, I'll get little ones. And then periodically I'll get big ones and they'll bleed for quite some time. As a kid they used to happen all the time. I'm getting a lot more of them lately.

Stacey Because stuff is coming up for you. You're being woken up and know there's more for you to do, so it's coming up more for you. Is that a visibility layer also? It is. I'm going to look at that email you sent me and I'll do what's in your highest and best and I'll email you about it.

BB Okay, that works for me. Thank you.

Stacey You're welcome. All right. We are at the hour and so I am going to bring this program to a close and stay a few minutes to answer any questions.

I want to just say something. When I started this program, *How to Listen to Your Body*, I really didn't know how it would go, but it was kind of gifted to me as an idea that I just ran with. I am really glad that I did because the content and the value are immeasurable for you and for me. I am extremely grateful for those of you who are able to participate live because it made the program richer so that the people who are not able to hear it live can really benefit from understanding they are not alone with these symptoms and understanding the cause of these symptoms. People who weren't able to be here can relate to so much of what you guys have been willing to share and be vulnerable. I want to tell you how much I appreciate you being open and coming and sharing and asking your questions.

I want to again remind you of two things. One, those of you who would like to learn the Cash Grid, if you haven't given me your name, email me with that and I will put you down on a list for the next class. Those of you who would like to be able to intuit this information not only for yourself but to help others get healthy and not have to be dependent on hearing it from me and are drawn to help others to be healthy, I remind you that the Medical Intuitive Training is

starting the next class is starting June 14th. You can get \$100 off because you were in this class. If you choose to join the next program. If you are listening to this at some future date, you can get \$100 off whatever program is next and you can find out that information at www.thesentelligentsolution.com/smi.

You have access to these recordings and the transcripts for a very long time. I have no plans to take it down so that you can review this information in the future. This information is yours to keep.

Again, thank you so very, very much for being here with me, for sharing yourself with me and I've had a great time doing this class. Be well until next time.

This is Stacey Mayo and this has been *How to Listen to Your Body so You can Understand what it is Saying*.